

# Ice Skating -- Equipment Checklist

## BOOTS

### Snug fit

- Heel cannot lift up; toes not curled; lacing gap 1 ½ - 2 inches wide
- Lace snugly but not overly tight
- Tie overhand knot before hooks; snuggest lacing point should be at bend of ankle

### Sturdy construction

- Sturdy double or triple layer of leather (not plastic or vinyl)
- Top does not flop over
- Sponge rubber or felt padding on tongue

## BLADES

### Length & Placement

- Stanchion not more than ¼ inch shorter than sole of boot
- Parallel to or on center axis of boot

### Sharpening

- Hollow ground to create two edges
- Check for even edges; no nicks, burrs, or rust
- Dry blades after use; do not walk on hard surfaces
- Have blades sharpened before first use, and as needed

## TYPES

### Figure

- White, black or tan leather with ankle support
- Blade with toepicks and extended heel

### Hockey

- Built in tendon guards at back, hard toes
- Short narrow curved blade

### Speed

- Low cut boot
- Long thin blade with flat grind

## CLOTHING

Stretchy and warm, layers

Gloves

Thin stretchy nylon socks

## EXTRAS

Towel or chamois for drying blades after use

Soft terrycloth "soakers" for protecting blades when stored

Hard rubber guards for walking off ice

Skate bag

## General Rules for Skating

1. If possible, obtain some form of instruction for the first few times that you skate.
2. For the first few times on the ice, stay near the barrier until you can start and stop easily.
3. Keep knees relaxed, bent, and forward (covering toes), never stiff or locked.
4. Learn to relax when you fall and get up quickly if you are not seriously hurt.
5. Watch where you are going, especially when skating backwards! Observe all traffic patterns.
6. Never skate with your hands in your pockets. Wearing gloves is best.
7. Always be cautious when skating around beginning skaters.
8. Always skate with your head up, not staring at the ice.
9. Never skate in skates that do not fit properly or are made of thin plastic or vinyl.
10. Use the center of the rink for practicing turns, jumps, and spins, and watch for others doing so.