

# ADJUSTABLE SKATE INSTRUCTIONS

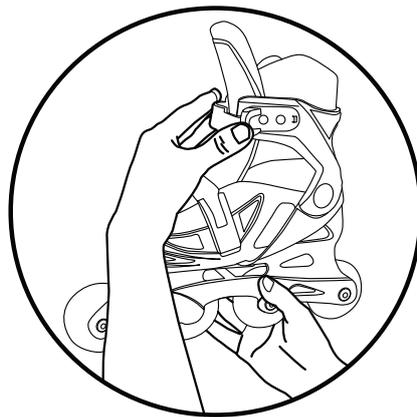
## WARNING:

1. Always choose a suitable surface to skate on (flat, clean, dry, and where possible away from other road users).
2. Do not use on wet surfaces, uneven or unpaved roads.
3. Do not skate at night.
4. Do not allow yourself to be pulled along or towed by any other means.
5. Choose a safe environment to skate to avoid falls or collision with others.
6. Beware of pedestrians and avoid main roads.
7. Always obey your local traffic laws and regulations.
8. Always wear safety equipment such as a helmet, knee and elbow pads and reflective clothing.
9. The maximum weight limit for these skates is 60kg.
10. Stopping mechanism is at the rear of the skate and will function when it touches the ground.
11. Always check wheels, bearings, nuts and bolts are firmly secured before every use.
12. Self-locking nuts and other self-locking fixings may lose their effectiveness over time.
13. The steering mechanism is pre-set and it is advised not to modify it.
14. No modification should be made that can impair safety.

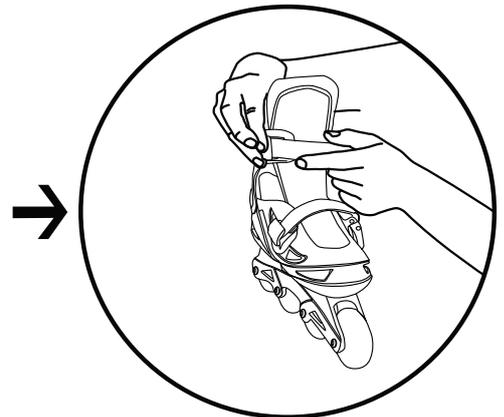
## ADJUSTING YOUR SKATE TO FIT YOUR FEET



1. Press and hold the adjustable button then pull or push the toe to desired size then release the button with a "click"



2. Press the strap button and pull up strap



## **USING YOUR SKATE**

To move forward, transfer body weight from leg to leg, pushing one leg out while straightening the other one. Alternate legs for continuous movement.

## **USING YOUR BRAKE**

The brake is located on the rear of one skate. It will function when it touches the ground to operate the brake, bend your knees and push your brake foot forward. Lift the front of your foot up so your heel pushes the brake down onto the ground.

## **MAINTENANCE INSTRUCTIONS**

Regular maintenance enhances the safety of the equipment.

1. Remember to follow these few simple rules to ensure you obtain the best results and enjoyment from your skates. If you are in any doubt, seek the advice of a specialist and do not use your skate until they have been checked.
2. These skates are designed to be used on smooth paved surfaces. Do not use on soft surfaces such as grass, soil or sand.
3. Ensure skates fit securely and comfortably and that the laces remain tight.
4. Ensure the area around the wheel is kept clean and free from mud. If you have been riding in the wet, dry the boot and the base of the skates. Leave the skates to dry before using.
5. The bearings fitted to the wheels are of the sealed unit type which means they require little maintenance. Before skating, spin each wheel to ensure they spin freely. If there is any friction or the wheel wobbles, replace the bearing before skating.
6. If while skating you accidentally hit a hard object such as a kerb, stop skating and check skates for sharp edges and cracks. If damaged, do not use until the damage has been repaired. If in doubt, seek the advice of a specialist before skating.
7. Add oil for lubrication periodically.
8. Check self-locking nuts regularly as they can lose their effectiveness over time.
9. Replace all worn parts immediately.
10. Ensure replacements are compatible and that all fixings are replaced in the correct order and securely tightened.
11. These skates have been tested to EN 13843 Safety Standards.
12. **IMPORTANT: DO NOT** modify the design of the boot or chassis as this may impair safety.