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Hello PG Blizzard skating families. Below is a brief, yet detailed set of instructions regarding heat molding your new skates. It is important to note that not all skates can be heat molded. Please check with your coach or one of the equipment people to ensure that you can heat mold your skates prior to doing so.

Skates that can be heat include the black Van Horn skates (VH skates) and the red and black Maple CST 60000 skates. These skates have heat moldable pliable thermoplastic that will harden into the shape it has been pressed once it cools.

You will need:

1. An oven
2. Skates
3. Skate Guards
4. One dish towel (tea towel)
5. One regular towel
6. A 10 mm wrench
7. A coloured Sharpie – preferably silver, gold, or white
8. A chair on which your skater can sit. The skater should be able to put his or her feet on the floor with knees at a 90° bend.
9. Your skater in socks that he or she would normally wear to skating
10. About 45 minutes of time

The instructions are as follows:

1. Assemble all of the necessary materials
2. Preheat your oven to 180° Fahrenheit
3. Mark the position of your blades with a coloured sharpie by tracing around one side of the part that attaches the blade to the boot. This is called the 'cup'.
4. Remove the blades from both boots by removing the 10 mm bolts and washers that attach the cup directly to the boot.
5. Set the bolts, washers, and blades aside. Take note which blade came off of the left boot, and which came off the right. This may already have been done for you. If not, you may wish to mark the blade with your coloured Sharpie. A simple 'L' and 'R' will do.
6. Tuck the laces into the boot for heat molding.
7. When the oven is heated to the desired temperature, place one boot on its side into the oven for 10 minutes. **Make sure that you put the boot on a cloth of some sort (a dish towel works)** to prevent damage to the boot from the hot metal racks.



8. After 10 minutes, turn the boot over and heat for another 10 minutes.
9. Remove from oven and put other boot into the oven for ten minutes – repeat the above procedure 5 – 7 while performing steps 9 – 14.
10. Reattach the proper blade to the boot. **Do not over tighten**, as the boot is hot and you may cause damage to it! You only need to snug the blade to the boot at this point.
11. Put the plastic skate guard onto the blade to prevent damage to the blade or floor.
12. Place a towel on the floor where you will be molding the skates to prevent damage to the floor.
13. Insert the skater's foot into the boot and tie it snugly. **Do not over tighten as the eyelets are hot and may tear out of the boot!** You may attach any Velcro straps, taking care to do so loosely. **DO NOT tighten the strap on the Van Horn boots! This can damage the boot!**
14. While the boot is still warm, press the boot around the skater's foot. Pay particular attention to the areas around the side of the foot, the arch, the sides of the ankle, and the top of the ankle. Simply squeezing and holding the boot in place for about 30 seconds in each area will help to achieve the proper fit. When doing the arch, ensure that you pull the arch of the skate up towards the skater's foot.
15. During the molding process, have the skater lean forward on the boot as you hold the ankle. This allows for the 'forefoot' at the front of the ankle to be molded into a snug, yet comfortable position for skating.
16. Repeat steps 11 and 12 for about 10 – 15 minutes as the skate cools. You do not need to do this continuously. Repeating the pattern three or four times over this period of time is more than enough.
17. Remove the boot from your skater's foot.
18. Replace the blades onto the boots using the 10mm wrench and the washers and bolts provided. By this time, the boots will have sufficiently cooled and you can tighten the bolts fully. Make sure you replace the blades as you marked them.

If you are more of a visual learner, please check out the link below from VH Speed Skating. The entire process is explained in a series of diagrams and YouTube videos.

<http://www.vhspeedskating.com/resources/molding-instructions/>

\*\*\*Please note: your blades have already been 'trued' to your boots. You do not need to do this procedure.\*\*\*

