

Learn to Skate

How to Tie Skates Properly



We recommend brand new skaters begin in a stability blade (figure skate) versus a rocking blade (hockey skate) for a more comfortable experience on the ice. Lacing ice skates correctly will make the ice skating experience more enjoyable. Correct lacing of skates is very important and must be done a certain way.

1. **Wear thin socks that cover the ankle.**

Regular white crew socks are a great since you probably already own a pair. Stay away from thick, fluffy socks, or socks with a design or pattern, as they can bunch and cause pain. Covering the ankles is important to prevent blisters.

2. **Loosen up the laces.**

By pulling the laces out a bit, the foot can be put inside easily.

3. **Place the feet inside the boots.**

Make sure the socks are straight and the foot is placed inside the boot all the way. Put the toe of the foot in first and then push the heel all the way down.

4. **Ensure the skate is the appropriate size.**

You want the skate to fit snug. If the boot is too big, the ankles could collapse and the boot will not provide adequate support. Lacing the skates tightly will not improve the ice skating experience. Make sure the tongue of the skate is straight.

5. **Tighten the laces in the first half of the boot.**

Work up from the toe to the ankle. Don't pull the laces too tight in this area. Just make sure that each pull is secure. If the skate is tied too tight, the skater will not be able to bend his or her knees or ankles, and could cause the foot to fall asleep.

6. **Tighten the laces the most where the foot and the ankle bends.**

This is the most important part of lacing skates. Give the laces a good tug at this point and pull hard.

7. **Lace around the hooks.**

Make a criss-cross pattern with the laces and pull with both hands around each hook. Some skaters like to put the laces over and under the hooks; others like to put the laces under and then over. Either option is correct. Again, don't pull the laces too hard. Leave some room for the ankle to bend.

8. **Finish with a bow.**

A double knot secures the bow and is recommended. When breaking in a new pair of figure skates, leave the top hooks unlaced for the first several hours to allow for ankle flexion.

9. **Tuck the bow's loops inside the tops of the boots.**

This is advisable if the laces are very long and there are no pants to cover the bows. This step prevents the blade from catching the bow's loops and also keeps the top hooks from coming loose. Do not wrap the laces around the top of the boot, as they could slip up to the top of the skater's ankle and cause discomfort or injury.

10. **Relace if needed.**

If the skates at any point in time do not feel secure, relace the skates to ensure safety.