

SPARTAN®

SOFT INLINE SKATE

Instructions

INLINE SKATE

Anleitung

GB: INSTRUCTIONS

IN-LINE SKATE SAFETY CODE

USERS: Read advice before use and be sure to keep for future reference.

These skates are Class A according to EN13843:2003 they are intended for users more Than 20kg up to 100kg in weight

WARNING! PROTECTIVE EQUIPMENT SHOULD BE WORN WHEN USING THIS ITEM.

1. Skating requires skill so USE WITH CAUTION to avoid falls, collisions or injury to the user and third parties

2. Please try the skates indoors before skating outdoors. For your safety and comfort it is Important that you do this to ensure you have purchased the correct size.

3. Choose to skate on smooth, clean, dry surfaces as free as possible from other traffic. Always obey Traffic rules and signals. Skating lessons at your local leisure centre, Roller rinks or by a qualified instructor are beneficial.

4. Learn to stop safely. Avoid hills until you have mastered stopping techniques.

Do not skate in poor visibility. When skating, be alert at all times and be considerate to other.

5. Children under 8 years of age should be supervised at all times when skating.

6. When skating always wear an EN1078 (European Standard Approved) safety helmet and preferably one offering extra protection at the back of the head.

7. When skating always wear knee and elbow pads, gloves, hand/wrist protectors And helmet. Long sleeves and trousers will help prevent grazing. Wear reflective Clothing if skating when it is dear. Adult supervision is recommended when fitting safety equipment.

8. Check the skates before they are used ensuring that the steering setting is correct, if fitted, and that all fasteners are secure.

TECHNIQUES FOR USE

Stand with both heels together and toes out in a "V" stance of about 45 degrees.

Sink your body about 3 inches to get into the ready position: ankles, knees and hips are Bent but your upper body is upright, not leaning forward. Straighten up so your shoulders Are directly above your hips and heels. Keep both hands in front or on the side of the body. Lift on foot and set it back down so that the back wheel is within an inch of the other foot's Centre. Lean sideways to balance point on the support (front) foot. Push other foot Directly to the side (not to the back) about 4 inches. After the push return the pushing foot to the original position. Now glide on the two feet to stabilise. Repeat on the other foot.

TECHNIQUE FOR BRAKING

Put yourself into the ready position by placing your skates a few inches apart, parallel, And facing forward. Bend your knees, keep your back straight and extend your arms Out in front of you. Roll your braking foot (the one with the rubber heel stop) a few inches in Front of your other foot. Do not lift the toe on the braking foot while doing this or it will cause You to brake too soon, making you unstable. By raising the toe on the braking foot, your ankle will angle itself toward the ground, where your brake will meet the pavement. The more pressure you apply, the quicker you will stop. Most of your weight should be on the back of your braking foot. If property done, this should bring you to a complete stop. Practice several times, applying different amounts of pressure.

MAINTENANCE AND USAGE ADVISE

Skate do not need much care but permanent maintenance may extend the life of some of their components. In addition, regular checks (approx, every 50-60 km) will protect you against bad surprise while you are skating. You need not be a technical genius to do The most important work yourself. A small section will be described hereafter.

1. Replacement of wheels

In order to extend their life, wheels should be regularly replaced with each other based on specific system. Wheels will wear over time on one side. Therefore their performance May be considerably improved by changing the wheels when they show signs of wear.

2. Grease bearings

This, too, is a recurring task (in particular in autumn when it is wet and dirty).

Grease your bearings. Depending on the type of bearings used this needs more or less Effort. For serviceable bearings sealed on either side at lease one of the two covers which in most cases are held by cir-clips. They must be opened with a small pointed

screwdriver or a knife. Clean bearings and balls and degrease (use a citric cleaning agent Or petroleum ether). rinse clear and dry. To finish with, re-grease by using one drop of oil per bearing or better still, with bearing grease and than reassemble. Although lubricating intervals Will be shorter due to oil being more prone to picking up dirt and is exhausted faster. Grease is Tougher and needs some time to reach its actual viscosity, but will need much less attention.

3. Replace brake pads

For your safety, these skates are fitted with a heel brake. Please inspect regularly and replace When there is evidence of excessive wear and tear.

4. General care

Wipe skates thoroughly with a damp cloth after each use. This will not only make them Permanently look good but will also ensure that small damage will not remain unattended. In addition, the skate is subject to an inspection thus alerting you to future maintenance. Although most skates are very well aired feet tend to sweat more in rather tight plastic Wrapping. Therefore remove inserts from the shell for airing (for hard boots). Soft boots not including any removable inserts should be stored in a well-ventilated place in order to dry.

GENERAL SAFETY

Don't make any modifications to your in-line skates that may jeopardize the safety of the user. Keep your skates clean and well maintained. Warning: The effectiveness of self-locking nuts Can deteriorate with use. If any nut can be freely turned, without the use of tools, when it is fully On the bolt, then the skates should not be used until the nut has been replaced. Remove any sharp edges created through use.