

Ice Skating Equipment Checklist

BOOTS

Snug fit

- Heel cannot lift up
- Lacing gap 1 ½ - 2 inches wide

Sturdy construction

- Double or triple layer of leather (not plastic or vinyl)
- Strong built in counter and arch
- Sponge rubber or felt padding on tongue

BLADES

Length

- Stanchion not more than ¼ inch shorter than sole of boot

Placement

- Parallel to or on center axis of boot

Sharpening

- Hollow ground to create two edges
- Even edges
- No nicks, burrs, or rust

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

Hard rubber guards for walking off ice

Soft terrycloth “soakers” for storing blades

Towel or chamois for drying blades after use

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.
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 plastic.
10. Use the center of the rink for practicing turns, jumps, and spins.