



FOR FIRST TIME SKATERS AND PARENTS

Welcome to our programs at Connaught Skating Club!! We have put together a little list of tips, rules and suggestions to help your skater and you get the best out of our programs. Any questions, please don't hesitate to ask CanSkate Coordinator Lianna Yung.

- Skaters must wear a CSA approved hockey helmet in both Pre-CanSkate and CanSkate.
- Make sure their skates fit properly and are done up tightly enough to hold up the ankles.
- Try to wear loose fitting clothing. Splash pants are great as they help keep skaters dry. Please avoid snowsuits!
- Mitts or gloves are a must!
- We use markers on the ice to draw mazes and demonstrations. We do use washable markers but sometimes the kids get this on their outfits and it doesn't come out; please keep this in mind.
- Sometimes as a reward we will give the skaters a sticker which is generally put on their helmet. Please let the coach know if you do NOT want your skater have stickers put on their helmet.
- For safety reasons we close ALL of the doors onto the ice surface.
- We ask that parents do not watch from the players' bench (the opposite side of the entrance door onto the ice). It causes a distraction to the skaters and can be a safety hazard.
- We encourage all parents and spectators to watch from the stands. The initial transition to the class can be tough, but once the skaters see how much fun everyone is having, they normally come around.
- Please, NO flash photography
- There will be times when skaters may sit or lie on the ice. Please don't be upset if coaches are not running to pick up your child. We do our best to encourage skaters to learn to get up on their own. We will work on this at length the first few days. There may be times when skaters are frustrated and upset with this process. We encourage skaters to stay on the ice and keep trying. We will be sure to call parents or guardians to the ice level if needed.
- To help with the transition, parents might try allowing their skater to wear their skates at home with skate guards on. Have the skater walk around the house and practice sitting down and getting up on solid ground.
- There will be senior skaters helping the Professional Coaches out with all programs. Please remember that these skaters are volunteers and can be as young as 12 years of age. If you have any concern with them or your skater, please direct your concerns to the Professional Coach after the session.
- Please always be in the rink area or lobby in case your child needs you for any reason. Remember this is not a babysitting service where you can go grocery shopping. If you have an emergency, please have another parent be in charge of your skater and give them your contact info in case anything happens.

If at any time you have concerns or questions, please ask. You can contact Lianna Yung at lianna.yung@gmail.com or arrange to meet after a skating session.

Our website is www.connaughtsc.com

