

# FITTING, BUYING & TAKING CARE OF YOUR SKATES

- **Tips When Buying Skates:**

Avoid buying larger size for skater to "grow into"

Look for blades that are screwed in rather than riveted, so the blade can be moved if necessary

If the blade is riveted, make sure it is straight & centred - the foot should not fall to one side

For figure skates, a leather boot is preferable to vinyl

Make sure the boot does not have any wrinkles

- **How Skates Should Fit When Buying Them:**

Wear only one pair of tight fitting socks or tights (same pair as will wear when skating)

Partially lace boots through instep

Slide foot forward so toes can touch the front but are not cramped.

Stand with weight equally distributed over both feet.

Bend knees

The space at the back of the heel should be no more than a pencil width.

Tie laces loosely over the toe and front of the boot and snugly over the ankle & instep

Skates should fit snugly around the ankle and heel with some room for movement of toes

There should be no looseness or creases in the boot

The tongue should be well padded and wide enough to cover the front of the ankle and stay in place

Walk around in the skates off the ice; they should feel comfortable

- **Sharpening Your Skates:**

Sharpen skates as soon as they are purchased

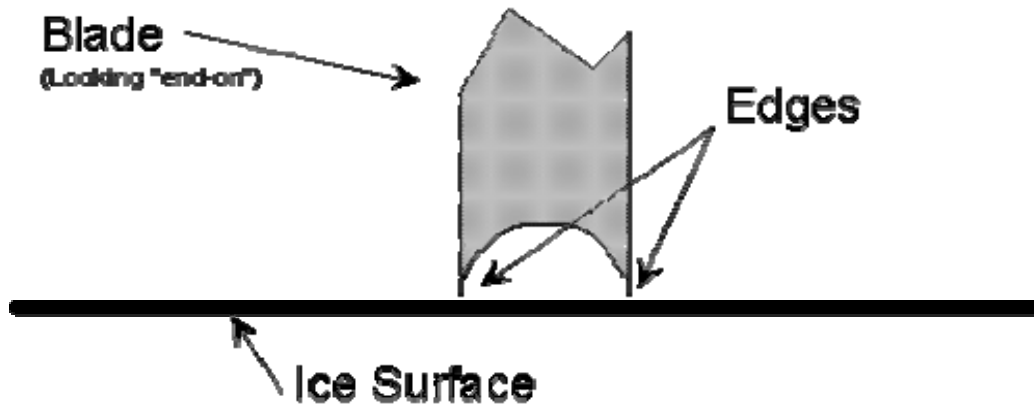
Use a good skate sharpening business - ask a coach.

- **For figure skates:** Resharpen skates after approximately 30 hrs of skating or 6 weeks (whichever comes first)

- **For hockey skates:** Resharpen more frequently

The bottom pick on Figure skates should not be removed - it is essential to keep balance

**If your child is falling a lot on the ice - it may be because their skates are DUL**



- **Blade Care:**

- **Always wear skate guards when off ice -**

- One step on cement can dull edges and cause slips & falls on the ice
  - Wipe blades dry after skating and store with cloth guards on (not hard plastic) - rust will quickly dull edges

- *Consult a Coach about sources of good skating gear. This equipment is expensive ~ it is vital that you make inquiries before you buy.*