



# Learn to Skate Information

## What to Expect On the First Day

- Arrive early and check in at the Learn to Skate table
- Collect your name tag (name tags are collected at the end of each session and held by the club). Be sure to look for your name tag every week. Name tags identify the skater's name and colour of group they are in.
- Proceed to the dressing rooms to put on your skates.
- Clip your name tag onto your zipper pull or pocket
- Skaters then wait at the rink door until they are welcomed onto the ice by a coach or Program Assistant (PA).
- Parents **MUST** stay in the arena. Parents are welcome to watch their children from the stadium seats, or from the viewing area of the lobby. Please do not use the player's benches or the penalty box.
- During the first few lessons your child may be moved between groups, we continually assess the skaters so that they are with children of like abilities.
- At the end of the lesson, collect your child where they got onto the ice.

## Equipment for Learn to Skate Program

### Skates

- Hockey skates or figure skates. They should have laces
- Leather skates with good ankle support are recommended not plastic adjustable or bob skates
- **Get them sharpened**
- Have the store clerk help you so that they fit properly, too small of a skate will result in cold feet, too large of a skate balance is compromised

### Helmet – CSA Approved Hockey Helmet

- CSA approved hockey helmet with a face cage is recommended as an additional layer of protection
- Have the store clerk adjust the helmet to your child
- Don't have ponytails or hats on under the helmet
- Bike helmet, skateboarding helmets and skiing/snowboarding helmet will not be accepted

### Clothing

- Water proof pants or snow pants
- Waterproof mittens or gloves
- Remember your child will be exercising so multiply layers of clothing are not always needed. A winter jacket over clothes is often enough. Layers hinder movement

### Care of Equipment

Always wear protective guards when not on the ice. Do NOT walk on concrete surfaces without skate guards, sharpening and blades will wear much faster, and are damaged severely by the surface. After a lesson, dry blades and sole plate completely with a cloth. This will prevent the blades from rusting. Always remove guards and allow skates to air dry completely after each skate. When not in use, remove skates from the skate bag and leave them in the open so that they can air dry thoroughly, allowing the leather to breath.

### Sharpening your skates

All new skates and skates that have not been skated on for a month will need to be sharpened before you skate on them. Re-sharpen skates after approximately 20-30 hours of skating. More frequent sharpening may be required, if the skater walks on concrete, rubber or carpeted surfaces without guards, if the blades are not wiped dry, or if there are severe nicks and rough

surfaces on the edges of the blade. Do NOT remove the bottom pick on figure skates. The pick is part of the design of figure skates and is essential to proper balance.

## General Skating Program Policies

- A parent or legal guardian is required to remain at the arena while their child is skating in case of injury or illness.
- All Parent & Tot, Pre-CanSkate, CanSkate and Adult CanSkate participants must wear a **CSA APPROVED HOCKEY HELMET** while on the ice. Bicycle/ski/snowboarding helmets are not permitted.
- The club has a policy of zero tolerance to bullying. A skater doing so will be cautioned once in the presence of their parent/ guardian. A second occurrence will constitute grounds for expulsion.
- Kicking, rough play and lying down unnecessarily are NOT allowed on the ice.
- There will be NO make-up days due to sickness, vacations, inclement weather or conflicting events i.e. club competition or test days. Notice will be posted in advance of these events.
- No food, drink or gum is permitted on the ice.
- Lessons will start on time. Please be prompt.
- Parent & Tot, Pre-CanSkate and Canskater skaters are NOT allowed to leave the ice without permission of the coach. The skater's parent/ guardian will come to the side door and take the skater from ice.
- Parents/ Guardians and spectators are requested to watch sessions from the stands, not the players bench or at the entry gates; so as not to interfere with lessons or block access to the ice.
- During lesson times parents/guardians are not allowed on the ice due to insurance regulations.
- Be alert for other skaters at all times. If you fall, do not sit or lie on the ice (unless injured). **Get up quickly to avoid being hit by other skaters.**
- Kicking or Digging! Defacing the Ice with skate blade is prohibited.

## Frequently Asked Questions

### **Does my child need experience to register for learn to skate program?**

No skating experience is required to register for any of our learn to skate programs.

### **How do I register my child in the right level?**

Make sure that you have selected the correct program based on skater's age and we will do the rest. If you have skated with us before we will have record of all of your child's skating achievements. If you are new to NTDSC we will assess your child's skills and then place them in the appropriate group. Usually this will happen during the first week.

### **I have a scheduling conflict can I switch classes?**

NTDSC will try to accommodate parents that need to change days or time that their children skate.

### **My child will miss a class can we have a makeup class?**

No. NTDSC does not offer make up classes for missed classes.

### **Can I drop my child off at the arena and then leave?**

No. A parent or other responsible adult needs to be in the arena or lobby during class.