



Sunshine Coast Skating Club

SKATECANADA

THE ONLY PROVIDER IN YOUR COMMUNITY OF THE NATIONAL LEARN TO SKATE PROGRAM
DEVELOPED BY SKATE CANADA.

INFORMATION TO PARENTS

Congratulations! When you sign up for a skating program at the Sunshine Coast Skating Club you become a member of Skate Canada. Your Skate Canada membership fee includes access to all Skate Canada programs and also provides insurance coverage. Skate Canada offers a variety of programs including CanSkate, CanPowerSkate, CanSynchroSkate, StarSkate and CompetitiveSkate. For more information on Skate Canada visit www.skatecanada.ca.

Equipment And Safety



Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Firm ankle support
- Good quality leather
- Correct blade placement

Tips

How Skates Fit

- Wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating)
 1. Partially lace boots through instep.
 2. Slide foot forward so toes can touch the front but are not cramped.
 3. Stand with weight equally distributed over both feet.
 4. Bend knees.
 5. The space at the back of the heel should be no more than a pencil width.
 - Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep.
 - Skates should fit snugly around the ankle and heel with some room for movement of toes.
 - There should be no looseness or creases in the boot.
 - The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
 - Walk around in the skates off the ice; they should feel comfortable.
- Avoid buying a larger size for skater to "grow into".
 - Moulded plastic skates are not recommended.
 - Look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered. The foot should not fall to one side.
 - A leather boot is preferable to vinyl.
 - Make sure the boot does not have any wrinkles.

Care of Skates

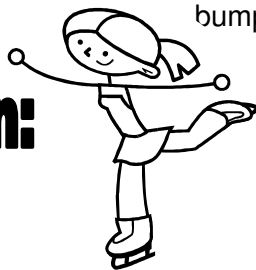
- Always wear protective guards when walking off-ice.
- Dry blades and sole plate completely with a cloth after use.
- Always remove guards before storing skates.
- Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip.
- Air out boots after use (depending on usage and care).

Clothing

- Clothing should provide warmth, allow for movement and provide some protection from falls
- Layering of sweat suits, sweaters, jackets and long underwear or leotards is recommended
- Warm mittens or gloves are a must
- Long scarves are not advised

Parent Information:

The Club will be holding their Parent Information Meeting in the first few weeks of the start of the Fall Session and then again in the first few weeks of the Winter Session. The meeting should cover topics such as what the session components are, how the session will run, safety rules and conduct, skills to be taught and scheduling of special days. This session is also the opportunity for you to meet the coaches, program assistants and club administrators and/or CanSkate coordinators for your session and have all your questions answered.



Sharpening Your Skates

- Sharpen skates as soon as they are purchased.
- Use a good skate-sharpening company.
- Re-sharpen skates after approximately 30 hours of skating (depending on usage and care).
- The bottom pick should not be removed - the pick is part of the design of figure skates and is essential to proper balance.

Helmets

- Hockey helmets are strongly advised for beginner skaters of any age.
- Fit should be snug.
- Both the strap and the helmet should be adjustable.
- Look for helmets made of hard plastic with a thick layer of sponge.
- Look for helmets approved by the Canadian Standards Association (CSA) as they are safest and of the best quality
- A hockey helmet is recommended over a cycling helmet as it is designed to withstand repeated bumps and protect against penetration and care.

Safety Points for Skaters...

- Get up quickly after falling down
- Look in the direction of travel when skating backwards
- No pushing, playing tag or bumping into others or the boards
- No food, gum or candy on the ice
- Coaches and club administrators and/or CanSkate coordinators should be advised of any skaters with special medical conditions