

Skating Attire



Helmets are optional but strongly recommended. Helmet with the cage is a beginners best option.



Jackets should allow for easy mobility. Layering is the best option. (undershirt, long sleeves shirt, and a fleece)



Make sure gloves or mittens fit properly and are waterproof.



Pants need to allow free movement and in the beginning levels offer some padding. Snow pants are a good option for starters, as the skater passes through the levels make the move to a lighter more plyable pant.



Make sure skates are tied securely and snug at the ankle. Have blades sharpened once a series.