

What to Wear When Skating

To perform at your best, it is important to dress for your sport. Here are a few ideas and reminders of what to wear and what not to wear to a practice.

Skating Clothing

Rule of thumb: Form-fitting clothes that stretch are better than tight, restrictive or oversized clothes. An instructor/coach needs to see a skater's body alignment to give proper advice and feedback about technique.

Leggings, skating pants or a skating dress/skirt is acceptable.

A snug sweatshirt, a zippered fleece or a skating jacket can be worn. **Stay away from baggy "hoodie" sweatshirts.** Even if it is very cold in the arena, do not practice in a heavy or bulky coat. If possible, stay away from baggy sweatpants and baggy clothing. Use layers to stay warm.

Ensure footwear is dry to avoid cold feet.

Gloves or **mittens** are a good idea.

Hair

Hair should be tied back. For safety reasons, it is very important that hair be away from the face. If your hair is very long, you may want to braid it or put it in a bun so that a long ponytail doesn't distract you as you spin and jump.



Thank you,
Uxbridge Skating Club