

## Skate Care



**Fitting skates** The closer the fit the more control. Buy comfortable skates that keep the feet snug and immobile yet give toes plenty of room. Solid support is important. Staying upright on skates takes strength.

**Blade covers and skate guards** Blade covers (also called "soakers" or "soft guards") are usually made of terrycloth and elastic, and are used to cover your blades when you're not wearing your skates. Skate guards (also called "blade guards" and "hard guards") are usually made of plastic or hard rubber, and are designed for walking in when you're not on the ice.

**Sharpen Blades** Trying to skate on unsharpened skates will be, at best, a frustrating experience. At worst, you won't be able to dig in enough to stop properly and will fall and possibly hurt yourself. Ice Zone and Play It Again Sports both sharpen skates for a small fee.

**Skate Care** Never walk on hard surfaces or concrete with uncovered blades. Wear hard guards to protect them. Dry your blades with a towel after every use to prevent rusting.

**Lacing Skates**

- Tap the heel way back into the boot.
- Gently pull the tongue up and secure it straight up and down.
- Pull the second or third set of laces from the bottom tightly to close the boot well over the front of the foot.
- Laces should be snug through the ankle area and bottom two sets of hooks.
- The top two hoods can be looser to keep the ankle flexible.
- Cross the two extra laces over hooks neatly.
- Avoid winding them around the skates as loose flying bows often cause accidents.
- Effectively laced skates should provide enough room to stick a finger between the back of the boot and the leg.

**Lost and Found** We have lots of lost and found! Please write your child's name in everything he/she wears to the rink, including blade guards. Check the box often.

# Helpful Hints for Skaters



**Tot Class** is designed for the pre-school age child (at least 3 years old) who has never skated. Your child must be able to stand alone on skates and not require any parental involvement in the class. Helmets are a **MUST** for all class participants.

**What to wear** Put on skates with blade guards at home. Gloves and snow bibs are recommend for everyone. Bike helmet are also recommended for all new to skating, and a **MUST for Tot**. An extra pair of gloves is helpful just in case.

**Restrooms** The women's pool bathroom is available during ice lessons. However, we encourage your child to use the bathroom before leaving home. Having to remove all that warm clothing for bathroom purposes in the middle of class is no fun.

## Rules of the Rink

- Rink hours: Daily 9am and 9 pm
- Members Only
- Skate at your own risk
- Consult ice schedule for open skate and open hockey times
- **DO NOT SKATE** if the ice temperature is 25 degrees or higher
- Skate safely and courteously around others
- Parents are responsible for the behavior and safety of their children at all times
- Hockey equipment allowed only during designated hockey time, remove hockey goals at end of that time
- Music selection and volume **MUST** be family and neighbor friendly
- No food or drinks on the ice
- Keep the rink clean, pick up after yourself
- Turn out all lights when you are the last to leave

**Warm Room** is here to keep you warm. Please supervise children when in this room, put trash in the trash cans, and leave heaters on programed temperature. We have no cleaning crew, so keeping it clean is up to each of us. Thank you for your help.