



USER MANUAL – EN
Inline Skates, Helmets, Protectors

CONTENTS

- INLINE SKATES 3
- PRODUCT DESCRIPTION 3
 - CLASS 3
- SAFETY PRECAUTIONS..... 3
- INSTRUCTIONS FOR USE..... 3
 - SKATING STEPS 3
 - BRAKING 4
- SIZE ADJUSTMENT (*model-specific) 5
- WHEEL ADJUSTMENT (*model-specific)..... 6
- MAINTENANCE 7
- HELMETS..... 8
- SAFETY PRECAUTIONS..... 8
- PROTECTION AND VENTILATION..... 9
- PADDING 9
- RETENTION SYSTEM 9
- FINAL CHECK..... 10
- MAINTENANCE 10
- IMPORTANT INFORMATION 10
- PROTECTORS..... 10
- PRODUCT CLASSIFICATION 10
- SAFETY PRECAUTIONS..... 10
- PROPER USING 11
- PUTTING ON THE KNEE AND ELBOW GUARDS 11
- PUTTING ON THE WRIST GUARDS 11
- MAINTENANCE 12
- CLEANING 12
- STORAGE AND TRANSPORT 12
- TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS..... 12

INLINE SKATES

PRODUCT DESCRIPTION

Boot	PP or polyamide
Chassis	Aluminium or PP, PP brake
Inside of the boot	Nylon with synthetic leather, inner padding made of polyurethane foam
Wheels	64, 70, 72, 76, 80, 84, 90 mm, bearings ABEC 5 + ABEC 7

CLASS

As per the EN 13843 European standard, inline skates are divided into two classes. **Class A** includes inline skates with weight limit between 20 and 100 kg. **Class B** includes inline skates with weight limit between 20 and 60 kg and the length of the foot under 260 mm.

SAFETY PRECAUTIONS

Retain this manual for future use.

- Children under 5 years of age can only use this product under adult supervision. The assembly and disassembly can only be carried out by an adult.
- Only use this product for sports and recreational purposes in suitable places (flat and clean surfaces, away from other road users). The most suitable are tarmac or concrete surfaces, quality paving or a wooden court. Rising on unsuitable surfaces (rough tarmac, sand, gravel, cobble heads, etc.) or performing extreme feats (riding on stairs, jumps, etc.) may result in the damage or disproportionate wear of the product. Do not skate on wet or oily surfaces, or rough terrain.
- Follow local laws and regulations. Do not ride in traffic.
- Always use protective features (wrist, elbow and hand protectors, helmet, etc.). Contact your local retailer for more information.
- Do not modify the inline skates in any way that could compromise the safety of the user.
- Do not use the inline skates in temperatures under -5 °C, at night and on wet surfaces.
- Always make sure that all screws and quick-release mechanisms are tightened and secured.

INSTRUCTIONS FOR USE

- Some skate models can be adjusted in size by pushing or pulling the tip of the shoe into place. The size can be adjusted using a regulation button or a lever on the shoe (see instructions below). You don't need any other tools. Buttons and levers have quick-release mechanisms. To maintain their effectiveness, only use these mechanisms for their intended function.
- After you put the inline skates on, try to make several steps to find out if the skates are properly tightened. If you discover any loose parts, stop immediately.

SKATING STEPS

- **Ready position:** Stand near a wall or any other similar support surface. Stand so that there is a space between your feet approximately 15-25 cm and slightly bend your knees. Lean forward a bit, put your hand in front of you and look straight ahead. In this position, practice maintaining balance. Once you are sufficiently sure on your feet, push off the wall and glide

slowly without changing the position of your feet. If you are not sure you'll be able to stop on your own, it's good to have a friend to help you practice.

