

TIPS ABOUT PURCHASING/USING ICE SKATES

TO THE SKATER

For many years people have said. "I can't ice skate because I have weak ankles."

This notion is strictly a myth.

If a person cannot skate, the reason is simple: his/her skates do not fit properly or they are of inferior construction and do not give good support.

To obtain maximum and lasting pleasure from Ice Skating, you must have skates that are of good quality, well constructed, properly fitted and therefore comfortable.

This leaflet has been prepared to help you shop wisely for boots and blades. It lists major points to look for in construction and quality, tips to help determine proper fit, instructions on how to lace your boots for comfort and good skating, and steps to take to assure that your skates will last a long time.

Your best bet is to seek the help of someone experienced in fitting skates and to check out the points listed in this leaflet.

Then, equipped with good skates that really fit, you will be all set to enjoy the fun of ice skating.

CONSTRUCTION

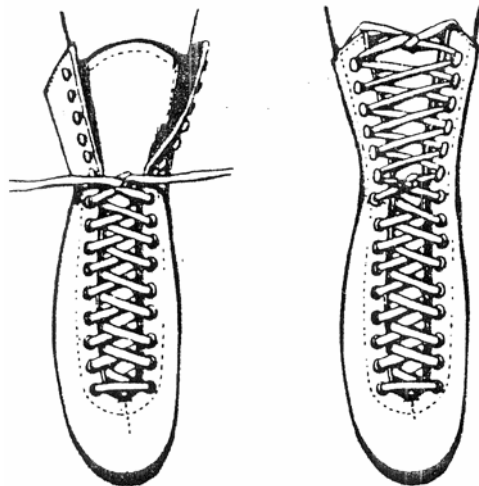
Here are construction points to look for when you are shopping for boots and blades.

- The boot should be made of top grain leather. The sole should be rigid and made of heavy leather to hold screws.
- The heels should be made of leather or water-repellent fiber, attached with six to ten long nails driven through heel, outsole, insole, and clinched on the inside of the shoe.
- The counter should be made of moisture-proofed leather or moisture-resistant fiber. It should be narrow at the top of the heel with a cup that holds the heel in place. To check for a sturdy counter, run a finger with pressure along the rear of the boot from the heel to the instep.
- The upper should be made of leather supple enough to allow you to bend your ankle forward and back. It should have a full lining and a padded tongue.
- Hooks and eyelets should be firmly anchored.
- Blades should be made of high tempered steel, hollow ground to hold an edge well. Factory mounted blades will do for a beginner.
- On figure skates, blades should be mounted to the boot with screws, never rivets, so the blade can be adjusted to the center weight of the foot.
- The blade should be mounted a little to the inside with the center of balance in the front right in the middle of your great toe. The back seam too should be to the inside, not in the center.

FITTING OF BOOTS

New boots may be a bit uncomfortable at first, but never try to break them in by walking on them without the blades.

- Start with your shoe size or smaller.
- The boot should be loosely laced and then tried on while you are sitting down. When you stand, your toes should have enough room to move slightly, but the heel and ball of your foot should not be able to move. Your toes should not be cramped or curled under.
- If you have a long arch and short toes, it is better to drop the toes back a bit. Then the ball of your foot will come in the right place for good arch support.
- The counter should be long enough to support your entire instep just short of the ball of your boot.
- The shoe should be grasped by the heel and pulled up and down. If the fit is good, you can hear a suction and a snap.
- There should be no up and down or sidewise motion of the heel when you are walking.
- When the boot is laced, the upper part, from the knot to the top, should form a V.
- If the boot is too narrow, try a wider boot or a half size larger. Much of the width, though, can be controlled by the lacing.
- There may be some wrinkles in the boot around your ankle bone while the leather is still stiff, but they will be reduced after some wear.



LACING

Proper lacing keeps your foot firm in the shoe and at the same time gives your ankle freedom for maneuvering.

- If you are a new skater, lacing should be tight.
- Lace tightly up to the hooks, and then put in a common knot or a couple of half twists.
- Put the knot a little below the ankle bend to prevent your ankle from getting sore.

- When the boot has been completely laced, the uppers should be at least 1 inch apart at the narrowest and tightest point in front of your ankle.
- Otherwise, the laces should be about 1 ½ inches apart.
- When lacing has been completed, you should have a snug feeling from the knot to the top of the boot.
- When the boot has been laced properly to get a hinge effect at the ankle forward and back, you should be able to insert two fingers at the back of your leg.

CARE OF BOOTS AND BLADES

Proper care of boots and blades will prolong the life of your skates and contribute to your skating pleasure.

Boots

Perspiration will ruin leather boots unless suitable preventive measures are taken. It will dry the oils in the leather and cause it to become brittle and cracked.

- A good leather preservative, such as a fine saddle soap, applied once a week to the inside of the boot will keep it soft and supple.
- A top grade polish will provide proper protection for the outside of the boot.
- Coating with a heel and sole enamel will prevent water from separating the layers of the heel and outsole and thus will prevent rotting.
- After each use, the boots should be pulled open and air dried.

Blades

- Blades should be kept sharp, to have a good grip on the ice. Sliding sideward's means that blades are dull
- For protection against materials that dull and nick the blades and to prevent injury to others, use skate guards.
- Wear skate guard when you are walking on any material except wood, rubber, or ice.
- To protect the blades against rusting, wipe them completely dry after each use and before putting the skate guards on them. At home, remove the skate guard to assure drying

RECOMMENDED SAFETY/COURTESY RULES

- Never walk with skates on in areas of the building where the floor or sidewalk is not covered by rubber matting – if this is done, it will ruin the blades
- Always skate in the same direction as the crowd.
- Do not dart across the ice.
- Do not congregate in the center of the ice or in other areas which might interfere with skating traffic.
- Never chain skate
- For your safety and the safety of others, do not skate too fast.
- Never climb over the boards surrounding the ice.

- Never bring food or drink into the arena area – keep all food and beverages in the warming room or lounge.
- When returning rental skates, laces must be tucked inside the skates and blades should be wiped clean and dried with a towel
- When the session is over, always skate slowly to the nearest exit door and watch for other exiting patrons

TIPS FOR FUN

- When dressing for ice skating, layer your clothing. This will provide warmth without bulk. A hat plus gloves or mittens are a must. Loose fitting slacks are ideal: Slacks should not be so tight as to restrict free and easy movement.
- Skates should fit snugly with one pair of lightweight socks or tights. The proper skate size is usually one-half to a full size smaller than your normal shoe size. Laces should be snug, especially at the bend of the ankle but slightly looser at the boot top.
- When skating, keep your knees bent and your body relaxed to help you skate better and fall more safely. Start out with small steps near the rink's edge. Stay away from the faster moving patrons.

Remember, ice skating is a lot more fun when you know how! For more information on ice skating lesson programs and hockey clinics. Contact your local rink.