

## **Here's a checklist for the first-timer, whether you've never set blade on ice or it's been a few years.**

1. Wear comfortable jeans, not too tight or baggy. Warm-up suits are great. After all, this is a sport! Leggings and sweats are suitable as are tights and a skating dress/skirt. However, first timers are advised against wearing anything too fancy. Nothing looks worse than a skating dress with rental skates!
2. Your shirt can be long or short-sleeved, but please keep in mind the rink's temperature might be on the cold side.
3. Gloves or mittens. They don't have to be designed for mountaineering! A pair of wool or acrylic type is best. They're also not too warm.
4. If you're really nervous about skating, hip, knee, elbow and wrist pads or guards may be worn as can a helmet. You'll resemble the Michelin Man, but it's your choice.
5. Comfortable socks, please! No ultra-thick socks are needed. Conversely, don't go overboard and buy the finest silk socks if you're going to wear rental skates! Keep in mind that MANY people before you have put their feet into those rental skates!

### **Selecting a pair of Rental Skates That FIT!**

Here's the one item you NEED to skate properly. If your skates don't fit correctly, you're unlikely to want to continue skating. So, here are some steadfast rules to follow to help you get the skates you need.

Allow yourself enough time to select the right pair. **DON'T RUSH!**

Skating Fact - Skate sizes don't always match shoe sizes!

For example, if you're a lady with a size 9 street shoe, you might wear a size 9 skate, but you might also wear a size 7 ½, 8 or 9 ½. Oftentimes the employees behind the skate rental counter can be very helpful, but it's best to be prepared in advance.

**Rules for a Good Fit:** Your heel must be snug against the back of the skate. There should be enough room to ever so slightly wiggle your toes up and down. Skates must be well fitting. Too tight, you'll know it. If they're too loose, go down per ½ size.

**Lacing Them:** Skates need to be laced correctly and fully to work properly. Rental skates are NOT a fashion trend; they must be laced up all the way! The long laces baffle most beginners. Especially when they do lace them correctly, they have at least a foot of extra lace.

**DO NOT WRAP THIS AROUND YOUR ANKLE AREA!** This can cause the laces to slip plus it creates unnecessary strain on the boot itself. Once you lace your skates, tightly, but not constricting your circulation, wrap the extra length back down around the hooks. This is a neater looking method that all figure skaters do. Watch how more experienced skaters lace their boots; although some methods are a little different.

**A Warning About Blades:** The blades on most rental skates are DULL, DULL, DULL! This is something you must know because many skaters are upset by this once on the ice. The reason skate blades are dull is due to the fact that it causes fewer accidents.