



## Equipment & Safety

Most department and sports stores sell skating equipment in a variety of price and quality ranges. Before buying skates, check carefully for:

- proper fit
- firm ankle support
- good quality leather
- correct blade placement

### TIPS

- Avoid buying larger size for skater to “grow into”
- Molded plastic skates are not recommended
- Look for blades that are screwed on rather than riveted, so that the blade can be moved if necessary. If the blade is riveted make sure it is straight and centered. The foot should not fall to one side
- A leather boot is preferable to vinyl
- Make sure the boot does not have any wrinkles

## Sharpening your skates

- sharpen skates as soon as they are purchased
- use a good skate-sharpening company
- re-sharpen skates after approximately 30 hours of skating (depending on usage and care)
- the bottom pick should not be removed – the pick is part of the design of figure skates and is essential to proper balance

## How Skates Fit

- wear only one pair of tight fitting socks or tights (the same pair that will be worn when skating)
  1. partially lace boots through instep
  2. slide foot forward so toes can touch the front but are not cramped
  3. stand with weight equally distributed over both feet
  4. bend knees
  5. the space at the back of the heel should be no more than a pencil width
- tie laces loosely over the toe and front of the boot and snugly over the ankle and instep
- skates should fit snugly around the ankle and heel with some room for movement of toes
- there should be no looseness or creases in the boot
- the tongue should be well padded and wide enough to cover the front of the ankle and stay in place
- walk around in the skates off the ice; they should feel comfortable