





# Participant Skate Recommendations for Learn to Skate Programs

The fit and care of skates is extremely important even with very young skaters. If you have any questions regarding these recommendations, contact us at:

For all Learn to skate program locations contact Village Square Leisure Centre 403-366-3900, press 0 and ask for Program Services, Skating.

 <b>Recommended Skates</b> Skates should fit snug, but not overly tight. Lace up skates; hockey or figure skates.		
<b>Hockey Skate - BEST option</b>		
<b>Learn to Skate</b>	<b>Figure Skating</b>	<b>Hockey</b>
		

 <b>NOT recommended</b>		
<b>Moulded boot</b> 	<b>Soft boot</b> 	<b>Adjustable boot</b> 
	<b>Soft Boot with laces</b> 	

Generally skates fit one size smaller than a shoe size.  
 Skates must be sharpened (new skates do not come sharpened).  
 Tie skates snug; start at the laces at the toes and work your way up to the ankle.

## Participant Helmet Standards for Learn to Skate Programs

All participants in The City of Calgary Recreation, Learn to Skate and hockey programs are required to wear a Canadian Safety Association (CSA) approved helmet.

Our priority is the safety of our skaters. If you have any questions regarding these helmet standards contact us at:

For all Learn to skate program locations contact Village Square Leisure Centre 403-366-3900, press 0 and ask for Program Services, Skating.

*Staff reserve the right to not allow a participant on the ice without the proper helmet.*

 <h3>Acceptable helmets</h3> <p>Helmet should fit snug, no rocking back and forth or side to side, adjust helmet as needed including the chin strap. Helmet must cover the forehead.</p>	
<h3>Hockey Helmet - BEST option</h3> <p>A hockey helmet with a cages (face shields) is recommended, especially for younger children.</p>	<h3>Ski/snowboard Helmet - OK</h3>
  	

 <h3>NOT acceptable</h3> <p>Participants will NOT be allowed on the ice with one of these helmets.</p>				
<p>Goalie Helmet</p> 	<p>Baseball</p> 	<p>Bicycle</p> 	<p>Bull Riding</p> 	<p>Construction</p> 
<p>Horse</p> 	<p>Motorcycle</p> 	<p>Mountaineering</p> 	<p>Multi-Purpose</p> 	<p>Canoe/Kayak</p> 