

## Preparing for Your Skating Lesson

- Get your skates sharpened.
- Make sure your helmet fits.
- Pack your outer clothing.
- Pack an old rag to wipe your blades with after your lesson.
- Practice putting on your skates and tying them.

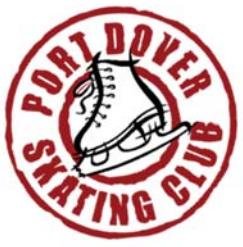
## Equipment

### Skates

- Three types of skates are recommended for beginners:
  1. Figure Skates
  2. Hockey Skates
  3. SofTec Skates
- Bob Skates or skates with plastic assists on their blades will not be allowed on the ice.
- Molded plastic skates, usually with a ratchet type binding are not recommended for two reasons.
  1. There is only a single ratchet binding across the foot, so the foot is not properly supported inside the skate and can shift around.
  2. The molded boot does not allow for the skater to bend their knees easily due to their inflexible boot design.
- Skates are generally one size smaller than the skater's shoe size, except for SofTecs (they are the same as the skater's shoe size).
- Skates need to be fairly snug fitting, with good ankle support. The sign of a "broken at the ankle" skate, is one where there are creases in the boot just under or at the ankle.
- Skates should have a bit of "grow room". Skates that are either too large or too small will make balance and skating more difficult to master. Please speak to the Club Professional if you need a sizing check or have other concerns.

### Fitting Skates

- Skates should be fitted and worn with a pair of fairly thin socks or tights, the same pair that will be worn skating.
- Pull the laces very loose from the bottom to the top of the skate to put on the skate.
- Without tightening the laces, slide the foot forward to the front of the boots so that the toes touch the end but are not cramped (they should not curl under).



- Have the skater stand with the weight evenly distributed over both feet.
- Bend knees, but do not lift the heels.
- The space at the back should be no more than a pencil width (3/8").

### Lacing Skates

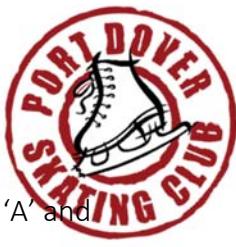
- Skates need to be laced snugly for the best foot control inside of the boot.
- Start at the bottom set of laces and pull outward (not upward) with each set of laces.
- You know they are tight enough when you can't get your fingers under the laces after they are tightened.
- Remember to lace through all of the holes and around all of the hooks.
- Do not tie extra laces around the back of the ankle or underneath the boot.
- Tuck extra lacing inside the skater's pants or cut down the laces and tie a knot in the end, so the laces can't come out of holes.

### Sharpening Skates

- Blades should be sharpened before first day and after about every 40 hours of skating, or if the skater has walked on concrete.
- On figure skates, do not remove the bottom pick. It is part of the design of the skate and essential for proper balance.

### Care of the Blades and Skates

- Blades should be dried with an (old) cotton terry towel or similar at the end of every session.
- Soaker cotton blade covers should be put on the blades to cover them and soak up any extra moisture to prevent rusting. Or, store the skates in clean old towels made into a bag big enough for the skates to fit into.
- Skates should be stored in the house to prevent the blades rusting from the changes in temperature. Ideally, they should be open to the air and not left in a closed bag all week. (They smell better that way too!)

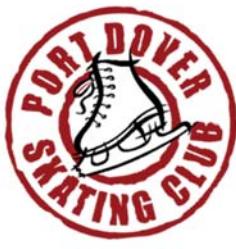


## Helmets

- CSA approved hockey helmets are mandatory for skaters participating in CanSkate 'A' and CanSkate 'B' Stages 1 – 5. Bicycle or other helmets are not acceptable.
  - Once Stage 5 has been achieved, the helmet may be removed at the discretion of the parent.
- We recommend a face mask for the CanSkate 'A' program.
- The chin strap must be done up properly, even when wearing a face mask.
- Skaters will not be permitted on the ice without a helmet if Stage 5 has not been passed.
- Hoods and hats over top of the helmet are not recommended for safety reasons.
- If your child has ear problems, and you can't get ear protection on underneath the helmet, please let us know so we can advise how to get the most peripheral vision possible.

