

# CARE AND MAINTENANCE OF YOUR SPEED SKATES

- All Club Rental Skates will have Skate Guards on them when you receive your Club Rental Skates. **Never** walk with skates on without skate guards.
- Take guards off/or put them on just as you are entering or exiting the ice. Store them on the shelf on the boards. You may wish to put your name or other identifying symbol on the guards so they don't get mixed up with someone else's.
- Skate blades should never be allowed to get dirty or rusty. After each practice or racing session, whenever you remove your skates, blades must be dried with an old dry towel or medium size rag. Take care when drying the blades as they are very sharp.
- Do not store skates with guards on. Preferably store in skate bag wrapped in a dry towel, old sport sock placed on blades or cloth blade protectors.
- Speed Skates are to be sharpened by hand **only**. Never put speed skates in an automatic type of skate sharpener.
- To sharpen Blades they are placed in a Jig and sharpened by hand using a Sharpening Stone and Burr Stone. At the beginning of the season a Skate Sharpening Session will be held so parents and older members will have an opportunity to learn how to properly sharpen their blades. At this session, a pamphlet that outlines the correct way to sharpen your speed skates will be available. You can view this pamphlet by going to the Club Website: [www.oakvillespeedskating.ca](http://www.oakvillespeedskating.ca), on the Equipment Page under the heading: Sharpening Your Speed Skates.
- Blades are fastened to the boot with screws, bolts and brackets. They do loosen over time and should be checked frequently. Report any loose blades, screws, brackets, etc. to Club officials and they will gladly fix or tighten your skates. If you choose to do such maintenance yourself, or have "someone else" do it for you, take great care not to "strip" nuts and/or bolts.

## SKATE MOULDING INSTRUCTIONS

It is not uncommon for skates to be uncomfortable or have sore feet after your first time wearing Speed Skates. A little redness might occur – blisters mean that skates are too tight – either laced too tightly or incorrect sizing.

Your boots have been constructed using special heat mouldable thermoplastics built into the boots. If necessary, mainly in the ankle section they can be heated and moulded, using a hair dryer or heat paint stripping type gun on the inside or outside of the boots to make the fit more comfortable. Hold the dryer about 2" from the spot you wish to mould. Heat both inside and out on the spot till quite hot to touch (do not scorch the leather, keep the drier moving in a circular motion). When the boots have been heated sufficiently, place the boots immediately onto your feet, kick feet well into the back of the boots, place tongue in the correct place and lace firmly. If there are certain areas giving you problems, push that area out gently using the handle of a screwdriver until boot cools.

