



Club de Patinage de Vitesse des Trois-Lacs

EQUIPMENTS SEASON 2022-2023

It is mandatory to wear or use the following gear in order to enter the ice rink.

THE BASICS (RECREATIONAL LEVEL)		
EQUIPEMENT	DESCRIPTION	APPROXIMATE COST
Helmet	Only speedskating specific or hardshell hockey helmets that attach under the chin are allowed.	93-136 \$
Gloves	Speedskating specific gloves or mitts that are made of leather or cut resistant fabric.	32-42 \$
Shin guards	Similar to soccer shin pads	16-19 \$
Knee pads	Flexible foam knee pads (volleyball or handball pads)	20-25 \$
Neck protector	Kevlar reinforced with bib	30-35 \$
Safety glasses	Squash type glasses with strap or full visor on hockey helmet. Half-visor or cages are not allowed.	22-46 \$
Rigid blade guards	To walk around with skates. Mandatory for rental skates.	22-24 \$
Blade soakers (fabric)	To carry and store skates.	11-23 \$
Skates	Hockey skates allowed for Initiation level only. The Club rents speed skates.	\$140 (rental)
Cut resistant socks	Tube socks meeting EN 388 standard except with hockey skates.	45-52\$

EQUIPMENT (ADVANCED SKATER – COMPETITION LEVEL)		
EQUIPEMENT	DESCRIPTION	COUT APPROXIMATIF
Skin resistant to cut	Full underwear resistant to cuts as per regulation EN 388	290-535 \$

EQUIPEMENT RESPONSIBLE AND ASSISTANT	
<p>If you have any questions, or you need to order equipment like an helmet or other equipment parts, please contact our equipment responsible at:</p>	
<p>Brigitte FOTSO COYOUE Equipment responsible brigittefotso@gmail.com</p>	<p>Michel Bourbonnais Chief trainer CPV 3 Lacs mic.bourbonnais@gmail.com</p>

(see verso for the information on how to take care of the skates)



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EQUIPMENTS SEASON 2022-2023

BASIC LONG BLADE SKATE CARE

- **Wipe the blades well after each use**, once at the arena and once at home (before the skates are warmed up, condensation forms on the blades) in order to avoid rust, enemy number one of the blades.
- **Always wear the rigid blade guards when the skater walks with his skates and never step on the tip of the blades.**
- **Never leave the rigid blade guards on the pads between workouts or leave them for several days in the trunk of the car, again to prevent rusting.**
- **Always cover the blades with the cloth blade guards between workouts.**
- **A sharpening of the skates is essential after 5 to 6 hours of training.**
- **The sharpening of the blades is always done by hand with the special equipment provided for this purpose, never in a pro-shop at the arena.**
- The skates cannot be used on an outdoor rink, given the state of the ice.

SHARPENING OF THE BLADES

The club offers a skate sharpening service at a cost of \$5 per sharpening.

The following procedure is in effect for sharpening skates:

- A clearly identified bin is placed in the locker room to deposit the skates to be sharpened;
- **Put \$5 in the skates, the name of the skater and the date of the next practice or competition;**
- Skates are normally sharpened on Sundays only and will be available in the locker room for the next practice.

Parents and advanced level skaters are strongly advised to familiarize themselves with sharpening techniques in order to care for their children's skates or their own skates.

For skate sharpening, the club provides you with the necessary equipment for use at the arena only. A sharpening clinic date to be determined. This year, it is mandatory training to use the Club's sharpening equipment.

SKATES MAINTENANCE FOR ADVANCE SKATERS

For competitive level skaters, in addition to sharpening, the curvature of the blades should be checked and corrected regularly, especially after a fall or a major impact on the blades.

Skaters must never walk on the tip of the blades even with the blade guards in order to keep the curvature of the blades intact and to avoid the tip of the blade coming off.

The club has the necessary equipment for checking and correcting the curvature of the blades.

The club also has the necessary equipment for verification of the cradle of the blades.

Contact one of the following people when training regarding the cradle or the curvature of the blades:

Michel Bourbonnais, Chief-Trainer

Félix Sylvestre, Trainer