

Skate Essentials

All prices are in US dollars (USD).
All prices are subject to change without notice.

PBHE Blade Curvature Gauge:

Product Information: The Blade Curvature Gauge was specially designed by PBHE to help skaters and coaches evaluate their blades' curvature, heel height, and root radius. This skate bag essential is endorsed by both MK and John Wilson Blades. The Blade Curvature Gauge identifies a global standard for the blade's touchpoint, heel height, and root radius. PBHE recognises that a skater's ideal touchpoint, heel height, and root radius is a preference and may vary slightly. The Blade Curvature Gauge helps the skater identify their preferred blade characteristics, which allows the equipment to be maintained consistently, assisting the skater to reach their potential. The gauge was designed for blades that are size 8 1/2" to 10 1/2". Blades that are longer than 10 1/2" may have their touchpoint measurement moved slightly back into the yellow. The Blade Curvature Gauge can also be used for carrier blades such as Revolution and Matrix blades. The blade will be on a slight angle to make space for the carrier but this is acceptable. The gauge can also be used for shorter dance blades by extrapolating the curvature of the blade into the heel height evaluation area. Made in Canada.



Price: \$44.95

PBHE's Recommendation on How to Use: For a detailed demonstration on how to use the Blade Curvature Gauge, please watch the educational video on PBHE's website.

Blade Curvature Instructions (blade sizes 8 1/2" - 10 1/2"): Place the blade on the ledge with the base toe pick firmly in the notch. Hold the gauge up to the light and note where the blade is touching the ledge through the view window. Note the blade's heel lift and if the back of the blade has been rounded. Repeat this evaluation on the second blade. The blades' touchpoint (where the blade contacts the ledge) should be in the green area and have the same measurement on both blades. The heel lift should also be in the green area and have the same measurement on both blades. If a measurement is in the yellow area the blade curvature is in the caution area and may affect performance and should be corrected. If a measurement is in the red area, it may severely affect a skater's performance and the blade may be beyond repair.

Note: For blade sizes larger than 10 1/2" the touchpoint can be in the yellow, generally around the ~2.2" (5.5 cm) area, due to the extra blade length. The heel height must be in the green.

Root Analysis Instructions: Place a coin in the blade root and hold the blade up to the light. Look down the length of the blade and evaluate if light is passing between the coin and the blade. Repeat this process with different sized coins until a coin does not allow any light to pass through. Repeat on different areas of the blade to ensure consistency. Consult the gauge to determine the blade's root based on the final coins. For root recommendations based on skater's weight, skill level, style, and blade thickness go to PBHE's website. A standard root for figure skaters is a one cent coin (American or Canadian).

PBHE Laces:

Product Information: PBHE Laces are strong with limited twist, curl, and stretch. They are cut resistant and have the ability to hold a knot well. PBHE chose to design and manufacture custom laces because there were none with all of the above characteristics on the market. PBHE Laces are made from 36 ends braided into a basket weave pattern. Each end is composed of 140 high tenacity continuous nylon filaments and twisted 4.5 to 5 turns per inch. Each filament is 940 denier, and taslanized (roughed). The lace tips are also specially re-enforced so they do not fray. Every pair of laces has been pre-stretched. These laces meet Canadian military standards. Made in Canada.



PBHE Laces come in the following lengths:

- Women's Laces: 84", 96", 108", and 118"
- Men's Laces: 96", 108", 118", and 132"

Individual Pricing: \$9.99

Bulk Pricing: \$8.59 / pair for orders of 10 pairs or more

PBHE's Recommendation on How to Use: The lace tips are specially re-enforced and fit easily through most lace holes, as illustrated in Picture 1A. Some boot models however, may need the holes slightly enlarged which can be done by using the included tapered pin (Picture 1B). PBHE uses needle nose pliers to help get the lace through the first two holes because they are very close to the tongue stitching (Picture 1C). Some boot designs have added loops in the tongue of the boot to prevent the tongue from falling in. To lace through these loops use the tapered pin and pliers if necessary (Pictures 1D and 1E, respectively).