- **Make several steps:** To get used to the skates on your feet, try to walk on grass at first. Then return to a smooth surface and assume the ready position. Point the tips of your skates forward and make a few steps. In order to try and maintain balance, your legs will start to move further apart. This is to be expected. Once you get used to the sensation, bring your feet back together.
- **Bend your knees and lean forward slightly:** This stance will help you avoid falling over as you learn. Bring your hands to your knees whenever you feel like you are losing balance.
- **Keep trying and maintain balance:** Each time you make a step, shift your weight to the front foot. This will start to feel natural after you practice and feel your weight shift as you move. Try going a little faster each time to get the sense of balance with the movement. But don't try to go too fast yet!
- **Practice basic techniques:** At this stage, it is helpful to have a partner that is already familiar with skating to help you out. There are several skating techniques you'll need to master in order for your skating to work well.
 - **The A-frame:** This position is similar to the ready position, but your legs need to be even further apart. Stand with your feet at shoulder width. If you spread your legs further, you'll probably fall down. Keep your toes pointing forward and your ankles straight. In this position, your weight shifts onto the inside edge of the skate. Practice moving from the ready position to this position as you move along and you'll get a basic idea of what it's like to skate.
 - **Push and glide:** If you tried gliding earlier from the ready position, you already have an idea about how it feels. This time, place one foot at a 45° angle and glide with the other foot along on the ground. Bring the foot that didn't move up to the other foot and keep gliding. Practice skating on one foot only. Glide on the left foot and the right foot in turns and lift the foot that's not gliding off the ground. Learn to keep balance on each leg as you glide. Transfer the weight from your back foot to your front foot as you push and glide. At first, only move very slowly, until the sensation begins to feel normal.
- **Turning:** At low speed shift your weight as during biking. On the left foot to turn left and on the right foot to turn right. At high speed move your feet as skating.
- **Falling technique: WARNING!** First practice falling onto a soft surface without skates to learn how to fall safely. Avoid falling back and try to fall on knee protectors. Use elbow and wrist protectors to reduce the impact. Spread your fingers to avoid injury.

BRAKING

WARNING: Learn to brake and stop properly. Practice it only in a flat place away from traffic and pedestrians. Use this product only if you are fully familiar with proper braking.

- **Braking:** Learn to brake safely. Most inline skates have a heel brake. Before purchase, make sure the product has a quality brake. Maintain the brake regularly. To use the brake, put the foot with the heel brake forward by approximately 10 cm and put pressure on the brake with your heel. One foot needs to be in front of the other while you lift the tip of the braking skate and lean slightly backwards. The brake will come into contact with the surface of the road and slow you down. Frequent use may render the brake less effective, that's why it is important to check it regularly.
- **T-brake** – If your inline-skates are not equipped with a heel brake or if you dismantled it, we recommend to use the T-stop braking. This is however only suitable for advanced skaters! Shift your total weight on one foot. Put your one foot behind the second one and create a right angle with it. At least shift your weight forward onto the inner wheel side of the rear skate and brake by increasing the pressure.

- Inline skates allow you to ride very fast, that's why you need to be careful and not underestimate your abilities. It is recommended that small children skate only under adult supervision.

SIZE ADJUSTMENT (*model-specific)

The skate size can be adjusted up to 3 sizes. The adjustment mechanism may differ, depending on the model. Follow the instructions below.

The size can be adjusted either by a regulation lever or button.



Lever



Button

1. Turn the adjustment lever counter clockwise by 90° or push the regulation button.
2. Push or pull the tip of the skate to adjust the size.



Pull the tip (regulation button)



Push the tip (regulation button)

- Once the size is adjusted, secure the lever by turning it back by 90° in clockwise direction or release the regulation button.



Secure the lever



Release the lever

- Some types of levers are secured differently.



Release the lever

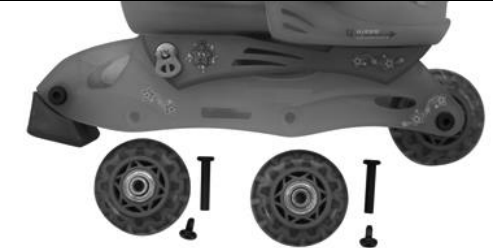




Secure the lever

WHEEL ADJUSTMENT (*model-specific)

Some models can be adjusted so that there are two wheels at the rear of the skate or the other way around. The following instructions will help you with the wheel assembly and disassembly.

<ol style="list-style-type: none"> Loosen the screws. 	
<ol style="list-style-type: none"> Remove the long screw, wheels, spacers and socket. 	
<ol style="list-style-type: none"> Thread the socket and spacers through the long screw to keep them safe for future use. 	

