

Equipment List 2016-2017

**For safety reasons, skaters will NOT be allowed
on practice ice without proper equipment.**

MANDATORY -- Needed for Every Practice

1. **Helmet** –hockey or snowboarding helmets are acceptable for practices. If a skater is planning on racing, he or she must have an approved speed skating helmet. Speak to the coaches for more details.
2. **Safety glasses** – you can purchase a pair at Canadian Tire, Rona, Home Depot or a sporting goods store. The glasses must have a safety strap.
3. **Bib-style neck guard** – Can be purchased at Canadian Tire or a sporting goods store. These are available in the hockey section. Be sure to get the bib style.
4. **Cut proof(leather) mitts or gloves.** – Any leather glove will work, including “garbage mitts”.
5. **Cut proof ankle guards or socks (Kevlar)** – these can be purchased at Canadian Tire or a sporting goods store
6. **Knee pads** – volleyball knee pads work well.
7. **Shin guards** – soccer shin guards.
8. **Skate guards (plastic)** – most club skates come with guards. If they don't, you can purchase a pair from Canadian Tire, Walmart or a sporting goods store. Skates must NOT be walked on without guards!!!
9. A **skin suit or tight fitting leggings, yoga pants or sweats** is best to wear while skating for comfort and flexibility while working on technique.. Jeans are not acceptable because they do not allow for enough movement. Upper body clothing should be layered and allow for free movement of torso and arms.

OPTIONAL – but highly recommended

10. Bring a pair of **dry socks to change into before practice.**
11. A **change of clothing** in case you take a tumble in the water. Skating in wet clothing is not comfortable or safe.
12. **Water bottle** – you will need to rehydrate while on the ice even when you are outdoors.

Additional items for outdoor skating (January – March)

13. **Vaseline** and **baby powder** during the outdoor season. Vaseline to protect exposed skin to minimize the risk of frostbite. Baby powder to help keep feet dry.
14. **Ski goggles** for skating outdoors. The cold air is hard on the eyes.