

# Rink Day Checklist

What to wear, what to pack and the bench checks before you step on the ice.

Rink: \_\_\_\_\_

Date: \_\_\_\_\_

Indoor ☐ Outdoor ☐

Forecast / feels like: \_\_\_\_\_

Session time: \_\_\_\_\_

## INDOOR RINK OUTFIT (ABOUT 55 TO 60 F)

- ☐ Stretchy pants or lined leggings (not plain jeans)
- ☐ Fitted long-sleeve top
- ☐ Fleece, zip hoodie or thin sweater
- ☐ Thin gloves
- ☐ One pair of thin, tall socks

## OUTDOOR RINK OUTFIT

- ☐ Thermal base layer, top and bottom
- ☐ Hip-length insulated jacket
- ☐ Water-resistant pants or lined joggers
- ☐ Hat or earmuffs that stay on
- ☐ Water-resistant gloves plus a spare pair

## RINK BAG

- ☐ Helmet (beginners and kids)
- ☐ Spare gloves and socks
- ☐ Dry pants for kids
- ☐ Blade guards and small towel (own skates)
- ☐ Hair tie and lip balm
- ☐ Water bottle and a snack
- ☐ Cash or card for rentals and lockers

## BENCH CHECKS BEFORE THE ICE

- ☐ Toes can wiggle, heel does not lift
- ☐ Laces snug across foot and ankle
- ☐ Top two hooks a little looser
- ☐ Double knot, ends tucked inside the boot
- ☐ Helmet snug, chinstrap fastened
- ☐ Scarf tucked in, no long loose hems
- ☐ Blade guards off before stepping on

## AFTER THE SESSION

- ☐ Wet layers off, dry clothes on
- ☐ Blades wiped dry, soft covers on
- ☐ Gloves and socks hung to dry
- ☐ Session logged on page 2

## NOTES

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## QUICK REMINDERS

- ☐ Light layers indoors, a big coat makes you sweat
- ☐ Wind makes outdoor rinks colder than the forecast
- ☐ Wet clothes off right away
- ☐ Take regular warm-up breaks on cold nights

# Beginner Skate Session Log

One goal per session. Log your minutes, what you tried and what to work on next.

## SKILLS LADDER: TICK WHEN YOU CAN DO IT 3 TIMES IN A ROW

- |                                                        |                                                    |
|--------------------------------------------------------|----------------------------------------------------|
| <input type="checkbox"/> March in place on the ice     | <input type="checkbox"/> Snowplow stop             |
| <input type="checkbox"/> Fall and stand up safely      | <input type="checkbox"/> Forward swizzles          |
| <input type="checkbox"/> Forward march, then glide     | <input type="checkbox"/> Backward wiggles          |
| <input type="checkbox"/> Two-foot glide, 3 seconds     | <input type="checkbox"/> One-foot glide, 2 seconds |
| <input type="checkbox"/> Dip (knee bend) while gliding | <input type="checkbox"/> Gentle curve on two feet  |

## SESSION LOG

| Date | Rink | Mins | Skills tried | Falls | Feel 1 to 5 | Next goal |
|------|------|------|--------------|-------|-------------|-----------|
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Total minutes on ice: \_\_\_\_\_ Biggest win so far: \_\_\_\_\_