<p>4. Take out the shorter screw – one set (2 pcs) per one wheel.</p>	
<p>5. Put the wheel in place and thread the screw through both the wheel and the chassis.</p>	
<p>6. Tighten the screws. Repeat the last steps to assemble the other wheels.</p>	

MAINTENANCE

Regular maintenance increases your safety while riding. If any repairs are needed, it is recommended to seek a customer service.

- Check the wheels before every ride and make sure all screws are properly tightened. Tighten all loose screws – use a screwdriver of the appropriate size. Clean any dirt and dust with a dry cloth.
- If the wheels get damaged, don't use them and replace them with an appropriate model.

Wheel replacement: To replace the wheels, use a no. 4 Allen key. Always use wheels that are compatible with your inline skates. It is recommended to use PU wheels, they are of higher quality and have better riding attributes.

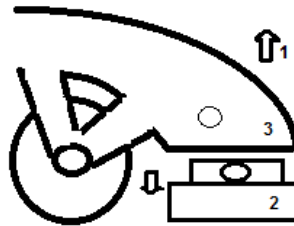
- The bearings inside the wheels may start being noisy after a while. You will solve this problem by applying a small amount of lubricant. (Never use petroleum jelly or oil to lubricate the bearings. It is recommended to use graphite or silicone lubricants).
- Regularly check the wheels for wear. To use all wheels to their full capacity, regularly change the places of the front and rear wheels. When you skate unevenly, you can regularly turn the wheels by 180°.
- The wheels and bearings of the less expensive models are more susceptible to wear. This kind of wear does not prevent you from using the inline skates and is not covered by the warranty.
- Replace the wheels and bearings at the same time. If you don't, it may have a negative impact on the stability of your inline skates.

Bearings replacement: To replace bearings, use a no. 4 Allen key. Remove the wheels and push the bearings out. As a replacement use 608Z or ABEC1 – ABEC7 bearings. The most quality are the ABEC7 bearings.

- Aluminium chassis are generally noisier than PP chassis. The amount of noise the skates make correlates with the amount of time they have been used (the wheels and bearings). Such wear is not covered by the warranty. Also, wheels made of PVC with cheaper bearings (608Z, 608ZZ) are usually noisier than others.

Brake replacing: Regularly check the brake for damage or wearing. If the brake doesn't work properly, stop using.

- Replace the brake with a new one if necessary.
- In a general way, if the angle between the frame and ground is bigger than 40°, the brake is worn over the limit. If the distance between the braking pad and ground is too big (>17 mm), the brake must be replaced immediately.
 1. Use a wrench to screw off the bolt (1) and remove it.
 2. Take the braking pad (2) out from the holder (3).
 3. Put in a new braking pad and retighten the bolt (1).
 4. Make sure the fixture is solid and all bolts and nuts fit well.



- In case of a malfunction, stop using the skates immediately to prevent further damage. There is also a risk of an injury.
- If you find any sharp edges on the skates, take appropriate steps to prevent an injury to the user.
- Always check the skates before using them and make sure all binding mechanisms are properly secured. If you find some parts loose or missing, stop using the skates immediately.
- To clean the inner padding and the shell of the skate use a cloth and a mild soap diluted in water. Let the skates dry at room temperature. Under no circumstances use organic solvents.
- Store the skates in a dry place and out of direct sunlight. This way, you'll prevent corrosion and prolong the product's service life.

HELMETS

SAFETY PRECAUTIONS

- The helmet meets the requirements of the EN 1078 European standard.
- This helmet is only suitable for cycling, inline skating and skateboarding. Do not use it for other sports activities.
- This helmet is not to be used on motorcycles and other similar vehicles.
- Do not use the helmet during activities where the helmet or its straps can get caught or stuck and endanger the life of the child (i.e. climbing).
- The helmet offers full protection only if it fits properly. Try the helmet on carefully before purchase.
- Once the helmet suffers an impact, it must be replaced and destroyed.
- Do not modify the helmet in any way and do not remove any of its components.
- The helmet is designed to absorb the force of an impact during a fall or an accident. However, it cannot prevent all serious or even fatal injuries. The helmet also cannot protect you against all kinds of impacts.
- Familiarize yourself with the helmet before first use and carefully read through the entire manual.

