



West Toronto Skating Club

Tips for Lacing Up!

Before you lace up:

- Ensure socks or tights are on properly and there are no wrinkles or bunched material that would make wearing a skate uncomfortable
- Ensure you are in an area where there is a place to sit and a matted floor to protect you and your blades
- Loosen the laces in all areas of the skate to allow for easy placement of the foot into the skate
- Ensure you or your child's foot is placed into the skate as it would be in a shoe - the foot should be touching the insole of the skate, toe to heel, and ankle should be straight before the skate is tied

Time to Lace Up!

Helmet should be:

- **CSA Approved**- an approved helmet will have this logo on it (usually on the back of the helmet)
- Fit properly with a functioning strap
- Cages are highly recommended and should have 3 straps: one to fasten the helmet, and one to fasten the cage on both the left and right side. All 3 straps should fasten to the helmet



Skates should be:

- Laced fairly loosely over the toe and gradually getting tighter up to the ankles, but still with enough opportunity to ankle bend
- **Double check!:** Run your fingers along the laces from toe to ankle once they are tightened- they should not move. If they do, the skate likely needs to be tightened.

Laces should be:

- Hooked securely with sufficient tension to allow one finger down the back of the boot.
- Long enough to be tied in a proper double bow.
- In the case of skate laces being long, tuck them in. Do not tie laces around ankles.

Double check!: Before you or your child steps on the ice, quickly check to ensure that each foot has the right skate on.
This can happen and is not uncommon!

Getting of the ice:

- Always wear hard plastic guards when walking off the ice. This will help keep your skates sharp
- Dry off skates with a towel/rag. Do NOT put the hard guards back on, rust will form on the blades.
- Use soft fabric guards on your blades to transport your skates to protect the blades

Have Fun!