## Outer Clothing

- **Gloves or Mittens** – Gloves or mittens that restrict that movement, or no hand covering at all, will cause the skater to fall awkwardly or try not to fall, increasing the risk of injury.
- **Jackets** – A warm jacket and/or layering on top are always good choices. Hoodies are fine, but the hood must remain off the helmet so that there is clear peripheral vision for the skater.
- **Scarves** – A scarf is not recommended.
- **Hats** – Hats worn under helmets are not recommended.
- **Pants**
  - Snowpants may be too constricting for skaters to be able to get up easily off of the ice.
  - A layered jogging type pant and a wind pant is a good choice.
  - Tights or thermal underwear are also good choices as a base layer.
  - Jeans can be cold, absorb water when wet and do not dry out quickly.



## What to Expect on the First Day

The First Day of lessons is always a bit chaotic. We suggest you arrive a little early to check in at the Information Desk. Please pick up and attach your skaters Name Tag to their helmet so that it is easily visible.

Proceed to the dressing room or stay in the arena lobby to put on your child's skates and equipment. Dressing rooms are located on the same side of the rink as the stadium seating.

Skaters then wait at the rink door (closest to the lobby and dressing room) until they are welcomed onto the ice by the Club Professional or a Program Assistant.

Parents MUST stay in the arena. They are welcome to watch their children from the stadium seats, or from the viewing area of the lobby. Please do not use the player's benches or the penalty box. We reserve these areas for our equipment and a designated first aid area.

At the end of the lesson, collect your child from the **mid-ice door**.

### **What do I do when my child keeps wanting to come off the ice?**

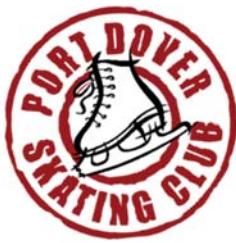
We need to establish why your child wants to keep leaving the ice. With your assistance, we will work on a plan to keep your child comfortable and on the ice for longer periods. Please do not come onto the ice as only skaters are insured in the event of injury.

### **What happens if I need to leave the arena?**

A parent or guardian must be present in the arena or lobby at all times when their child is on the ice for emergencies, toileting, reassuring hugs, etc. In the rare event that you cannot stay for your child's session and do not have a substitute parent who can look out for your child, please let the Information Desk know and provide them with a number where you can be reached should there be an emergency.

### **Can I take Pictures?**

We appreciate the importance of photo opportunities. When taking pictures of your child, please be respectful of the privacy concerns of others. We also request that you do not use flash photography.



## How Does a CanSkate 'A' Session Run?

Every CanSkate 'A' session runs for 30 minutes. Skaters meet at the rink door closest to the lobby and change room to wait to be called onto the ice.

Each day is different as your child grows and learns new skills. At the beginning of the season, emphasis is placed on learning to stand on their own and learning to get up on their own.

Once your child can stand, they will learn to walk forward and backward and learn to stop, jump and turn. As your child begins to acquire these skills, you will see your child following a path drawn on the ice for that week. This path is called a circuit.

Along the path, your child will practice different skills. These skills are a part of the Skate Canada Fundamental Skills called **Balance** (forward skating and balancing on one foot), **Control** (backward skating and stops) and **Agility** (jumps and turns).

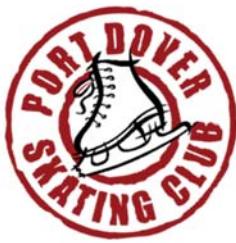
Things that can happen:

- Your child may get moved from one group to another group to keep skaters of similar ability together. You will see this more often in the first few weeks as each child finds their own skill level.
- Your child may cry and be less than happy. Encourage and “talk up” skating at home. Often, this is your child’s first time alone. Remind them that you are right there off the ice and can see them.
- Sometimes the Coach or Professional Assistant will give you back your child for a few minutes, for them to settle down and reset. Encourage your child to return to the ice and try again.

**Bathroom Break:** Yes, you just got the gear on and they have to go! Sometimes it is a real need and sometimes it is a way to take a break. Parents or guardians are asked to stay in the arena and be available at all times for bathroom breaks, hugs, reassurance and emergencies.