PROTECTION AND VENTILATION

- The outer shell is very light while providing excellent durability and integrity.
- Multiple air ducts provide a constant flow of fresh air.

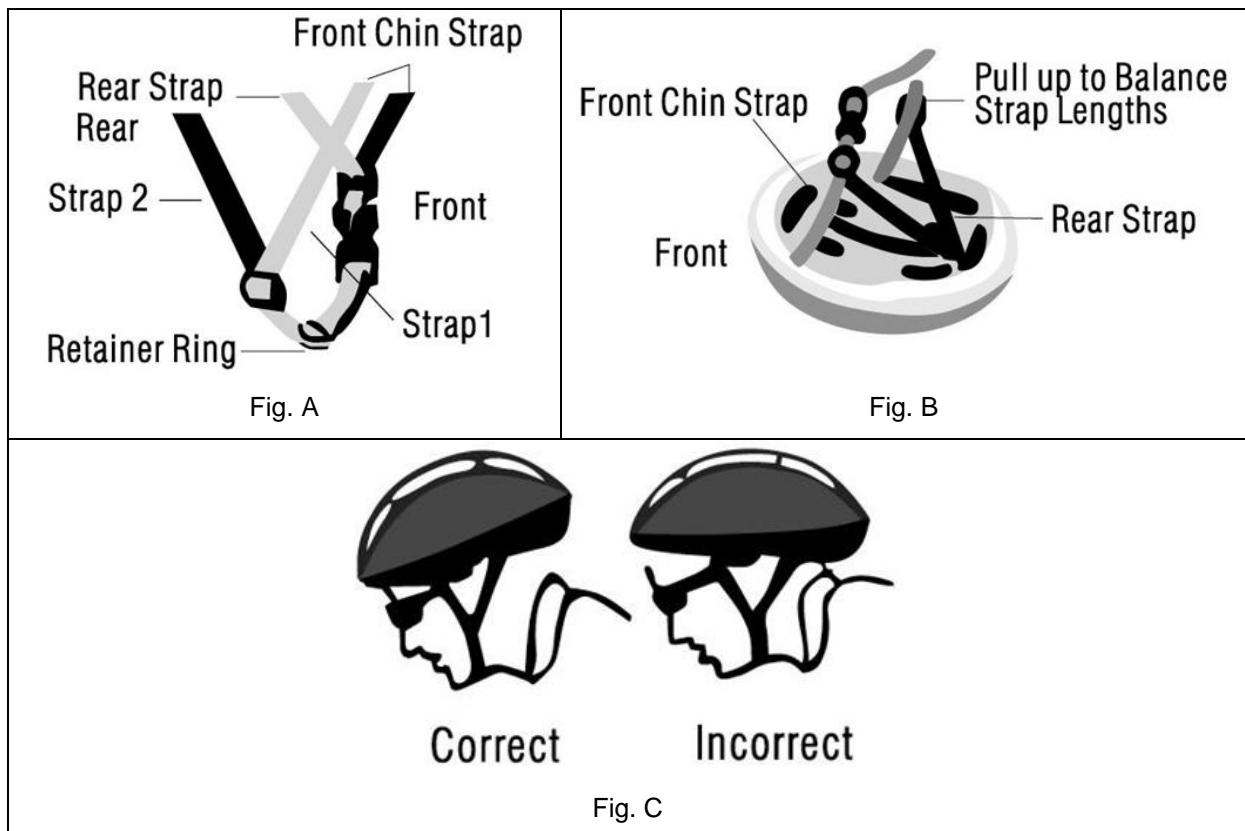
PADDING

The helmet must fit properly to be effective. With a proper fit, the helmet will not move back and forth or from side to side while fastened. If the fitted padding doesn't suit you, simply remove it and replace it with a padding of different size. Choose the thickness of the padding so that it conforms to your head shape.

RETENTION SYSTEM

The helmet is fastened and unfastened by a simple quick-release buckle. The straps must fit snugly and evenly. Place the helmet firmly on your head and then fasten the buckle. Take note which straps are loose and then remove the helmet and tighten them.

