



PRE-CANSKATE / CANSKATE EQUIPMENT GUIDE



Proper equipment is essential for your child's safety, comfort, and success on the ice.



HELMETS (MANDATORY)

- All skaters must wear a CSA-approved hockey helmet.
- Helmets are required for Pre-CanSkate and CanSkate.
- The helmet must have a CSA sticker and fit snugly.
- **NOT allowed:** Bike helmets / Ski helmets / Multi-sport helmets.



Look for the CSA Sticker



RECOMMENDED

CSA-APPROVED HOCKEY HELMETS (REQUIRED FOR PRE-CANSKATE & CANSKATE)



NOT ALLOWED

BIKE HELMET



SKI HELMET



MULTI-SPORT HELMET



These helmets do **not** provide the necessary protection for ice skating and hockey.



SKATES

- Good ankle support (very important) – ankles should stay upright (not bend inward).
- Lace-up skates (better fit and control).
- Hockey OR figure skates are both acceptable.
- New skates **DO NOT** come sharpened – skates must be sharpened before first use.
- Continue sharpening regularly (about once every 10 to 15 classes).



RECOMMENDED

For Pre-CanSkate and CanSkate

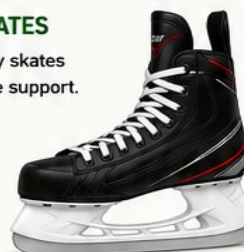
FIGURE SKATES

Lace-up figure skates with good ankle support.



HOCKEY SKATES

Lace-up hockey skates with good ankle support.



WHY THESE ARE RECOMMENDED

- ✓ Provide good ankle support
- ✓ Allow for better balance and control
- ✓ Lace-up design for a secure, snug fit
- ✓ Help skaters learn skills safely and effectively



NOT RECOMMENDED

Skates to AVOID

PLASTIC OR MOLDED "SKI-BOOT" STYLE SKATES



- ✗ Do not provide proper ankle support or flexibility.

ADJUSTABLE / GROW-WITH-ME SKATES



- ✗ Do not provide a secure fit and reduce stability and control.

SKATES WITH BUCKLES, CLIPS OR STRAPS (INSTEAD OF LACES)



- ✗ Do not offer the secure, snug fit needed for proper support.

RECREATIONAL / FASHION SKATES NOT DESIGNED FOR ICE SKATING

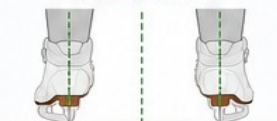


- ✗ Lack proper support and blade quality needed for skating and skill development.



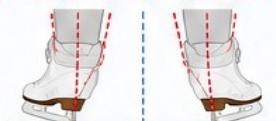
GOOD ANKLE SUPPORT

ANKLES UPRIGHT



POOR ANKLE SUPPORT

ANKLES COLLAPSE INWARD



IMPORTANT REMINDER



Properly fitted and sharpened skates help keep skaters safe, comfortable and confident on the ice!

When in doubt, ask a professional! Getting the right equipment makes a big difference.

