



## How to Properly Tie an Ice Skate

⇒ Remove your shoes (and socks) and pull on bungee pads (if you use them).

⇒ Place the skate between your legs push tongue into boot and loosen the lace by pulling excess at top loops. Pull tongue forward to increase the size of the opening for your foot.

⇒ Pull tongue up so that it is not scrunched and it lies flat.

⇒ Push tongue flat against foot.

⇒ Make sure tongue is tucked in on both sides.

⇒ Pull on lace ends on both sides (located at top eyelet) this will hold the tongue in while you tighten the remaining lace.

⇒ Begin at the toes and tighten each cross of laces individually.

⇒ Hook the eyehook from top to bottom.

⇒ Cross laces and continue hooking from top to bottom cross in between each set for remaining three hooks.

⇒ At last hook tie a bow.

⇒ Place the one bunny ear over the eyehook and pull on remaining lace to tighten lace around the hook. Do this with the other side. Tuck remaining lace into the top of the tongue or tie a bow.

⇒ Continue with other skate.