Hold the buckle with one hand and then pull the loose strap through to tighten the chin strap (Fig. A). To tighten the rear strap, pull the end of strap 2. Hold the helmet with one hand and with your other hand hold the straps that pass under your chin. Pull them from side to side to even the length of all four straps (Fig. B).



The helmet must be firmly and evenly placed on your head (Fig. C). To lower the front of the helmet to cover your forehead, tighten the chin strap and loosen the rear strap. To raise the front part of the helmet, loosen the chin strap and tighten the rear strap. Put the helmet on and fasten the buckle, then check if all straps are properly tightened. Open your mouth. You should feel the strap pulling against your chin. Then attempt to pull the helmet off from the front or the rear. If the helmet comes off, increase the strap tension and make sure the padding is thick enough for you. The helmet should not be able to excessively roll forward or backward. It should not be possible to remove the helmet without unfastening the buckle.

NOTE: Always try on different sizes to make sure the helmet fits. The size of the helmet can be found on the inside of the helmet. The helmet can only provide protection if properly fitted. Check if the helmet fits before every use.

FINAL CHECK

It is important that the helmet fits properly. If you can move the fastened helmet forward or backward, tighten the straps. The straps should not cover your ears and the buckle should not touch your jaw. Always try on different sizes and choose the one with the best and most comfortable fit. Check the adjustment of the straps and the helmet's fit before every use.

MAINTENANCE

Clean the helmet only with a cloth and mild soap diluted in water. Do not apply solutions, paints or other aggressive substances – you could damage the helmet and compromise its protective qualities.

Do not expose the helmet to extreme temperatures (over 65 °C). Dark-coloured vehicles and transport bags can even accentuate the ambient temperature. When a helmet is damaged by heat, there will appear random disfigured areas with a bubbly and uneven surface. If you find your helmet to be in any way damaged, replace it and dispose of it in a proper manner.

IMPORTANT INFORMATION

The helmet is designed to absorb the force of the impact by the deformation of the inner material. Even though such damage won't be detectable by the naked eye, do not use the helmet once it sustained an impact and replace it with a new one.

Unfortunately, some injuries can't be prevented even with a helmet. Depending on the type of impact, even low speed accidents can result in a serious or fatal injury. Ride carefully and before you do, read the entire manual.

PROTECTORS

PRODUCT CLASSIFICATION

According to the EN 14120+A1 standard, protectors are divided into two categories of effectiveness:

Category 1 – protectors suitable for common sports activities.

Category 2 – protectors suitable for acrobatics.

As per the same standard, the protectors are classified depending on the maximum user weight:

- A. Max. user weight up to 25 kg.
- B. Max. user weight between 25 kg and 50 kg.
- C. Max. user weight over 50 kg.

To choose the best product for your activity, follow information and categories marked on it.

SAFETY PRECAUTIONS

- Read this manual carefully and keep it for future reference.
- Try different sizes and choose the best for you. Protectors must fit well. Sizes are indicated on the product.
- Choose the right protectors for your activities depending on the category and max. user weight. Never exceed these limits.

- These protectors are suitable for users of skateboards, roller-skates and in-line skates. They are not intended for ice hockey.
- These protectors are not intended to provide protection in the event of a serious fall when going at higher speed (follow limits for a concrete product) and provides only limited protection in high-speed impact with stationary hard surfaces. It doesn't protect the user against collisions with moving vehicles.
- These protective pads are not suitable for using on motorcycles or motor vehicles. To use it properly, follow information on the product.
- Don't do any modification. You could decrease product safety.
- **Material:** plastic, nylon

PROPER USING

Never forget to use the protection set. However, full safety cannot be assured even using all protective components. Always wear a helmet and protection set that includes knee, wrist and elbow protective pads.

