

## Equipment List

- *Properly fitted skates*
- *CSA approved hockey helmet*
- *Warm comfortable clothing*
- *Mittens or gloves*
- *Cloth to wipe your blades*
- *(Hard) Skate Guards*
- *A bag to put it all in*

### Optional

- *Blade covers*

**DON'T FORGET  
YOUR SMILE!!!**



We recommend that you visit any of the following professionals for skate sharpening/care:

Figure Skating Boutique, North York 416-225-1377

Sonny, Ajax 905-686-7720 (call to make an appointment)

Jon Lane, Ajax 905-686-1674 (call to make an appointment)

Edge Performance, Oshawa 905-723-5151 (call to make an appointment)



### Ajax Skating Club

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Ajax Skating Club

## Skating Equipment Guidelines



Tel: 905-683-1753

## Skates

Most sporting goods stores sell skating equipment in a wide range of price and quality. Before buying skates, check for proper fit, firm ankle support, good quality (ideally) leather boot, and correct blade placement.

### Shopping for Skates

- Avoid buying a larger size so that the skater can “grow into it”; poor fitting equipment is uncomfortable and will inhibit progress and frustrate the skater
- Avoid molded plastic skates; they are less flexible, and plastic often becomes stiff and cold on the ice
- Ideally, blades are screwed onto the boot rather than riveted so that it can be moved if necessary. The blade should feel centered under the foot and the foot should not fall to one side
- A leather boot is preferred over any other material
- Make sure that the boot does not have any wrinkles

### Trying Skates On

- Wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating)
- Partially lace the boots through the instep
- Stand up and slide the foot forward so that the toes touch the front of the boot but are not cramped
- Make sure that your weight is equally distributed over both feet

- Bend your knees
- Slip a finger inside the skate between the heel of the foot and the back of the skate; the space should be no more than the width of your finger
- Tie laces loosely over the toe and front of the foot and snugly over the ankle and instep
- Skates should fit snugly around the ankle and heel with some movement for toes
- There should be no looseness or creases in the boot
- The tongue should be well padded and stay in place
- After the skates are tied properly, walk around in the skates off the ice; they should feel comfortable

### Care of Skates

- Always wear protective (“hard”) guards when not on the ice (e.g. walking to and from the dressing room)
- Loosen the laces sufficiently before taking the skate off your foot
- Dry blades and sole plates thoroughly with a cloth after use
- Remove guards and wrap the blades in blade covers to protect them as well as other equipment in your bag before storing the skates away (hockey players sometimes use old hockey socks instead of blade covers)
- Air out boots after use

### Sharpening

- Sharpen skates immediately after purchase
- Use an experienced professional when having your skates sharpened (refer to the back page of this pamphlet for recommendations)
- Re-sharpen after 25-30 hours of skating (depending on usage and care)

- Do NOT remove the bottom pick; it is part of the design of figure skates, and is essential to proper balance (although it might take some getting used to)

## Helmets

- CSA approved hockey helmets are mandatory for ALL CanSkate and Preschool skaters
- The fit should be snug
- Both the strap and the helmet should be adjustable
- Stickers should not be put on the helmet

## Clothing

- Clothing should be warm, allow for movement, and provide some protection from falls
- Layering (sweat suits, sweaters, jacket and long underwear or tights) is recommended
- Waterproof pants are recommended, especially for the beginning skater (to keep from getting too wet if falls are frequent)
- Snow suits are not recommended; although warm, they are bulky and restrict movement
- Warm mittens or gloves are a must
- Long scarves are not recommended