



# Introduction to Ice Skating Program Information

## Goals

- Be safe
- Have fun
- Learn to skate
- Advance ice skating skills

## Skates

- Single Blade ONLY
- Figure, Hockey or Hybrid acceptable
- Figure has flatter blade, better for those just starting out
- Size should be same as shoe size or size smaller
- Should have good ankle support
- Blades should be free of rust

## Helmet Requirements (Bike, Ski, Riding or Hockey)

- Participant(s)
- Helmet must fit snugly

## Equipment List

- Skates (Unless renting)
- Helmet
- Mittens or gloves
- Outdoor winter wear (snowpants, jacket)
- Small cloth rag or towel (to wipe down skates)
- Optional - elbow and knee pads

## Communication

- Interaction with your (your child's) instructor
- Announcements made at the beginning of each session
- Handouts placed on tables
- Signs posted on rink doors
- Emails/Website updates

## Parental Helps

- Arrive at the rink early enough to be ready to step on the ice when the session starts (For most families this is 15-20 minutes ahead)
- Participate with your child during instruction time as needed
- Encourage safe behavior from your child at all times
- Watch for periodic posted information signs and emails

# Introduction to Ice Skating Additional Program FAQs

## Additional Program Information

### How should adults dress for comfort?

- Warm jacket, pants, mittens or gloves
- Warm socks and shoes or boots
  - Shoe/boot bottoms must be free of dirt before stepping on ice

### What is meant by “sharp” blades?

- Blades must have a concave groove to supply edges that will grip the ice
- Edges must be even (one edge should not be higher than the other)

### What else do I need to know about blades?

- Blades should be dried with a cloth after each use to prevent rusting
- Rust should be removed from blades before attempting to skate – usually accomplished by sharpening

### What are “skate guards?”

- Plastic covers that protect blades while walking on non-padded and non ice surface
- Guards should not be kept on skates when stored in bag as this will cause blades to rust

### What are “soakers?”

- Cloth covers for blades
- Absorb moisture when skates are not being worn
- Protects blades when stored in bag

### What if I have additional questions?

- Please feel free to approach your (your child's) instructor with any additional questions. We are all dedicated to making your (your child's) experience as positive and productive as possible and are more than happy to guide you appropriately through your (your child's) skating experience.



# How to lace skates-

**Time Required:** The time for this task can take anywhere from two to ten minutes, depending on experience.

## Here's How:

1. **Loosen up the skates.**

By pulling the laces out a bit, the foot can be put inside easily.

2. **Stuff the feet inside the boots.**

Make sure the socks are straight and the foot is placed inside the boot all the way. Put the toe of the foot in first and then push the heel all the way down.

3. **Tighten up the laces in the first half of the boot.**

Work up from the toe to the ankle. Don't pull the laces too tight in this area. Just make sure that each pull is somewhat secure.

4. **Tighten the laces the most where the foot and the ankle bends.**

This is the most important part of lacing figure skates. Give the laces a good tug at this point and pull hard.

**Suggestion:** *Just before starting to lace the hooks, wrap one lace around the other twice to keep a snug fit over the arch so the laces won't slip.*

5. **Next lace around the hooks.**

Make a criss-cross pattern with the laces and pull with both hands around each hook. Some skaters like to put the laces over and under the hooks; others like to put the laces under and then over. Either option is correct.

Again, don't pull the laces too hard. Leave some room for the ankle to bend.

6. **Finish with a secure bow.**

It is recommended to double knot the bow. Some figure skaters leave the top hooks empty while breaking in new boots.

7. **Tuck the bow's loops inside the tops of the boots.**

This will prevent the blade from catching the bow's loops and also keeps the top hooks from coming loose.

## Tips:

1. If the skates don't feel secure after being laced up, the laces are too loose, and lacing should be done over again.
2. Figure skates should not be too tight. If a skater can't bend his or her knees, the skates are too tight.
3. Make sure the tongue of the skate is straight and does not slip under the laces.
4. Skates must fit. If the boot is too big, lacing the skates tightly will not improve the ice skating experience.
5. Wear a sock that fits and make sure that no wrinkles are in the sock as the foot is placed inside the ice skating boot. Wearing thick socks is not recommended for figure skating.