**Food and Hydration:** We recommend that young children be fed and hydrated before and after their lesson.

**Evaluation:** Report cards/certificates will be given at Demonstration Night and at the last class before Carnival preparation begins.



## How Does A CanSkate 'B' Session Run?

Every CanSkate 'B' session runs for 60 minutes. Skaters meet at the rink door closest to the lobby and change room to wait to be called onto the ice.

All CanSkate 'B' sessions are comprised of 3 elements:

1. Warm Up
2. Lessons
3. Circuits

### 1. Warm up

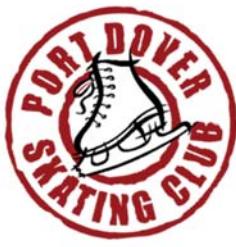
Skaters arrive on the ice and immediately begin skating around the perimeter of the ice, following the Coach leading the warm up. Help is available for unsure skaters. At times, the Coach or Professional Assistant (PA) will change the direction, or the skaters may need to follow the Coach or PA on a path through the centre of the ice or around the circles. Skaters need to be watching the Coach or PA leading the warm up for these cues. At the end of warm up, skaters may be called into the centre if there are messages to relay, or they may be sent directly to their groups.

### 2. Lessons

There are 3 lessons of about 20 minutes each. Each lesson addresses a Skate Canada Fundamental Skill: **Balance**, **Control** & **Agility**. Each fundamental skill has increasingly more complex requirements as the skater progresses through the Six Stages. Skate Canada has trained all Coaches on the desired requirements to pass each individual skill.

### 3. Circuits

Circuits are the way that Skate Canada requires Coaches to teach their lessons. A circuit is a series of skills joined together without a break in skating. Skaters can start anywhere on the circuit and not miss doing a skill as they will skate on a repeating pattern. The benefit is that there is over 90% movement on the part of the skater, allowing for greater practice time in each lesson through repetition.



## Missed Classes

There are no make-ups for missed classes.

## Refunds

Refund requests for medical reasons must be forwarded to the Board for consideration. Documentation outlining the medical issue must be included.

Refunds for non-medical reasons will only be considered after the skater's parents or guardians have consulted with the Club Professional. The request will then be forwarded to the Board for consideration. If a refund request is approved a minimum charge equivalent to four (4) classes plus an administrative fee will apply.

Skate Canada and fundraising fees are not subject to refunds.

## Injuries

All Skate Canada Coaches have First Aid Training, as specified by Skate Canada.

If your child is injured, wait. The Coach will assess the child on the ice and determine whether it is safe to move the child. Please be aware, you are not allowed to come onto the ice surface in your street shoes. You do not have insurance through Skate Canada in case of injury.

If it is safe, we will move a child to the Parents side of the rink for continued treatment and then call for you to come to your child.

In consultation with you, you will decide whether it is in the child's best interest to go to the hospital, seek further treatment or call 911.

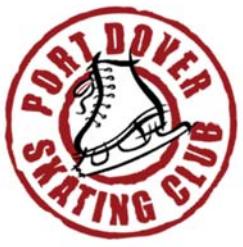
If the child is unable to be moved, we will speak to you immediately.

## Rink Emergencies

If there is loss of electricity, all skaters must immediately leave the ice surface until power and lighting is restored.

If there is a Fire Alarm, all skaters, parents and PDSC personnel must immediately evacuate the building as directed by the Norfolk County Arena Staff and the Fire Department.

Immediate application of skate guards will enable you to safely evacuate your child from an unsafe situation in a safe and prompt manner. Put on your child's skate guards or carry your



child out of the building as directed by personnel. Do not stop to remove equipment. The safety of our parents, skaters and PDSC team is our primary concern.

## Inclement Weather

Occasionally there are rink closures due to power outages or inclement weather (especially in the winter). We will try our best to post updates on the club website, our Facebook group and send you an e-mail in advance.

Be sure to check our Facebook group before heading to the rink!

As per our Club's terms of agreement, classes will not be rescheduled.