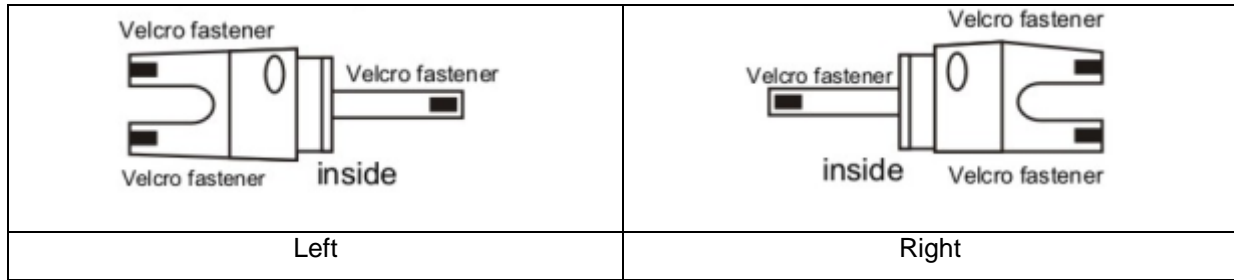
PUTTING ON THE KNEE AND ELBOW GUARDS

1. Open the Velcro fasteners.
2. Put the safeguards on the knees or arms/elbows and take care that the plastic caps cover the knees or the elbows. Should your safeguard have a stocking, we recommend to pull this over the relevant body part (arm or leg).
3. Wrap the elastic fastening straps around the relevant body part and press the ends firmly onto the appropriate surface (Velcro).
4. Knee and arm guards must fit firmly to avoid slipping off and to assure the best protection. Don't tighten them too firmly to avoid blocking of blood circulation.
5. Do it reversely to remove the protectors.



PUTTING ON THE WRIST GUARDS

1. Open the Velcro fasteners.
2. Guard for left wrist is marked "left" and guard for right wrist is marked "right"
3. Put your thumb of the left hand into the hole of the cuff so as the palm of the hand is facing the plastic protection bulge.
4. Wind the longer Velcro strap around the elbow and tighten it.
5. The upper and lower Velcro strap should be winded and closed on right place.
6. Make sure the protective plastic part covers the relevant place.
7. Do the same operation for the other hand.
8. The pads should be well closed and protected from sliding off. Don't tighten them too much to avoid blocking of blood circulation.








MAINTENANCE

- These safeguards must be carefully examined for damage before each using, especially if some falls or impacts have occurred.
- If you find some signs of damage, cracks, breaks or broken components, don't use it.
- Velcro fasteners must be clean and free of dirt to work properly.
- If the adhesion of Velcro fasteners is not good, they must be replaced.

CLEANING

- Remove larger dirt particles from the safeguards by brushing them off.
- Persistent dirt can be removed by washing the safeguards in lukewarm water or in detergent solution and rinsing with clear water.
- Never use solvents or abrasives.
- Don't wash it in a washing machine, don't dry it in a spin dryer and don't iron it.

				
Hand wash only	Don't bleach	Don't tumble dry	Don't iron	Don't dry clean

STORAGE AND TRANSPORT

- Don't expose it to direct sunlight and avoid excess warm during storage and transport to avoid cracking or decomposition.
- Improper storing could shorten its lifespan or significantly influence its functionality.
- Only faultless safeguards can offer adequate protection level.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated hereunder determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 40/1964 Coll. Civil Code, Act No. 513/1991 Coll., Commercial Code, and Act No. 634/1992 Coll., Consumer Protection Act, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Borivojova Street 35/878, Prague 13000, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions to the extent specified in the Commercial Code.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User’s fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product’s serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.



SEVEN SPORT s.r.o.

Registered Office:	Borivojova 35/878, 130 00 Praha 3, Czech Republic
Headquarters:	Delnicka 957, 749 01 Vitkov, Czech Republic
Warranty & Service Centre:	Cermenska 486, 749 01 Vitkov, Czech Republic
CRN:	26847264
VAT ID:	CZ26847264
Phone:	+420 556 300 970
E-mail:	eshop@insportline.cz reklamace@insportline.cz servis@insportline.cz
Web:	www.insportline.cz

SK

INSPORTLINE s.r.o.

Headquarters, Warranty & Service centre:	Elektricna 6471, 911 01 Trencin, Slovakia
CRN: 36311723	
VAT ID: SK2020177082	
Phone:	+421(0)326 526 701
E-mail:	objednavky@insportline.sk reklamacie@insportline.sk servis@insportline.sk
Web:	www.insportline.sk

Date of Sale:

Stamp and Signature of Seller: