

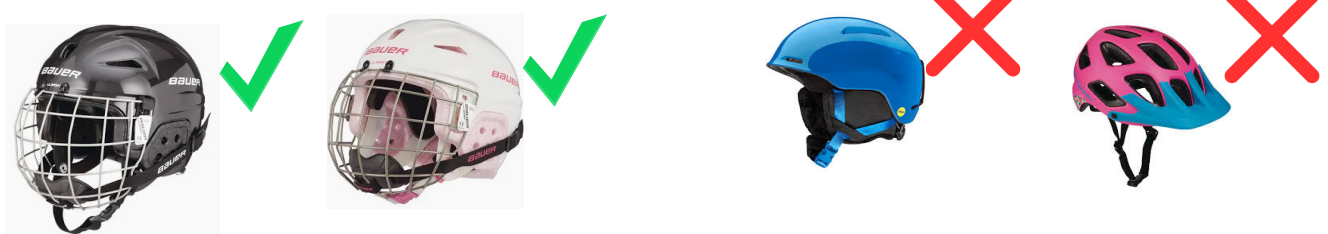
PROPER EQUIPMENT

CHOOSING THE RIGHT SKATES



- **Single blade lace up figure or hockey skates**
 - To ensure a proper fit have the skater push their toes all the way to the front of the boot. Be sure there is no more than one finger width of space behind the heel
- Must have proper ankle support
 - Be sure the fit around the ankle is snug, and the top is a bit looser to allow the ankle to bend
- Tie laces comfortably and double knot
 - Any extra lace should be tied or tucked in
- Dry blades after skating and use soft skate guards
- **Plastic buckle skates are NOT recommended as they do not provide proper ankle support**

CHOOSING THE RIGHT HELMET



- **A CSA approved hockey helmet with a full face mask is mandatory at the Preschool and PreCanSkate Level and strongly encouraged for CanSkate stage 1-3**
- A proper fitting helmet sits no more than 1 inch above the brow line and has no more than 1 finger space under the chin
- Be sure that skaters can see – all excess hair should be pulled back out of the way

ATTIRE



- Warm nylon mittens or gloves
- Hockey gloves are not recommended



- Comfortable warm jacket zipped up
- Bulky jackets will restrict movement
- No hood is preferred



- **Splash/Nylon pants are highly recommended** especially for skaters just starting as they will get wet
- Layer under nylon pants
- Bulky snow pants may restrict movement

Please make sure to try on all equipment prior to the first day of class

WHERE CAN I PURCHASE EQUIPMENT?

FIGURE SKATES

- It is highly recommended that figure skates are purchased from a figure skate retailer (see below for a list of stores in the GTA). These are staffed by professionals and will ensure your skater is in a figure skate appropriate for their level. They also often have a good supply of gently used figure skates available for a more cost effective option.



Cameo by Jackson



Jackson Excel



Jackson Mystique

HOCKEY SKATES

- You can purchase hockey skates from any Source for Sports, Pro Hockey life, Sports Check, Canadian Tire or Play It Again Sports locations



Bauer X LP Youth



Bauer Vapor X250 Youth



CCM Next Junior

It is very important to take your child with you when you go to purchase skates as they are a different sizing structure than their regular shoes. Skates need to fit properly for safety purposes.

HELMET

- You can purchase a CSA approved hockey helmet at any Canadian Tire or Sport Check location

SKATE SHARPENING

We recommend getting your skates sharpened when you first purchase them and then after every 10-15 hours of ice time. Always get skates sharpened by a qualified Figure Skating or Hockey retailer, depending on the type of skates you have.

FIGURE SKATING RETAILERS

Ice & Nice

2445 Glenwood School Drive, Burlington, ON
L7R 3R9
www.iceandnice.ca

Esta Oakville

1226 White Oaks Blvd, Oakville, ON L6H 2C1
www.estacanada.ca

Figure Skating Boutique

109 Doncaster Avenue, Thornhill, ON L3T 1L6
skatingboutique.com

HOCKEY RETAILERS

Coach's Corner

5B-4391 Harvester Road Burlington, ON L7L 4X1
coachscorner.ca

Pro Hockey Life Oakville

270 North Service Rd West, Oakville, ON, L6M 2R8
www.prohockeylife.com