

# CANSKATE INFO GUIDE



## ABOUT

**CanSkate** is a learn-to-skate program designed for kids of all ages. The skaters are taught basic principles of skating (go forward, go backwards, turn, stop, jump) from certified Skate Canada Coaches to prepare them for all ice sports.

## SKATES

- Either hockey or figure skates can be worn
- Firm ankle support
- Proper fit, avoid buying a larger size for skater to 'grow into'
- Good quality. Moulded plastic skates are not recommended. Boots with buckle or velcro fasteners are also not recommended.
- Sharpen skates as soon as they are purchased. Re-sharpen skates after 20-26 hours of skating
- Dry blades with a cloth after use.

## HELMETS

It is MANDATORY that all skaters up to and including Stage 5 registered in the CanSkate program must wear a CSA (Canadian Standards Association). Bicycle, ski and multi-sport helmets are NOT permitted.

## CLOTHING

- The skater may wear a warm sweat shirt.
- Warm mittens or gloves are a must!
- Layering of clothing is recommended.
- Pants that provide warmth, allow for movement and provide some protection from falls such as sweatpants or wind pants are recommended.
- Long scarves are not permitted.

## GENERAL INFO

- One parent will be permitted in the dressing room to help their child with putting on their skates
- Parents must go upstairs to watch the lesson. No parents will be permitted to stand at rinkside
- The parent must be present in the arena at all times
- No Refunds will be issued after 50 days into the program.

