

## **General instructions : (GB)**

1. shoes: Generally the shoes of your ice skates shall always be dried after use, They should not be exposed to direct heat, so do not dry them in or at the stove or heater. Leather shoes must be treated with leather care products after drying; plastic shoes can be treated with a damp cloth.
2. skids and guide trails: rub all metal pieces dry with a soft cloth. Before storing them for a longer period of time, grease them.
3. Check from time to time if the skids need sharpening; blunt skids do not only affect the pleasure while skating - they can cause plunge and injuries. Keep in mind that the radius of the skids at both ends shall never be below 5 mm. In order to meet the security specifications.
4. The skids are made of steel. Be careful not to change anything at the construction of the system when sharpening the skids.
5. Freshly sharpened skids can cause injuries. Always use the protectors.

### **Instructions for use:**

1. Make sure that the shoe fits well.
2. Use the skid protector when not on ice. Your skids can be damaged from walking on stones etc.
3. You can skate on natural ice and artificial ice. Before skating on natural ice make sure that the ice is strong enough to exclude the danger of braking.
4. When starting skating it is useful to take some lessons to learn the basic movements in order to prevent accidents and injuries for yourself and others . Always abapt your pace to your abilities.
5. Always use protectors for your head, elbows, knees and wrists to prevent injuries .
6. If the ice skates are used in a rent-situation you need to be very much aware of your legal responsibility , do not change any details of the construction of the ice skates.