

HOW TO PROPERLY TIE SKATES

For those who have never tied skates before, tying skates is slightly different than tying shoelaces. It is important for skates to be tied properly to enable participants to have the proper support and to prevent ankle injuries. An improperly tied skate can also lead to falls.

Instructors will not be responsible for tying the participant's skates every week. It is up to the responsibility of the participants or guardians to ensure the skates are tied properly. Instructors will only be available for the first few weeks to check and demonstrate proper methods of tying skates.

There are three common skates that children have for our skating programs:

1) Hockey Skates and Figure Skates



a) Please ensure that the laces crisscross in and out of **ALL** of the eyelets (hooks) of the skates. All of the skates have eyelets on them to properly support the foot when the participants are on the ice

b) The top of the eyelets are particularly important because they support the ankle the most. Please ensure that the laces are pulled **TIGHTLY**.

c) Checking the tightness of the laces

Please retie the laces if any of the following statements are true after you have finished tying the laces:

- I can pull loosely on the laces of the skate
- I can put a finger into the top two laces of the skate

2) Plastic Skates with Buckles



a) These do not have laces, but have buckles on them. Please ensure that all of the straps on the buckles are tightened so that we cannot tighten the straps anymore. The straps **SHOULD NOT** be loose.