



## CLUB DE PATINAGE DE VITESSE DES TROIS-LACS

### EQUIPMENT 2011-2012 SEASON

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

<b>BASIC EQUIPMENT (INITIATION LEVEL)</b>		
<b>EQUIPEMENT</b>	<b>DESCRIPTION</b>	<b>APPROX. COST</b>
<b>Helmet</b>	Hard shell speed skating or hockey helmet that buckles under the chin. Bicycle helmet not allowed.	\$70
<b>Gloves</b>	Gloves or mitts made of leather or synthetic fabric that are relatively waterproof and resistant to cuts	\$30
<b>Shinguards</b>	As used for soccer	\$10
<b>Kneepads</b>	Foam, flexibles	\$25
<b>Neckguard</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.	\$30
<b>Blade guards (plastic)</b>	Used when walking with the skates.	\$5
<b>Blade soakers (fabric)</b>	Used when carrying and storing the skates.	\$15
<b>Skates</b>	Hockey skates allowed during training. Long blades skates available for rental : - Beginner skates are \$65 per season - Skates with off-center blades are \$130 per season	\$65-\$130 (rental)

<b>ADDITIONAL EQUIPMENT (DEVELOPMENT LEVEL)</b>		
<b>EQUIPEMENT</b>	<b>DESCRIPTION</b>	<b>APPROX. COST</b>
<b>Ankle guards</b>	Kevlar tubes or socks	\$30
<b>Cutproof suit</b>	Cutproof undergarment	\$175

<b>ADDITIONAL EQUIPMENT (ÉLITE AND ESPOIR LEVELS)</b>		
<b>EQUIPEMENT</b>	<b>DESCRIPTION</b>	<b>COUT APPROXIMATIF</b>
<b>Cutproof suit</b>	Cutproof undergarment	\$175

<b>EQUIPMENT REPRESENTATIVE</b>	
If you have questions or if you want to order any equipment such as helmets, gloves, shinguards etc... Do not hesitate to contact our equipment representative:	
<b>Michel Bourbonnais</b> Le Suroît Cycle et Ski 136 St-Charles Vaudreuil-Dorion	<b>Tel :</b> (450) 455-0328 <b>Email :</b> michelb@lesuroit.qc.ca

(see reverse for skate maintenance advice)



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#### 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 bladeguards when walking with the skates.**
- **Never leave bladeguards 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 bladeguard 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.**

Note :

The club provides the necessary tools to sharpen speed skate blades. Volunteers can teach you how to sharpen your skates. A sharpening service is also available thru the club, ask a club's representative.

**It is strongly recommended that skaters familiarise them selves with the sharpening techniques** in order to take care of their skates themselves.

#### SKATE MAINTENANCE (ADVANCED SKATERS)

For skaters in the development level and up, 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 should not walk on the blade tips even with the bladeguards 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 :

**Michel Bourbonnais**  
**Michel Lanthier**