

# Fitting of Skates

Inside Edge Skating Supply Shop  
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Several factors should be considered when shopping for a new skate:

1. Level of skating
2. Numbers of hours you will be skating each week
3. Coach recommendation for the strength of the boot
4. Type of blade you will need

Once you have determined these factors, then you are ready to go shopping. The foot should be properly measured for size on the appropriate chart for the type of skate you are looking for. Each brand of skate has a different sizing chart. You should make sure you bring your old skates so that the fitter can see how your last skates held up. You should also bring the tights or socks that you normally wear in your skates so the fitting will be accurate.

There are many types of skates on the market and each skater/coach is individual as to which types each likes. Some brands are all leather, some are a mix of leather and plastic products, some are moulded plastics, etc. Each type of skate has its good points and its draw backs. The important thing is that the skate fits properly. It must be a snug fit. Any movement in a skate will usually lead to blisters from friction. A skate that feels really good when you first put your foot in it is probably too wide. A skate needs to fit like a glove, not a sneaker. Your heel must fit properly into the heel cup. Some skates are built on a single last, meaning that when the forefoot is an A width then the heel is also an A width. However, when you look at your foot, it usually tapers at the heel, meaning that a double last will likely be a better fit (double last refers to a skate in which the forefoot is an A but the heel is a AA, for example). Even hockey skates are available with a double last. The heel should also fit snugly, so that there is no excessive lifting when walking in the boot.

The fitting of a skate takes time and patience and unfortunately most sports stores don't like to take the time needed to ensure a proper fit. I would recommend a proper fitting even at the badge level. Proper skates with good support start at a reasonable cost and will serve you well over time. Second hand skates are also a good option at the lower levels, if properly fit.

The ideal situation is to use a skate supplier that can fit, supply the skates, and maintain the skates. This continuity is always a benefit when dealing with skates.

You should not buy skates that are not appropriate to the level of the skater. Injuries can result if the boot is too stiff. A skate needs to be able to bend their ankles. The coach is a great person to ask for a skate strength recommendation before heading out to shop. A reputable supplier should be able to recommend a proper boot for the skater based on the skater's size and level.