

# PreCan & CanSkate Equipment Needs:



## Skates:

- Hockey skates or figure skates. They should have laces.
- Plastic skates or bob skates **are not recommended.**
- Have your skates sharpened.
- Have the store clerk assist you so skates fit properly. Skates that are too small will result in cold feet; skates that are too large can compromise balance.



## CSA Approved Helmet:

- Helmet **must** be CSA approved.
- **Bike helmets, skateboarding helmets or skiing helmets will not be accepted.**



## Clothing:

- Water proof pants or snow pants.
- Waterproof mittens or gloves.
- Remember your child will be exercising so multiple layers of clothing is not always needed. A winter jacket over clothes is often enough. Layers hinder movement.
- No Scarfs



***Don't forget to grab your name tag from table!***