

# *Special Skates*

## **Rules for Participation and Additional Information**

1. A parent/guardian (adult) must be present for the entirety of all Skating sessions. Your child will not be allowed on the ice unless you are present.
2. Skaters will need to have their own ice skates (You may rent for Free at the arena) and skating helmets.
3. Skaters will need to be wearing single blade ice skates and approved skating helmets. Elbow pads and knee pads are highly recommended.

*\*Skates sizes generally range between current shoe size to minus 1 size. Example- If your child wears a shoe size 3. Their skate may be a size 3 or 2 depending on the skate.*

4. Skaters must be accompanied by an authorized volunteer (buddy) on the ice at all times. (Except on designated family sessions.)
5. Only skaters and buddies are allowed on the ice at all times. (Except on designated family sessions.)
6. Please sign your child in before skating each week.
7. Please help your child to line up and wait patiently outside the gate while buddies are assigned.

Buddy/child matches may vary week to week. The North Shore Skating Club will make these matches.

Please email the North Shore Skating Club at [nsscjc@nsskating.org](mailto:nsscjc@nsskating.org) if your child will miss a session.