



## Club de Patinage de Vitesse des Trois-Lacs

### EQUIPMENT 2017-2018 SEASON

**The following pieces of equipment are mandatory in order to participate to any on-ice speed skating training.**

#### BASIC EQUIPMENT (RECREATIVE LEVEL)

EQUIPEMENT	DESCRIPTION	APPROX. COST
<b>Helmet</b>	Hard shell speed skating or hockey helmet that buckles under the chin. Bicycle helmet not allowed.	\$105
<b>Gloves</b>	Gloves or mitts made of leather or synthetic fabric that are relatively waterproof and resistant to cuts	\$35
<b>Shin guards</b>	As used for soccer	\$10
<b>Kneepads</b>	Foam, flexible	\$25
<b>Neck guard</b>	Kevlar reinforced, with upper chest flap	\$25
<b>Sport safety goggles</b>	Squash type goggles with strap or full hockey visor. Half visor or cage not allowed.	\$35
<b>Blade guards (plastic)</b>	Used when walking with the skates. Mandatory with rental skates.	\$10
<b>Blade soakers (fabric)</b>	Used when carrying and storing the skates.	\$15
<b>Skates</b>	Hockey skates allowed during training only at the Initiation level. Short track skates available for rental.	\$150 (rental)
<b>Ankle guards</b>	<b>Kevlar or EN 388 compliant tubes or socks</b> (except with hockey skates).	\$40

#### ADDITIONAL EQUIPMENT (COMPETITIVE LEVEL)

EQUIPEMENT	DESCRIPTION	APPROX. COST
<b>Cut proof suit</b>	Integral Cut proof undergarment EN 388 compliant	\$230 to \$380

#### EQUIPMENT REPRESENTATIVE

If you have questions or if you want to order any equipment such as helmets, gloves, shin guards etc... Do not hesitate to contact our equipment representative:

**Greg Leach**  
 Responsable à l'équipement  
[unsworthnicky@gmail.com](mailto:unsworthnicky@gmail.com) AND  
 leachcollection@hotmail.com

**Nicky Unsworth**  
 Assistante à l'équipement  
[unsworthnicky@gmail.com](mailto:unsworthnicky@gmail.com)

**Jeff Zecchel**  
 Assistant à l'équipement  
[jmzecchel@videotron.ca](mailto:jmzecchel@videotron.ca)

(see reverse for skate maintenance advice)



## Club de Patinage de Vitesse des Trois-Lacs

### EQUIPMENT 2017-2018 SEASON

#### BASIC SKATE MAINTENANCE

- **Dry skates thoroughly after each use**, once at the arena and once at home (condensation forms on the skates before they are completely warmed-up) in order to prevent corrosion, the blades' number one enemy.
- **Always wear plastic blade guards when walking with the skates and never walk on the tip of the blades.**
- **Never leave blade guards on the blades between training sessions** and never leave the skates in the car trunk for several days, again to prevent corrosion.
- **Always cover the blades with a fabric blade guard between training sessions.**
- **Skate sharpening must be done every 5-6 hours** of training.
- **Sharpening of the blades is done by hand** with special sharpening tools, **never at the arena pro-shop.**
- If speed skates are used to skate on an outside rink, assess the ice first before skating and after check the sharpening of your blades before use at the arena, because skate sharpening will more than likely be necessary.

#### SKATE SHARPENING

The Club offers a skate sharpening service at the cost of 5\$.

The following procedure apply:

- A well identified bin is provided in the change room to deposit skates to be sharpened;
- **Put 5 \$ in the skate boot, the name of the skater and the date of the next training session or meet;**
- The skate are normally **sharpened on Sundays only** and ready to use in the change room by the next practice.

**It is strongly recommended for parents and for advanced skaters to familiarize themselves with the sharpening techniques** in order to be able to take care of their kids skate or their own skate by themselves.

The Club provides all the necessary equipment to sharpen speed skate blades for use at the arena only. A sharpening clinic will be given at the beginning of the season or a volunteer can teach you how to sharpen the speed skates.

#### SKATE MAINTENANCE (ADVANCED SKATERS)

For skaters at the Competitive level, additionally to sharpening, the curve and shape of the blades should be verified regularly, especially after a fall or an important hit on the blades.

Skaters **shall not walk on the blade tips** even with the blade guards on in order to protect the blade curve and also to prevent a loosening of the blade tip.

The club owns the necessary tools to verify and maintain the blades' curve and shape.

Please contact one of the following persons during training sessions regarding the curve and shapes of blades :

**Christian Cournoyer, head coach**  
**Didier Toussaint, assistant head coach**