Picture 1A



Picture 1B



Picture 1C



Picture 1D



Picture 1E

When lacing skates PBHE believes it is important to be able to control the tightness in the lower half of the boot, as well as the tightness in the top of the boot (where the hooks are located). Tighten the lower part of the boot with the desired tension and secure it by double twisting the laces (Picture 2A) and crossing them (Picture 2B). This will "lock" the bottom tension off. Then continue to lace the top half of the boot, lacing top down on each hook. This creates a crisscross to hold the desired tension (Picture 2C). Tie off the laces with a double knotted bow; you can hook the loops of the bow around the hooks to give a more streamlined look (Picture 2D).



Picture 2A



Picture 2B



Picture 2C



Picture 2D

2" Boot Tape:

Product Information: The 2" Wide Boot Tape is specially ordered for our clients to protect their boots. It is manufactured in Canada and was designed to repair heavy tarp covers used in the trucking industry. The tape comes in white and black and is cut resistant. The white tape does not yellow. PBHE has found that it is especially helpful when skaters are learning double and triple jumps, since they often end up severely cutting the toe of their boot. The tape can be easily removed or re-taped for a clean boot during competitions. One roll will tape ~15 pairs of skates. Made in Canada.



Price: \$9.99

PBHE's Recommendation on How to Use: The tape should be cut with a knife on the non-stick side since the glue will plug scissors. We recommend that only the toe and inside of the boot should be taped to allow the boot to flex properly.

PBHE Soft Guard:

Product Information: PBHE Soft Guards are recommended to protect skater's blades. The guards have a nylon lining both inside and out to reduce the blade cutting through the guard while having soft sides to wick away moisture. These guards are to be used while the skates are not being worn. They will last for years and can be used on the inside of more decorative covers (ex. animal figures). The life of the guards is reduced if the skater uses them while walking rather than using hard guards. If walked on, they will protect the edges but eventually the blade will cut through the nylon. Made in Canada.



PBHE Soft Guards come in two sizes:

- Medium: for Standard blades 8" to 9¼" and Dance Blades up to size 10½"
- Large: for Standard Blades over 9¼" and Dance Blades greater than 10½"

Price: \$19.99

PBHE's Recommendation on How to Use: The covers should be used at all times when the skates are in the skater's skating bag. The skater should still dry their blades to prevent them from rusting.

Hard Skate Guards:

Product Information: Hard Skate Guards are essential to protect a skater's blades when walking on hard surfaces. Rubber mats used in arenas are not sufficient to walk on because they are imbedded with dirt and grit that will quickly dull your blades.



Price: \$ 10.99

PBHE's Recommendation on How to Use: Hard Skate Guards should be used when walking in your skates. Hard Skate Guards should never be used to store your blades since moisture will be trapped and the blades will rust. This is not a good practice even with stainless steel blades. On a regular basis the guards should be cleaned because dust and grit get into the grooves which will dull the blades. PBHE suggests putting the guards in the dish washer on a regular basis to keep them clean, and occasionally use a toothbrush and cleanser to get rid of embedded dirt and grit.

Boot Heater:

Product Information: The Boot Heater dries wet boots of all sizes. The UV light reduces bacteria, absorbs unpleasant odours, and the drying time is set directly on the device (1hr, 3hrs, or 6hrs). The Boot Heaters are available in 230 V, 120 V, and 12 V (without timer which is not recommended).

** US & Canada: 120 V, AC, 60 Hz, 50 W (In Stock)

**European: 230 V, AC, 50 Hz, 25 W (Upon Special Order)

Price: \$99.99

PBHE's Recommendation on How to Use: The Boot Heater is a very important piece of equipment, especially for competitive skaters that are training daily. Even synthetic boot material needs to dry out between usages to reduce bacteria.

It is PBHE's belief that boot manufacturers' products should last one full season. This requires that a boot be properly sized and allowed to dry out on a regular basis. Some skaters must use a drier to help prevent their boots from breaking down within a twelve month period.

Leather can be over dried, so PBHE recommends only using the Boot Heater for three hours at a time.

It is our experience that the Boot Heaters last a long time if you use the correct voltage. Do not plug a 120 volt unit directly into a 220 volt system. The Boot Heater will work with an International voltage transformer.

