

Skating Tips



At Alice Noble Ice Arena, our goal is for skaters to enjoy a safe and fun outing with each visit. Here are some tips and information that may be useful in assuring a pleasurable experience during your time here:

- Arrive at least 10 - 15 minutes before session starts. This will allow time for admission and getting properly fitted for rental skates.
- Rental skates - you'll need to choose between hockey or figure skates.

- Figure skates are recommended for beginner skaters. Typically all skaters start out in figure skates when learning to skate. Figure skates have a thicker and longer blade with a toe pick on the front, however, toe picks are not for the use of stopping. They are there for skaters to pick into the ice for jumps. Figure skates run slightly larger than a normal shoe size. They come in full sizes only and it is best to ask for a full or half size down from your shoe size. Skates should fit snug for best support with toes touching the end of the skate, but not crunched. Loosen laces all the way down the boot to allow your foot in.

- Hockey skates have a more narrow blade which is rounded at both ends. Use caution when trying hockey skates for the first time. Adjustment in balance to skating will be necessary because of the change in blade style. Hockey skates have a wider boot than figure skates and run significantly larger than normal shoe sizes. It is best to ask for two full sizes down from your shoe size. Toes should be at the end of the skate, but not crunched.

- Dress properly - the temperature in the rink is kept at about 52 degrees, but may feel cooler when out on the ice surface. Dressing in layers is a good way to make adjustments to your comfort needs. We recommend starting with long pants, thin socks, a shirt and sweatshirt or jacket, and gloves. Be careful not to wear clothing that is restrictive to reasonable movement on the ice. Refrain from wearing frayed jeans that may get caught up in your skates.
- Safety - all skaters are encouraged to wear a properly fitting helmet, especially young children and older adults. A bike helmet from home will work fine. Young children who are beginner skaters should always be accompanied by an older, capable skater on the ice. Skaters are not allowed to carry children in their arms or on their back or shoulders. No one is allowed on the ice without skates. Metal frame walkers are available upon request in both child and adult sizes on a first-come; first-serve basis at no charge. These should **ONLY** be used by beginner skaters who need assistance and not as a play object on the ice.
- Learn to Skate - the best way to assure fun on the ice is by learning to skate. We offer reasonably priced group lessons through our Learn to Skate program. For information, select the Learn to Skate tab on our website.

Happy Skating!