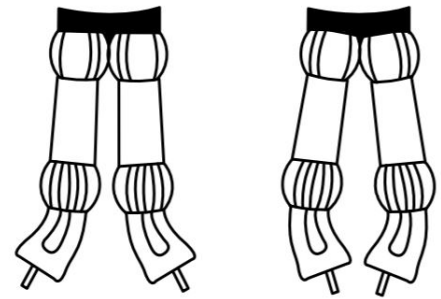


SAFETY AND EQUIPMENT

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped.

This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than ¼ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice



Poorly Equipped Skater

EQUIPMENT CARE

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats.

At the end of every session the blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically.

We recommend the following skate shops:

For **hockey** skates:

There is hockey skate sharpening available at the Diamond arena (KB Sport) on various days. They can be reached at (306) 244-4449 to arrange a time.

Olympian Sports and Al Anderson's Source for Sports are two reputable hockey skate sharpeners located in Saskatoon.

For **figure** skates:

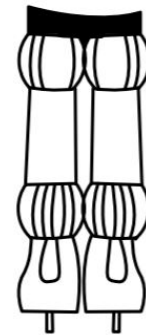
As of now, no one in Warman is publically sharpening figure skates. However Bike Universe in Saskatoon is a well-known and credible figure skate sharpener.

HELMETS

A CSA approved hockey helmet must be worn by all skaters at or below Stage 5 (please see Skate Canada Helmet Policy for further details).

CLOTHING

Skaters should dress warmly for our sessions; however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. We recommend wearing mittens or gloves to keep skaters warm.



Properly Equipped Skater