



## CHLPV: CLUB HIVERSPORT LUXEMBOURG PATINAGE DE VITESSE

### Maintenance of speed skates

Here are some guidelines to keep your skates in good condition

#### 1- During training:

Always wear the plastic blade guards when walking with your skates off the ice in order to preserve the sharpness.

If the skater does not have the blade guards at hand, he/she should walk on the front of the blades.

2- Wipe down the blades after each use with a non-abrasive cloth to dry them and prevent the formation of rust, the number one enemy of blades.

It is recommended to wipe them once at the rink after training and again at home because of condensation forming on the blades when they warm up.

3- Never leave the plastic blade guards on the skates between trainings or leave them in the trunk of the car for several days, again to avoid rusting (plastic blade guards retain the moisture deposited by the blades and are prone to condensation).

4- Between trainings, cover the blades with cloth blade guards.

5- Ideally, the skates should be sharpened after 5 to 6 hours of training.

6- Blades should always be sharpened by hand using the special equipment provided for this purpose.

7- The club provides you with the necessary material for sharpening your skates. Volunteers will be able to explain how to sharpen your skates.

8- Follow these instructions to the letter, skates in good condition greatly improve the skater's performance.

The people in charge of the equipment are available if you need additional information.