

Adjustable Training Skates

(UT1008) EN13843:2009 Max 60KG Class B

Size XS# 8.5J-12 (175-200MM) maximum loading weight 60kg



Adjust Shoe Size

1. Turn the knob at the back of the skate to adjust the shoe size between size A (smallest) and size E (largest).
2. Turn the knob clockwise to loosen for a larger size or counterclockwise to tighten for a smaller size.
3. Test the fit and adjust as needed until comfortable.

Wheel Lock System

1. The lever at the front of the rail can be used to lock the front wheels either completely or partially. If you lock the front wheels, your child can get to know the roller skates by walking. As soon as your child is safe enough, you can unlock the wheels again.

Warnings!

1. User should always wear protective equipment (hand/wrist/knee/elbow protection, and helmet) and reflective devices.
2. No modifications shall be made on the skates that could impair safety.
3. Self-locking nuts and other self-locking fixings may lose their effectiveness over time. Ensure that all screws, nuts and steering mechanism (if present) are correctly adjusted and firmly secured before skating.
4. Skate in safe and legal places. There may be some limitation of use according to the Road Traffic Act or local legislations. Check before skating.
5. Always skate on flat, clean, dry and where possible away from other road users.
6. Retain this manual for future reference.

Servicing and maintenance instructions

1. Regular maintenance will enhance the safety of the equipment.
2. Do not skate on rough roads to extend the wheels and bearings lifetime.
3. Do not change the wheels and bearings separately as this will lead to your skate becoming unstable.
4. Always store your skates in a dry area away from direct sunlight to prevent ageing and rusting.
5. Regularly check for sharp edges created through use and remove accordingly.
6. Wheels and bearings: Under normal circumstances and conditions, the wheels and bearings are maintenance free. It is still recommended to periodically inspect the wheels for wear and tear and the bearings for side to side play and loose parts. When a wheel or bearing develops play, this is an indication of excess wear and replacement is necessary.
7. Bearings can be removed occasionally and put into an oil cleaning solution for half an hour. Once clean smear some lubrication on them to improve movement.
8. Replacement buffers and parts of the breaking device: To remove the screw, use a hexagon spanner to hold one side, and another spanner to remove the screw. You may now take out the breaking pad. Replace with a new breaking pad and insert the screw, use the hexagon spanners to tighten the screw. Ensure the stopper is replaced firmly before skating.

Techniques for use and for braking

1. Put on your skating equipment.

The only equipment you really need to skate is a pair of skates that fit you. Skate sizes are typically

the same as standard shoe sizes. In addition to skates, you should pick up the following items:

- A helmet. It will protect your head from injury.
- Knee/elbow pads and wrist guards. Your hands and knees are bound to hit the floor a few times as you learn how to roller skate.

2. Assume the right posture.

Stand near a wall or other support for this exercise in the "ready position," with your feet approximately 15-25 cm apart, with your knees bent and pushed forward in a V-position.

- Another way to stand up is to start with knees on the floor and the rest of your body upright. Then, keeping one foot kneeled down, bring the other foot forward such that the skate is on the floor (keep the skate in a diagonal position). Keeping your palms on the floor to form a diamond or triangle shape, repeat the previous step with the other foot. Then place your palms on your knees and slowly stand up without completely straightening out your knees.
- Lean forward slightly from your waist and put your arms out in front of you to hold your balance. Look straight ahead. Practice balancing in this position initially to get a feel for the position and the skates.
- Keep your feet shoulder width apart and your knees flexed slightly to keep yourself balanced and stable.
- Initially, you might like to try getting used to the feeling of your skates by walking around a bit on the grass. Then, return to a smooth surface and adopt the ready position.

3. Take small steps to get comfortable.

When you first start skating, it'll feel a little like you're just walking on a slippery pair of shoes. Learning to keep your weight on top of the skates is the best way to learn. Take small steps before you push off too hard and really get rolling, or your feet will slip out from under you.

- As you practice, try going a little faster each time to encourage your sense of balance with movement. Keep your speed moderate.
- You'll probably find your feet moving further apart as you try to maintain your balance. Stay balanced and go with it, and practice bringing your feet back closer together.
- Try the v-walk which is taking small step with one foot by placing it in a diagonal and repeating the same with the other foot such that they form a v again. However, don't join them such that the skates bang into each other and knock you over. Once you master this, increase the pace and step size bit by bit, without losing balance, and you will begin skating.

4. Push off when you start feeling comfortable.

When you take a step forward with one foot, push off with the other and glide forward on your set foot. Bring your push-off foot forward after the step and shift your weight to it. Then pushing off with your other foot. Keep alternating feet. You're skating.

- Learn to balance on each leg as you glide. Transfer the weight from your back foot to your front foot as you do the push and glide movement. Do this really slowly to begin with, until it begins to feel normal.
- Practice skating on one foot only after a while. The more comfortable you are on each foot independently, the better a skater you'll be. Glide on the left foot, then on the right foot, in turns, and have the non-gliding foot off the ground to get extra comfortable.

5. Learn to stop using the brake pad.

While some beginners like to stop by crashing into something, there are a variety of different ways to stop once you've gotten started that don't involve slamming into a wall. You'll become more comfortable on your skates if you can learn to stop comfortably.

- Most inline skates are fitted with brake pads at the back. To stop, put one foot in front of the other and lift the toe of the front foot while leaning backward, to help the heel brake rub on the ground to slow you down. Go slowly to practice.
 - When you get more comfortable on your skates, you can turn your ankles in or out to form a V shape, or putting one skate perpendicular to the other to make a T-shape. This is a technique commonly used on ice skates, allowing you to use the wheels like brakes that slow you down.
 - Lean forward, shifting the weight to the forward foot by bending your forward knee. Place the back foot such that the knee is straightened out and the skate wheels are sliding against the ground, almost flat on the ground.
 - Increase the pressure on the back foot by flicking it and locking the foot firmly in that position to make a smooth stop
- Start practicing this method once you are an intermediate skater. Practice by keeping the foot without the braking pad as the back foot and once you master this brake, the braking pad can be removed and you can practice with the other foot too.
- Use brake pads after slowing down using other methods if you were going at very high speeds. Otherwise the pads could get damaged very easily.