

# CARE AND MAINTENANCE OF YOUR SPEED SKATES

## A FEW SIMPLE PRECAUTIONS

- First and foremost skate blades should never be allowed to get dirty or rusty.
- Never walk on skates 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.
- Have an old dry towel on hand to completely dry skates when finished skating.
- Do not store skates with guards on. Preferably store in skate bag wrapped in a dry towel.
- Never put speed skates in an automatic type of skate sharpener. Speed skates are to be sharpened by hand only by Club officials, or by you if you have received instruction. The blades are sharpened by hand on special equipment (i.e. Jig and sharpening stone).
- 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.