

WSC CanSkate Equipment Overview



Required Equipment - MANDATORY FOR EVERY SESSION

1. CSA Approved Helmet
2. Proper Fitting Figure or Hockey Skates
3. Appropriate clothing - layers are best
4. Gloves or Mittens
5. Woodville Skating Club name tag (identifying which group the skater is in)



Helmet Guidelines

- CSA approved helmets are **mandatory** for all Pre CanSkaters and CanSkaters up to and including Stage 5
- The helmet and strap should be adjustable and the fit should be snug
- Face masks/cages are optional, but highly recommended for beginners





Do: Purchase proper hockey or figure skates that fit properly!



Don't: Purchase skates that have buckles or velcro.



NEW SKATER
DOS & DON'TS
Woodville Skating Club



Skate Guidelines

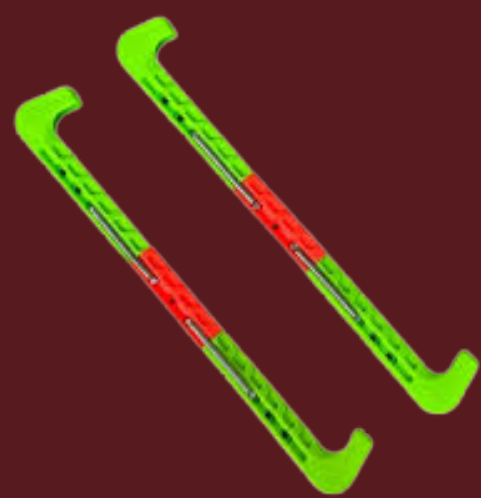
- Hockey or figure style skates with laces are recommended rather than clips or dials
- Sharpen skates when purchased and re-sharpen after approx. 30 hours of skating
- No walking on concrete/hard surfaces without hard skate guards
- Wipe the blades dry after every use
- The front pick on figure skates should not be removed – it is part of the design of figure skates and is essential for proper balance





Do: Dress skaters in layers, with splashpants and coated mittens

Do: Wear hard guards when not on the ice, and place soft guards on the blades following each skate



NEW SKATER

DOS & DON'TS

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Don't: Dress skaters in full snowsuits and fluffy mittens



Equipment Guidelines

- Skaters should be dressed in layers that can be removed if they get too hot.
- Splashpants that allow for unrestricted movement and repel water should be worn instead of bulky snowsuits which restrict movement
- Coated mittens should be worn as they won't soak up water. Fuzzy mittens should be avoided as these stick to the ice causing a tripping hazard, as well, they soak up snow and water.
- Hard skate guards should be worn at all times while skates are being worn off the ice. Soft guards should be put on the skates after each session, following a wipe down of the blade with a towel

