



## PROCEDURES FOR CARING FOR SPEED SKATES

1. **Always cover the blades with skate guards when the skates are worn and used anywhere other than on the ice.** This includes putting the skates on and taking them off, walking in an arena, *etc.* Take the guards off and put them on at the door to the ice. The purpose of these precautions is to protect the bottoms and edges of the blades from damage or abrasion caused by sand and other materials on the floor of arenas.
2. **Always dry the blades soon after coming off the ice.** Use any absorbent material to do this (*e.g.* cloth or paper towel). The purpose of this and the following two procedures is to prevent the blade from rusting: hard steel is particularly prone to rusting, so you must be diligent in preventing it.
3. **Never leave a guard on a wet blade or put a wet guard onto a dry blade** (except for short periods of time). Be particularly careful about this during race meets when skates have to be put on and taken off about every 90 minutes.
4. After drying, **store the blades either uncovered or in contact with an absorbent material** (*e.g.* skate sock, or resting on a towel).
5. If you do detect rust on the blades, **consult a Club coach** or other official before attempting any remedy.
6. If the blades are uncovered during storage and transportation, take care to **prevent the blades from banging into each other or into the other boot.** Either action will clearly cause damage.
7. **Always sharpen the blades in the same jig and mount them in the same orientation.** This procedure eliminates the alignment differences which occur from jig to jig, and therefore minimizes the time required to sharpen the blades. The normal orientation is with the heel end of the blades against the jig's alignment bar.
8. Before putting the skates on, **always check that the two nuts which attach each blade to the boot are tight.** A loose attachment will lead to the blade becoming misaligned or even detached, causing considerable hazard to the wearer and to other skaters.
9. **It is your responsibility to replace broken laces.** We advise always keeping a spare pair with the skates, especially at race meets.
10. **It is your responsibility to keep the guards with the same number (on the front) as your boot number (on the bottom).** You must replace lost guards.

