



## How to Properly Tie Figure Skates and Hockey Skates

It is important that the skates worn by the skaters fit and are tied up properly to avoid injury or discomfort.

1. Loosen up the skates – by pulling the laces out a bit, the foot can be put inside the boot easier.
2. Place the foot inside the boot – make sure socks are straightened out to avoid discomfort, and that the foot is all the way in the boot. The toe of the foot goes in first and then push the heel all the way down.
3. Tighten the laces in the first half of the boot, starting at the toe and working your way toward the ankle. Pull the laces to be tight enough to keep the foot secure, but not too tight.
4. Tighten the laces where the foot and ankle bend. This should be the tightest area for the laces, proper support needs to be provided in this area.
5. Lace around the hooks using a criss-cross pattern with the laces and pull with both hands around each set of hooks. Don't pull the laces too hard in this area, leaving room for the ankle to bend.
6. Finish with a secure bow at the top of the boot.
7. If the laces are long after tying them in a knot at the top, they can be tucked inside the tops of the boots to prevent the blade from catching them.

### Extra Tips:

- If the skates don't feel secure after being laced up, the laces are too loose and should be done again
- Figure skates should not be too tight, if a skater cannot bend their knees, the skates are too tight.
- Make sure the tongue of the skate boot is straight and does not slip under the laces
- Skates must fit, if the boot is too big lacing the skates tighter is not recommended as it will not improve the skating experience.