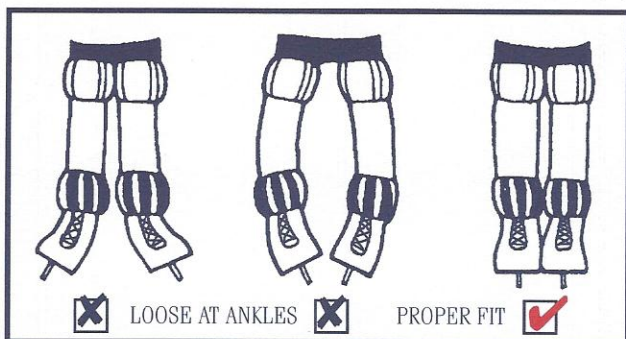









# SKATE

# Smarts






Compliments of Performance Skating Schools Inc.





## Tips for Selecting a Good SKATE:

- 
 Leather or vinyl lace up skates provide proper support. Avoid plastic molded skates with straps and/or velcro.
- 
 When fitting skates, ensure your child wears the same thickness of sock or leotard that they will wear for skating. A light weight terry or silk sock with a snug fit is best.
- 
 When checking for proper fit, keep entire skate loosened, stand on a rubber mat or with skate guards on and have skater bend their knees (a down hill ski position), wiggle toes to the front of the boot. Place one finger down the back of the skate, this indicates a proper fit - two finger widths would indicate the skate is too large and if you can not place one finger down the heel of the skate it indicates the skate is probably too small.
- 
 Ensure the ball of the foot is positioned just forward of the arch of the skate (the point where the sole cuts in and up) to provide proper arch support.
- 
 Remove the insole from both skates and have the skater stand on the insoles in their sock feet. Ensure there is approximately 1/2" between the end of the skater's toes and the end of the insoles, (replace insole). Skates should fit snugly, providing firm support around the ankles, heels and instep (as seen in the picture above).
- 
 Be sure to firmly tighten laces from the bottom to top of the skate. Cotton/nylon blend laces are recommended to prevent laces from loosening.
- 
 Do not buy skates too big in hopes of "growing into them!"

## GEAR Up !

- 
 Ensure skater's movement is not restricted from bulky clothing. Snow pants are **not** recommended.
- 
 Layer clothing for warmth (sweat suits, long underwear, nylon water proof pants and ski jackets are recommended).
- 
 Mittens or gloves (preferably knit, as nylon tends to slip on the ice) are a must.
- 
 Helmets are **mandatory**, only C.S.A. approved hockey helmets are specifically designed for ice falls and bumps, providing quality safety.
- 
 Face masks/cages are **mandatory** for skaters ages 2 1/2 to 5. f

## GETTING STARTED:

- 
 Before beginning his/her lessons and during the first few classes, encourage your child to familiarize themselves with their skates and equipment. Have skaters put his/her skates on and walk in them with skate guards on (supervised, and away from stairs in a safe place). Practice getting up from a fall position. This will help break in a new pair of skates and familiarize your child with their sense of balance while wearing skates.
- 
 Young, beginners should skate for short periods of time during the first few sessions.

