

## **When to sharpen your child's skates**

Skates should be sharpened every 3 to 6 months or at least two weeks before a competition or test, depending on how much your skater skates. If your skater skates 3-5 times a week or more, their skates should be sharpened around every 3 months. If your skater only skates one or two times per week then their skates can probably be sharpened every 5-6 months. If you're not sure how long it's been since your skater has gotten their skates sharpened have your skater pay attention to what their skates feel like on the ice. Skate blades should feel like they stick to the ice so when your skater feels like their skates are sliding out from under them the blades are getting dull and need to be sharpened.

If you have any questions about skate sharpening please ask before you go and get your skater's skates sharpened. Remember the best way to keep skates sharp is to always wear hard guards when your skates are not on the ice and to dry the blades off completely before putting them in soft guards after skating.