



## **GUIDE TO PROPER/IMPROPER SKATES & EQUIPMENT**

At *Skate Saskatoon*, we realize that purchasing skates is an important task, and we want you to give your child the best chance to improve and enjoy skating. Improper equipment is not only frustrating, but could cause pain and injury. The following is to be used as a guide. If you have any questions, our coaches will be happy to answer them and give advice.

### **HERE IS WHAT GOOD SKATES AND PROPER LACE TIGHTENING LOOKS LIKE:**



**GOOD SUPPORT, ANKLES STRAIGHT, LACES TIED PROPERLY**



**GOOD SUPPORT, ANKLES STRAIGHT, LACES TUCKED IN**

**GOOD SUPPORT, ANKLES STRAIGHT, LACES TIED PROPERLY**



Skate Saskatoon and its employees do not endorse any particular brand of skate or any professional service or store that sells or distributes skates. Our goal is to have skaters safely enjoy skating.



**PLASTIC BOOT – POOR – ONLY ONE SECTION OF SUPPORT**

**PLASTIC BOOT - POOR-ONLY 2 AREAS OF SUPPORT; BOOT HIGH FROM ICE SURFACE**



**VELCRO STRAPS – VERY POOR SUPPORT (ankles bending in)**



**PLASTIC BOOT - ONLY 1 AREA OF SUPPORT AROUND ANKLE**



**WIRES AND CABLES – POOR- DO NOT PROVIDE FULL SUPPORT OF ANKLE**



**POOR - LACES ARE TOO LOOSE – BENT-IN ANKLES**



**LACES/CLIP/VELCRO – IMPROPER SUPPORT OF ANKLE**

**NEVER TIE LACES AROUND THE BOOT – this could damage skin and Achilles tendon**



**NEVER TIE LACES AROUND THE BOOT – this has caused the boot to break down right at the area that the support is needed (large crease in the boot is evident)**

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**AT THE UPPER END OF CANSKATE (Stages 3, 4, 5, 6) and ADVANCED CANSKATE, avoid purchasing skates where the blade is mounted to the boot by RIVETS:**



**INSTEAD – LOOK FOR BLADES THAT ARE MOUNTED TO THE BOOT BY SCREWS:**



**HELMETS – OUR NATIONAL GOVERNING BODY MANDATES HOCKEY HELMETS - with the C.S.A. STICKER LOCATED ON THE BACK OF THE HELMET AS SHOWN BELOW:**



**BIKE HELMETS ARE “ONE IMPACT HELMETS”, OFFER LITTLE PROTECTION TO THE BACK/SIDE OF THE HEAD, AND ARE PRONE TO SLIPPING AROUND ON THE TOP OF THE HEAD. These are NOT PERMITTED on the ice.**

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