



HILLCREST SHOPPING CENTER - ROCHESTER, MN  
WWW.BLADESTOBALLET.COM 507-281-1401

### SKATE CARE INFORMATION SHEET

1. Wipe your blades with a soft, absorbent cloth every time you finish skating.
  2. Rubber guards are for walking only. If you have upper-level blades, you should wear your guards at all times when you are walking, even on mats. If you are skating outside, guards are essential.
  3. **DO NOT STORE YOUR SKATES WITH THE GUARDS ON.** The blades will rust, even if they are wiped off. The blades can rust within 30 minutes.
  4. Store your skates with a blade cover (soaker) or a soft cloth wrapped around the blade.
  5. Skates should be sharpened about every 2 months (approximately every 15-20 times on the ice). This will vary somewhat according to how each individual skates. At the time of sharpening, we also check the general condition of the blades and tighten the screws.
  6. Proper lacing and unlacing of skates is very important. It affects the fit, how the boot will break in and prevents potential problems with tendonitis across the top of the foot and/or the ankle area. When you unlace your skates, be sure to pull the top laces almost all of the way out, hold the loop of the lacing in your fingers and then continue to pull out each row of lacing all the way to the bottom of the boot. This allows the foot to slip out of the boot and back into the boot very easily. When lacing the skate back up, place the foot into the boot and align the tongue evenly across the instep. Lightly tighten the lacing across the ankle to secure the tongue and then begin at the bottom and lace the skates evenly all the way up. How tightly you lace your boots is up to each individual, but they should be tight enough to prevent gapping and should feel very secure.
  7. The screws attaching your blades to your boots can become loose due to the dynamics of the sport. Check the screws every 4-6 weeks to be sure they are tight. If you lose any screws or they will not tighten completely, bring them to Blades to Ballet for repair.
  8. New skates need a period of time to be "broken in." Leather skates are supposed to be stiff to provide support for the ankles. As you skate in them, the leather will form to your ankle and crease slightly at the ankles. During this time of breaking in, you may find your ankles will be sore. Pads are available to help cushion the ankles and upper-level skates can be customized or "punched" to provide additional comfort.
  9. We advise taking your time breaking in upper-level skates. The first 2-3 times on the ice, skate for 15-20 minutes and then take the boots off for 5 minutes. Put them back on and skate another 15-20 minutes. If the boot is feeling better, extend the skating time to 30-40 minutes until the boot is comfortable and molded to the foot. The length of time it takes to break a skate in will vary for each skater. Some may have no problems at all, others may find it will take anywhere from 1-4 weeks.
  10. Skates with a separate boot and blade have been sealed with Sno-Seal. To preserve the life of the boot, it is recommended that you re-seal the soles of the boots about every 3 months. Heat the sole of the boot with a hair dryer and rub a coat of Sno-Seal on the boot. Reheat the sole and the Sno-Seal will sink into the sole. Repeat this process two times.
- Enjoy your skates and your skating. If we can help you in any way, please do not hesitate to give us a call.