

# SIZING INSTRUCTIONS

- 1 - Loosen skate laces and pull the skate tongue up and out as far as possible in order to allow for sufficient space to access the inside of the toe cap area (see FIG. 1).
- 2 - Remove the inserts from the packaging. Note that there is no LEFT and RIGHT insert. Inserts are identical.

**IMPORTANT: DO NOT REMOVE PAPER BACKING FROM ADHESIVE STRIP DURING SIZING PROCESS (see FIG.2).**

- 3 - Take one of the inserts and position it onto the upper side of the toe cap (see FIG. 3). When positioning the insert, ensure that the end of the insert aligns with the end of the toes (see FIG. 4).
- 4 - Gently insert foot while holding insert in place (see FIG. 5).
- 5 - Tie up skate laces. The insert should feel snug and the toes should be able to move slightly (approx. 1/8"). There should be no discomfort.
- 6 - If insert fits correctly, repeat steps 3 thru 5 for the other skate and go to step 8.
- 7 - If insert feels too loose, increase the thickness of the insert by adding the shim to the back of the insert (see FIG. 6) and repeat steps 3 thru 5. **IMPORTANT: DO NOT REMOVE ADHESIVE PAPER BACKING AND PERMANENTLY ATTACH THE SHIM AND INSERT UNTIL YOU ARE SURE YOU NEED THE ADDED THICKNESS.**
- 8 - Keep skates on for 5 minutes.
- 9 - After 5 minutes, the inserts should feel snug but not uncomfortable.
- 10 - If uncomfortable, reinstall inserts as they may be incorrectly positioned and/or remove shim (if applicable). If comfortable, the inserts are ready to be installed. **GO TO INSTALLATION INSTRUCTIONS.**

FIG 1



FIG 2



FIG 3



FIG 4

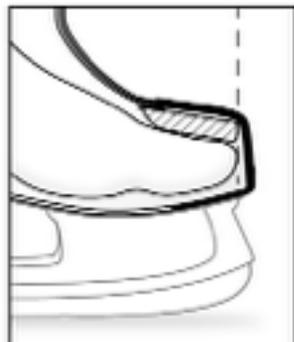
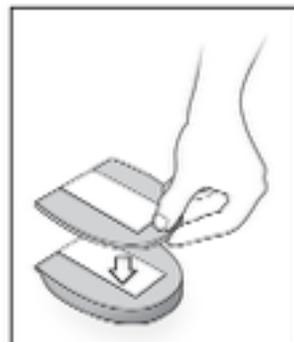


FIG 5



FIG 6



## Sizing Chart:

SKATE		INSERT SIZE
Y13-JR5.5	➡	JR
SR6-12.5	➡	SR

# INSTALLATION INSTRUCTIONS

**IMPORTANT:** ENSURE THAT YOU HAVE PROPERLY SIZED THE INSERT BEFORE INSTALLATION. REMOVING THE INSERT AFTER INSTALLATION MAY CAUSE PERMANENT DAMAGE TO THE INSERT.

**IMPORTANT:** ENSURE THAT BOTH THE SKATE AND THE INSERT ARE AT ROOM TEMPERATURE DURING INSTALLATION PROCESS IN ORDER TO ENSURE THAT THE INSERT ADHERES PROPERLY.

11 - Ensure that skate laces are sufficiently loose and the skate tongue has been pulled up and out far enough to allow for sufficient space to access the inside of the toe cap area (see FIG.7).

12 - Ensure that the undersides of the skate tongue and toe cap are dry and free of loose material and debris (see FIG. 8).

13 - If you added a shim during the sizing process, permanently attach the shim to the insert by removing the paper backing on both the insert and the shim and carefully joining the two pieces together (see FIG. 9).

14 - Take one of the inserts (select either one as there is no LEFT or RIGHT).

15 - Remove the paper backing from the adhesive strip on the back of the insert (see FIG. 10).

16 - Position and apply the insert to the underside of the toe cap and press firmly into place. (see FIG. 11).

17 - When positioning the insert, ensure that the end of the insert aligns with the end of the toes (see FIG. 12).

18 - Repeat steps 11 thru 17 for the other skate.

19 - Allow at least 24 hours for adhesive to properly set after which skates are ready for use.

FIG 7



FIG 8



FIG 9



FIG 10



FIG 11



FIG 12



## TROUBLESHOOTING

If you have any issues with your insert, see your local Adrenaline-approved hockey retailer for assistance or check out our on-line support at [www.adrenalinedesign.ca](http://www.adrenalinedesign.ca)

# IMPORTANT INFORMATION

## CAUTION

- May cause discomfort if sized and/or installed incorrectly.
- If you experience any discomfort, discontinue use immediately.
- Avoid removing the insert once it has been installed as doing so could cause permanent damage to the insert.
- Do not cut insert.
- Do not add additional adhesive (e.g., glue) to the back of the insert.
- Insert is designed to be used in a hockey skate only.
- Should you experience any problems with your insert, see your local Adrenaline-approved hockey retailer for assistance.

## WARRANTY

Read all the sizing and installation instructions and carefully follow each step with the assistance of your local Adrenaline-approved hockey retailer. Failure to follow these instructions may reduce the performance capacity of your POWERFOOT insert and will null and void all warranties associated with this product. POWERFOOT inserts are guaranteed to be free from defects in workmanship and materials for a period of 30 days from the date of purchase.

## CARE AND CLEANING

In order to prolong the life of your insert, dry out your skates after each use. While drying, maximize air circulation within your skate by loosening your skate laces and pulling the tongues up and out as far as possible. To clean the insert, use a soft cloth soaked in warm water and a mild detergent. Air dry.

## WARNING

- Improper use of these inserts may cause discomfort of the toes.
- It is important that you read and follow these instructions carefully.
- Ice hockey, ringette and roller hockey are dangerous sports with the potential for serious injury.
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