

Required Equipment – every session

Skaters joining our CanSkate program should wear the following equipment **every** session:

1. CSA approved **helmet** – MANDATORY
2. Proper fitting Figure or Hockey **skates (with Hard skate guards)**
3. Proper clothing - layers are best
4. **Gloves or mittens**
5. Markham Skating Club issued **Name badge** (identifies which group the child is in) – available the first session

Important Equipment information

Helmet guidelines

- **CSA approved hockey helmets are mandatory for ALL CanSkaters up to and including Stage 5 as well as Pre-CanSkaters**
- The helmet and strap should be adjustable and the fit should be snug
- Face mask/cages are optional but recommended for beginners



Important Equipment information

Skate guidelines

- Hockey or figure style skates with laces are recommended rather than clips or dials
- Sharpen skates when purchased and re-sharpen after approx. 30 hours of skating
- No walking on concrete/hard surfaces without hard skate guards
- Wipe the blades dry after every use
- The bottom pick on figure skates should not be removed – it is part of the design of figure skates and is essential for proper balance



Important Equipment information

Clothing guidelines

- Clothing should provide warmth but is not too bulky or restrictive
- Wind pants or track pants over long comfortable pants are recommended
- Coaches draw circuits on the ice using bingo dabbers that may stain clothes. Please take this into consideration when choosing clothing for skating lessons
- Mittens and gloves are required

