



RISING STAR SKATERS

GUIDELINES & EQUIPMENT

- Clothing: No street clothing, long jackets, jeans, hoodies, etc. Hair must be tide back neatly with hair clipped out of face. Club or fitted jackets are strongly recommended. Layering of clothing is recommended as skaters get warm after a while.
- For skaters below Canskate Stage 5, CSA approved hockey helmets are a must. Bike, ski, or other sports helmets are not accepted, and skaters will not be allowed on the ice without proper head gear.
- For skaters above Stage 5 Canskate that may be nervous about skating without a helmet, you are welcome to leave your helmet on as long as you like. Yours and your parents' comfort is important to us. For a comfortable transition from helmet to no helmet, headbands with protective plates in the back of the band are available. Ask your coaches for more details.
- Nutrition: No gum, food, etc. on the ice. Only water is allowed to be on the ice. Please don't bring slurpees or coffee. This also pertains to off ice classes. No food of any kind (water bottles permitted). You are there to train so focus on nutrition. You wouldn't bring candy or coffee to a 5km run or to the gym so treat skating the same way.
- Phone usage: All phones need to stay in the dressing room. There is no reason to have a phone on the ice with you. If you bring your phone to ice surface, it will be confiscated by the coaches, and you will get it back after the session. This also pertains to off ice classes.
- Be on time so the warmup can start as scheduled and we can make the most of our session. When skaters miss the warmup, their muscles are "cold", and it is more difficult to establish balance and move into the more challenging aspects of the session.

Equipment Care:

- Skate guards should be worn when not on the ice. The blades should be wiped with a clean dry cloth after each session and fuzzy blade covers will protect the blades and keep them from rusting. Wet skate guards should not be replaced on blades after drying.
- It is recommended that you sharpen the blades every 30 hours depending on care of blades.
- When getting skates sharpened, ensure that the bottom toe pick is not removed and that the skates are sharpened with a straighter (flat in back) figure skate sharpening as opposed to a rounder hockey sharpening. If you are unsure if the skates need to be sharpened or where to go, ask your coaches.