

What to Wear and What NOT to Wear

What To Wear:

FOOTWEAR:

- Running Shoes or Skate Shoes
 - o They have softer rubber which will grip the ice better.
 - o Must be clean!
 - There are scrub brushes to clean the dirt off.

PANTS:

- Loose Fitting Pants
 - o Sweat Pants
 - o Track Pants
 - o Yoga Pants

JACKETS

- Loose Fitting and Warm Jackets
 - o Fleece Jackets
 - o Sweaters
 - o Hoodies

GLOVES

- Will keep your hands warm.

What Not To Wear:

FOOTWEAR:

- High Heeled Shoes
 - o Will Not be allowed on the ice surface.
- Muddy/Dirty Runners
- Sandals

PANTS:

- Jeans
 - o are not recommended
- Tight Dress Pants
 - o are not recommended
- Shorts
 - o are not recommended

GLOVES

- That are fuzzy
 - o they will shed on the ice