

Noralta Skating Club

Skating Equipment Information Sheet

It's the beginning of a new winter skating season and each year that brings questions from parents on what equipment is required for their skaters. Below is a general outline of recommendations for helmets, skates and clothing as well as some items to we recommend you avoid.

Helmets:

Effective June 1, 2006, Noralta implemented it's new Helmet Policy:

- All skaters participating in Noralta's recreation programs (*Preschool, Advanced Preschool, Mom & Tot, Canskate, JumpStart and Adult Canskate*), are required to wear a **CSA approved hockey helmet**, with or without a face shield. An all-sport (skiing/snowboarding) helmet is also acceptable.
- For our Preschool skaters we recommend a facemask on their helmets. Preschoolers tend to fall forward more frequently and the facemask offers extra protection from facial injuries.

There will be **no exceptions** to this policy! For your skater's safety we no longer allow bike helmets on any of the Club's recreation programs listed above.

Skates:

- Please ***avoid plastic molded or size-as-you-go skates!*** They do not allow the skater to bend properly, and due to their material are a lot bulkier, making it more difficult to skate.
- Recreation skates currently on the market that are *not plastic* are fine for Preschool or Canskate. These skates are a combination of hockey and figure. For those skaters starting out with a definite interest in hockey or figure skating, however, we would recommend starting out with a figure or hockey boot right away.
- *Figure or hockey skate?* The choice is the skaters. Choose what they are most comfortable in.
- Do not purchase skates too big in the attempt to have them fit longer. The sports stores will be able to fit your skaters skates properly.
- Ensure new skates are sharpened before leaving the store. And, if it's been a while since skating last, sharpen your existing ones if they are to be used this season.
- JumpStart skaters should invest in an introductory pair of figure skates. They do not need to be the top of the line. Look for leather material, good ankle support and proper fit. There are many brands available, if needed please direct specific skate questions for these skaters to the Noralta Coaching Staff.

Clothing:

- For Preschool skaters, please ensure they have mitts, ski (or rain) pants to keep them dry and a sweater or light jacket. Clothing should provide warmth, allow for movement and provide some protection against falls.
- For Canskate, a few layers work better versus a heavy jacket . Snowpants are optional. Please ensure your skater is wearing mitts or gloves.
- If your skater is going to wear knee pads (optional), please make sure they are UNDER the skaters clothing. This makes getting up easier as the knee pads tend to slip on the ice resulting in frustration for the skater.
- JumpStart skaters are encouraged to wear appropriate skating attire. Skating dresses, tights, sweaters, mitts etc. Sports pants will also be permitted. **No jeans or pajama pants, please!**

Should you require more information regarding proper equipment for your skater, you may contact us at noraltcoaches@shaw.ca or (780)743-4330.

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