

# Nova Scotia Masters Speed Skating Club

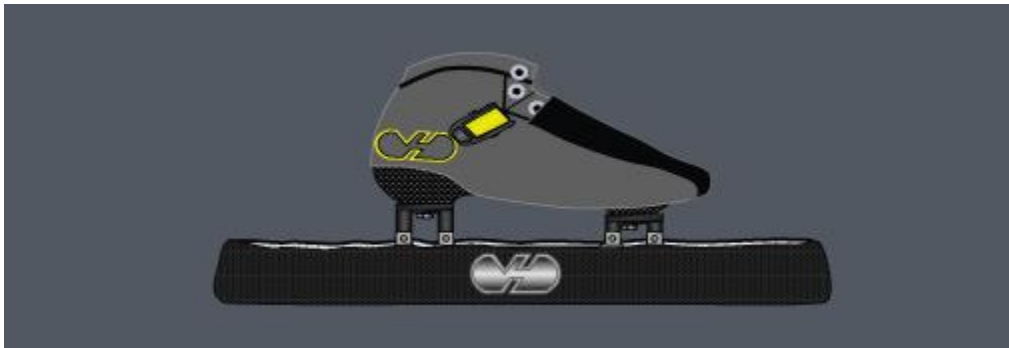
## Blade Maintenance

### Blade basics

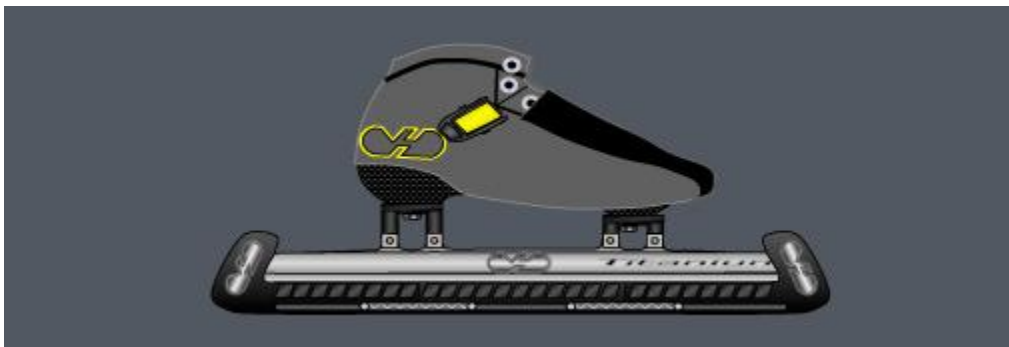
1. It is important to ensure that your skates are completely dry before storage or transporting your skates.

Best practices include:

- The use of an absorptive rag. A rag with oil on it will not fully dry your blades.
- Use cotton blade covers to transport and store your skates. Plastic guards retain moisture and will rust your blades.



2. Plastic guards should be used to properly protect your skates when walking to and from the ice. As dirt can accumulate in plastic guards, we recommend that you rinse them out from time to time. This will assist in maintaining a sharp edge on your skates which will improve your performance.



3. The club has a sharpening kit which includes a jig, stone, honing oil, and a burr stone. Sharpening clinics are available from time to time at the oval. If you haven't had a chance to attend a sharpening clinic, please ask someone from the club to show you how to properly sharpen your skates.