SALMON ARM SKATING CLUB SKATER GUIDE

WHAT TO WEAR

- Dress warmly in comfortable, fitted clothing that allows for freedom of movement.
- Wear layers that can be removed as you warm up.
- Leggings or tights, an athletic top, and a warm-up jacket are recommended.
- Gloves or mitts are required.
- Bring a water bottle.
- No jeans or dangling jewellery.
- Avoid hooded sweatshirts, as they can interfere with skating.
- Long hair must be tied back.

HELMET REQUIREMENTS

- CSA-approved hockey helmets are mandatory for all skaters in Stage 5 and below, as well as all PowerSkate (CanSkate for Hockey & Ringette) participants.
- Skaters who have completed Stage 6 or higher may choose whether or not to continue wearing a helmet.
- Helmets must fit properly, be in good condition, and display a CSA certification mark.
- Bicycle, ski, and other sports helmets do not meet Skate Canada requirements.
- Face cages are recommended for young skaters but are not mandatory.
- Coaches reserve the right to refuse ice access if a skater's helmet or equipment does not meet Skate Canada safety requirements.

Learn More: Skate Canada Helmet Recommendations

SKATE RECOMMENDATIONS

- Ensure skates fit properly. There should be little movement in the boot, with approximately one finger width of space at the heel when the skater's foot is pushed forward and the knee is bent.
- Wear thin socks or tights for the best fit and comfort.
- The club often has second-hand skates available. Coach Jen is happy to help you find the right fit.
- Do not wrap excess skate laces around the ankles, as this can restrict movement and increase the risk of injury.

SKATE FITTING & SHARPENING

- We highly recommend Blade Runner Skate Services in Coldstream for professional skate fittings, new skates, blades, accessories, and skate sharpening.
- Professional skate fitting and equipment
- New skates, blades, and skating accessories
- Skate sharpening recommended approximately every 20 hours of ice time

Blade Runner Skate Services
Dave Drake
250-260-2083

SKATE CARE

- Wipe skate blades dry with a clean cloth after every use to help prevent rust.
- Store skates with cloth blade guards. Avoid storing them in hard plastic guards.
- Keep skates indoors rather than in a garage or vehicle to prevent rust caused by temperature changes and moisture.

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SKATE CANADA ASSESSMENTS (TESTING)

Skate Canada assessments are an optional way for skaters to measure their progress and celebrate their achievements.

Assessments are available in three disciplines:

- Skating Skills
- Free Skate
- Dance

When your skater is ready, the Club Director responsible for assessments will contact you with registration details.

- STAR 1–5 assessments are conducted by Coach Jen after the assessment fee has been paid.
- Assessment fees for STAR 1–5 are remitted directly to Skate Canada.
- Regular skating attire is appropriate for STAR 1–5 assessments.
- For assessments above STAR 5, a certified evaluator is required. Additional ice and coaching fees apply, and skaters are expected to wear appropriate skating attire.
- All assessment results are recorded with Skate Canada.

COMPETITIONS

Competitions are completely optional and are a fun way for skaters to showcase their skills, set goals, and gain experience.

- Skaters may participate in competitions throughout our region.
- Coach Jen and the Club will notify eligible skaters of upcoming competitions and provide registration information.
- Competition fees apply for each event, along with a coaching fee, as Coach Jen attends to support and coach our skaters.
- Skaters should wear appropriate skating attire and bring clean skates, a warm-up jacket, and a water bottle.
- Parents are not permitted in dressing rooms. If assistance is needed, skaters must be helped in the public washrooms before entering the dressing area.
- Competitors should arrive at the rink **at least one hour** before their scheduled event.
- Competition music must be submitted electronically before the event, and skaters should also bring a backup copy on a USB drive.

QUESTIONS

If you have any questions or concerns, please speak with your child's coach or contact the Club Registrar. We are happy to help!