



Participant Standards for Skating Participation

Thank you for your continued support; we are very excited to welcome you back to Vivo! We have some guidelines we need our guests to follow in order to keep everyone safe.

Helmets

All Skating Participants at Vivo are required to wear Canadian Safety Association (CSA) approved **skating helmets**. This includes but is not limited to: Learn to Skate Lessons (including Adult and Parent and Tot classes), Public Skating, Shiny, and Stick Pucks and Rings.

Staff reserve the right to not allow participants on the ice without a proper helmet.

CSA approved skating helmets will have one of the following logos on them.



Required Helmets



Not Acceptable Helmets (not limited to)



Skates

All Skating Participants at Vivo are required to wear Skates. Generally, skates fit a size or two smaller than shoes. It is important to get the right fit so your skater does not get blisters or get ankle injuries. A few fitting tips include getting professionally fitted at a sports store or measuring skaters' foot against the insole of the skate. Try to avoid plastic skates, as they do not allow for proper movement or provide support in the right areas of the foot and ankle. Plastic skates usually have a different blade shape that interferes with the skaters' natural balance. As a general rule, skate blades should be sharpened after approximately 10 hours of on ice use. If skating outdoors or walking around without skate guards, blades will need to be sharpened more often. When purchasing a new pair of skates, ensure you get the blades sharpened so your skater can stand on the ice. The flatter the blade is across the duller the blade. We recommend getting a 5/8" or 1/2" sharpen for recreational skaters.

Staff reserve the right to not allow participants on the ice without proper skates.





Skates need to be tied tightly and properly to give the skater support and the ability to balance. Laces should be in a crisscross pattern similar to running shoes. This allows the skates to be tightened from the bottom to the top row by row. If you pull the laces and they do not tighten as you move up the skate, they are laced improperly. On the top of figure skates there are usually 8 hooks that must be tied in the crisscross pattern. Failure to do this could result in serious ankle injuries.

Clothing

All Skating Participants at Vivo are required to wear gloves, long stretchy pants and a long-sleeved shirt. It is recommended participants wear snow pants and a warm jacket on top of this.

Staff reserve the right to not allow participants on the ice without proper clothing.



Power Skating and Stick, Pucks and Rings Equipment

All Power Skating and Stick, Pucks and Rings Participants under the age of 18 at Vivo are required to wear full hockey equipment, with a **caged** helmet and have a hockey/ringette stick. Participants over the age of 18 are required to wear a helmet, gloves and have a hockey/ringette stick.

Staff reserve the right to not allow participants on the ice without proper clothing.

