



## Caring for Your Speed Skates

- Your skates are the most important part of your equipment as a speed skater. They are very expensive and need to be cared for properly...
- Always **DRY** your skate blades **IMMEDIATELY** after taking off your skates. Rust can appear very quickly. Even condensation can cause rust. **You should always have a towel in your skating bag!**
- **NEVER STORE YOUR SKATES WITH YOUR SKATE GUARDS ON.** Even if you have dried your skates the guards will be damp and will cause them to rust.
- Always wrap your skate blades in something soft like a dry towel or woolies when storing in your skate bag. (Club skates should always be stored in provided woolies). This will prevent your skates from “knocking together” and damaging the blades.
- **ALWAYS WEAR SKATE GUARDS WHEN WALKING ON YOUR SKATES.** Unlike other skates, you may not walk on the black rubber of the ice rink without your guards. Doing so will cause damage to the blade edges. Do not walk on concrete even with your skate guards on.
- Keep your skate guards clean. Even little specks of dirt on the inside of your guards can damage the skating edge of the blade. You can clean them periodically on the top rack of the dishwasher.
- Some skaters prefer to use “waxed” laces as it can keep their skates tied tighter. Always ensure that your laces are not too long as it is dangerous to step on a lace while skating. When shortening your laces, pull them so that the extra lace is at the end of the toes. Cut a piece from the middle of the lace and tie the ends together at the toes.
- **YOUR SKATES MUST BE SHARPENED BY HAND!** Never have them sharpened by a skate shop machine. There will be “skate sharpening” instructions at the beginning of each season to help new parents learn how to sharpen skates.
- Keep your skates sharp. You should sharpen your skates about every 3<sup>rd</sup> or 4<sup>th</sup> practice and **always** before a competition.

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