

Tips for Ice Skating

What should my child wear to skating?

Skaters should dress WARM in loose layers to provide warmth, yet maintain flexibility. Long pants such as sweat pants are ideal. Winter coats or jackets are best. **Mittens or gloves are necessary.** Wear only one pair of socks (or skating tights) that are tall enough to cover your ankles. This allows for a better skate fit. Helmets are recommended for younger, beginner skaters.

What size skate should my child wear and what type of socks?

Skates run between 1/2 to 1 size **smaller** than a street shoe. Skates should be laced firmly to provide support and should feel snug **without** a thick sock. Skaters should wear one pair of thin socks that are tall enough to cover your ankles.

How do you lace Ice Skates?

Loosen the laces all the way down the boot so the foot slides into the boot easily. Your toes should come very close to the end of the boot, but allow a little wiggle room for your toes. Pull the laces beginning at your toes leaving **NO** slack up to the bend of the ankle. Tie a half knot below the hooks, and continue crossing the laces around **ALL** of the hooks. Pull the laces tight as not to have any gaps in the laces or boot. Tie a bow at the top of the skate. Tuck-in long laces.

Skate Rental Quick Guide

- 1) Skates should fit snug and feel tight around the foot and ankle
- 2) Begin with current shoe size or one size smaller
- 3) There should be no extra room for the foot to slide
- 4) Skate should be tied as tight as possible
 - Around the base of the foot through the laces
 - To the top of the ankle around the hooks
- 5) Skates can always be exchanged for the proper size