



Learn to Skate & Figure Skating Equipment Guide

Helmets: It is essential that each skater wears the correct equipment. When starting out skaters must wear approved helmets. Please note that helmets are not provided by Skate Oakville, nor are rentals available, you must bring your own.

Parent & Tot: Children require **CSA** approved hockey helmet with a face mask

Pre-CanSkate: Skaters require **CSA** approved hockey helmet with a face mask

CanSkate: Skaters require **CSA** approved hockey helmet, face mask is optional

TeenSkate: Skaters require **CSA** approved hockey helmet, face mask is optional

Adult LTS: Skaters require **CSA** approved hockey helmet, face mask is optional



Skates: First time skaters need not spend a large amount of money on skates as entry level figure skates are widely available at skating stores and big box stores like Canadian Tire. Skates are not provided or rented out by Skate Oakville, please bring your own skates. Both figure skates and hockey style skates are fine for our learn to skate programs. Leather lace up skates are preferable to vinyl. Molded plastic skates with velcro or buckles closures are not recommended. BobSkates with the double blade are not suitable for our programs.



It is important that your skater wears the correct skates appropriate to their ability level. Speciality skating stores such as The Figure Skating Boutique, Esta, Ice & Nice, can size properly and fit the skates according to the skater's ability. Lower level skaters will often buy skates complete with blades, but as the skater performance increases, more specialized blades and boots will need to be purchased.

Clothing: Skaters should dress warmly, especially in the Learn to Skate program as skaters are often closer to the cold ice surface, fall more frequently, and so usually wear thick jackets, pants, gloves, and hats.



As skating skills improve, it is important that skaters dress warmly, in layers, and in clothing that they can easily move about the ice in. Skaters need full peripheral vision, on free skate sessions especially, so oversized hats and hoods are not recommended.

Gloves: Skaters of all levels should wear gloves. Gloves will help protect the hands from ice burns and scrapes due to falls, and will help to keep your skater warm on the ice.

Padding: As skaters progress through jumps and spins, they will fall a lot more. Some skaters find it useful to wear pads that you can purchase from skating stores and these provide a little protection against repeated falls.

Tights and dresses: Many new skaters are excited to wear "competition" clothing when they start to skate such as tights and dresses, or skirts. Please note this is not necessary for the ice sessions. The skaters need to be warm and comfortable, and able to move comfortably on the ice.

Skate bags, ZUCA bags, and Kiss and Cry bags: Skaters usually keep all their equipment in a large sports bag or wheeled hard-shell case, or ZUCA bag. Sports bags or hard-shell cases can be bought at many sports or big box stores, and ZUCA wheeled bags come in a variety of designs and can be purchased at skating

stores. Kiss and Cry bags are the small bags that skaters carry rink-side and contain water, tissues and other essential supplies. Kiss and Cry bags are also available at skating stores.



Off-ice: Skaters warming up before putting their skates on and entering the ice should be warming up in comfortable athletic clothing and running shoes. Competitive programs and synchro include off-ice training sessions. In these sessions, skaters should be wearing athletic clothing and running shoes, and may need to bring additional training aids such as skipping ropes and yoga mats.

