



INFORMATION FOR PARENTS

Congratulations! When you sign up for a skating program at your club, you become a member of Skate Canada. Your Skate Canada membership fee includes access to all Skate Canada programs and also provides insurance coverage. Skate Canada offers a variety of programs including CanSkate, CanSynchroSkate, STARSkate and CompetitiveSkate. For more information on Skate Canada, visit www.skatecanada.ca or call 1-888-747-2372.

Equipment and Safety

Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- Proper fit
- Firm ankle support
- Good quality leather
- Correct blade placement



How Skates Fit

- Wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating:
 1. Partially lace boots through instep.
 2. Slide foot forward so toes can touch the front but are not cramped.
 3. Stand with weight equally distributed over both feet.
 4. Bend knees.
 5. The space at the back of the heel should be no more than a pencil width.
- Tie laces loosely over the toe and front of the boot and snugly over the ankle and instep.
- Skates should fit snugly around the ankle and heel with some room for movement of toes.
- There should be no looseness or creases in the boot.
- The tongue should be well padded and wide enough to cover the front of the ankle and stay in place.
- Walk around in the skates off the ice; they should feel comfortable.

TIPS

- Avoid buying a larger size for a skater to “grow into”.
- Moulded plastic skates are not recommended.
- Look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted, make sure it is straight and centred. The foot should not fall to one side.
- A leather boot is preferable to vinyl.
- Make sure the boot does not have any wrinkles.

Care of Skates

- Always wear protective guards when walking off-ice.
- Dry blades and sole plate completely with a cloth after use.
- Always remove guards before storing skates.
- Unlace skates sufficiently before removing them so that the back of the boot will not break down or rip.
- Air out boots after use (depending on usage and care).

Clothing

- Clothing should provide warmth, allow for movement and provide some protection from falls.
- Layering of sweatsuits, sweaters, jackets and long underwear or leotard is recommended.
- Warm mittens or gloves are a must (keep a spare pair in your skating bag!).
- Long scarves are not advised.

Sharpening Your Skates

- Sharpen skates as soon as they're purchased.
- Use a good skate-sharpening company.
- Re-sharpen skates after approximately 30 hours of skating (depending on usage and care).
- The bottom pick should not be removed – the pick is part of the design of figure skates and is essential to proper balance.

Helmets

- Hockey helmets are strongly advised for beginner skaters of any age.
- Fit should be snug.
- Both the strap and the helmet should be adjustable.
- Look for helmets made of hard plastic with a thick layer of sponge.
- Look for helmets approved by the Canadian Standards Association (CSA) as they are the safest and of the best quality.
- A hockey helmet is recommended over a cycling helmet as it is designed to withstand repeated bumps and protect against penetration.

Safety Points for Skaters...

- Get up quickly after falling down.
- Look in the direction of travel when skating backwards.
- No pushing, playing tag or bumping into others or the boards.
- No food, gum, or candy on the ice.
- Coaches and club administrators and/or CanSkate Coordinators should be advised of any skaters with special medical conditions.

Keep Informed

Throughout the skating season, keep checking the North Bay Figure Skating Club website, www.nbfsc.on.ca, for up-to-date information on events, tips, and programming.

Parent Information Session

The NBFSC intends to hold a Parent Information Session in the early fall to cover topics such as what session components are, how the sessions will run, safety rules and conduct, skills to be taught and scheduling of special days. This session is also an opportunity for you to meet the coaches, program assistants and club administrators and have all your questions answered. We'll be contacting you via email/mail with an invitation – be sure to attend! Watch for details on our website.

Questions?

Please don't hesitate to contact:

Volunteer Board of Directors		
President	Jennifer Mercer	495-0479
Vice-President	Laura Houliston	752-5696
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Or see our website for more contacts!