

## Skating Lesson Guidelines

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- You must provide your own ice skates. Skate rental is not available.
  - Skates, even brand new ones must be sharpened before the first lesson. Leather skates with laces are preferred. Molded plastic skates or skates with buckles and/or straps are not recommended.
  - Skates should be laced up using all holes and hooks. When tightening the skates please ensure that the laces are pulled as tight as possible so that the foot is secure in the boot. Skater must be able to stand straight up in the skates, without their ankles leaning in and out. A proper fitting skate is usually ½-1 size smaller than the shoe size.
  - Always dry skate blades off after skating lessons and do not store the skate with the guards on.
  - CSA approved hockey helmets are mandatory for participants registered in the following levels: Parent and Tot, Preschool Skating, Mini Hockey Skating Skills, Power Skating, Junior Skating, and all Hockey programs.
  - **Participants without the proper helmet will not be permitted to participate in their lesson. Bicycle, ski, snowboard and other types of helmets are not permitted. Check for the CSA label on the helmet!**
  - CSA approved hockey helmet is mandatory for adult skating participants that can not stop competently and safely. Wrist guards are optional but recommended for new skaters.
  - Chin guard and mask are recommended. Chin Strap must be done up so that the helmet is secure on the head.
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- Wear warm comfortable loose clothing. Jackets that are hip length are preferred. Wear mittens or gloves for warmth and safety.
- Full equipment and stick are mandatory for the power skating programs and all hockey Instructional programs.
- Students previously registered in Junior, Intermediate and Figure Skating Skills are asked to bring their progress card to the first lesson. The card will be returned at the end of the session.
- Progress report cards are not provided for Preschool skating, Parent and Tot, Mini Hockey, Adult, Power Skating and Hockey Instructional programs.
- Parents should notify the instructor on the first day if their child is registered at another arena location/program during the same session.
- Parents are required to remain in the facility during their child's skating lesson. Should there be an emergency on ice; the instructing staff can not leave the ice surface.
- Please provide any additional information about your child's learning needs to the instructor so that they are aware and can provide the best possible learning environment for the child in the lesson.