

ALL ABOUT SKATES



- Boot should fit well and provide ankle support
- When tying skates:
 - Have the skater push their toes all the way to the front of the boot
 - Be sure there is no more than 1/2 finger space behind the heel
 - When tying, they should be snug all the way through the very top. A little looser at the top of the ankle to help with ankle bend (not inward, but forward).
 - *This varies per skater. Some need it tighter than others. When skaters are on the ice, if the ankle collapses inward, we may need to adjust and make tighter.*
 - A good test: slip one finger in the skate and have the skater bend. The skater should be able to bend knees and ankles.



SKATE CARE

After use & storage:

- Wipe off the snow and moisture with a towel



- Store skates with soakers or wrap the blade in a towel



- NEVER storage skates with HARD GUARDS left on.
 - This leads to RUST build up and can ruin the blade.



Walking with skates on:

- ALWAYS wear hard guards to walk from point A to point B, even if there is rubber matting.
 - There are always little rocks and dirt build up on the floor. Walking with an exposed blade on this surface can dull the blade, create small knicks in the blade and wear down the blade life.
 - To maximum a sharpening and blade life, wear hard guards.



When to Sharpen the Blades:

- A general rule of thumb is to sharpen your skates every 20 hours of skating.
 - You can always slide your finger (gently) over the blade to feel for any knicks. If you feel some, it may be time to sharpen and get rid of them.
 - Remember, walking around without guards will shorten blade life.
- Sharpening of the figure skate is done slightly different than a hockey skate. It is important to take your skates to a sharpener who knows and understands the difference.
 - Currently the closest place for figure skate sharpening is Minot, ND.