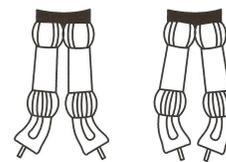


Welcome to the Sherwood Park Figure Skating Club's CanSkate Program

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than ¼ inch
- An adult finger can fit in the top of the boot when done up
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice.
Double over hooks or double knot for longer laces to avoid wrapping laces around the ankle
- The skater can stand and walk on their skates keeping their ankles straight
- Molded (plastic) boots should be avoided



Poorly Equipped Skater



Properly Equipped Skater

Equipment Care

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting. After wiping the blade do not store the skates in wet guards. Skate Sharpening should be done periodically. These are the skate shops we recommend:

Sin Bin Sports - 2008A Sherwood Drive Sherwood Park 780.417.7462

United Cycle - 7620 Gateway Boulevard NW Edmonton 780.433.1181

Pro Skate - 9212-51 Avenue NW Edmonton 780.438.9059

Helmets

A CSA approved hockey helmet must be worn by all CanSkaters (Skate Canada's CanSkate helmet policy can be found on our website www.sherwoodparksksatingclub.ca). Skateboard helmets also work as they cover the back of the head, unlike bicycle helmets which do not provide the proper protection for ice sports. Please make sure the helmet is not too tight or too loose with all straps fastened and long hair kept away from the face.

Clothing

Skaters should dress warmly for our sessions: however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. Active wear is best jeans can be cold and restrictive. Layering works well as snow suits can be bulky to move in. Nylon material track pants and gloves are great for those skaters just starting out. We recommend wearing mittens or gloves each session, avoid using the furry/fuzzy kind as they tend to stick to the ice and leave hazardous pieces behind. We often use teaching aids which the skaters pick-up which can be a challenge in hockey gloves.

Other

Please watch that you do not send your child onto the ice with gum, candy or food in their mouth as this is a choking hazard. For young skaters just starting skating lessons it is beneficial to have some exposure to the ice prior to their first lesson. We thank you for your cooperation and feel free to email us if you have additional questions skate@spfsc.ca

See you on the ice!

CanSkate Coaching Team

