



FAQ CHAYA

Find your skate size
and perfect fit.

WWW.CHAYASKATES.COM



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@chaya_lifestyle_skates



Find your skate size.

*Ordering skates online?
Measure at home?*

QUICK FITTING INFO FOR ROLLER SKATES:

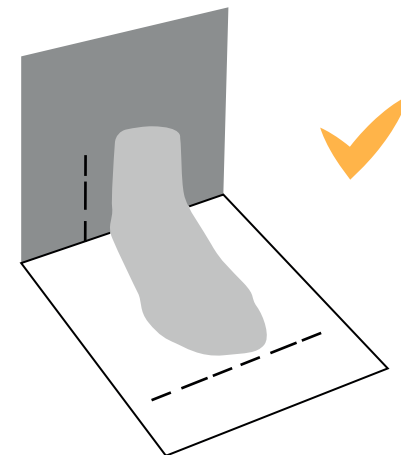
Roller skates must fit snugly, but comfortably on the foot. It is not necessary to buy roller skates one size larger if there is no special advised for a specific model.

All roller skates, as they break in, will get a little bigger/wider over time. (Softboots will expand more than hybrid or carbon boots).

3 EASY STEPS TO FIND YOUR ACCURATE SIZE:

STEP 1:

Place and fix an A4 sheet flush against a straight wall. Wear your usual skating socks for more accuracy and place your foot on the sheet, with your heel touching the wall, make sure your heel touches the wall without any pressure.





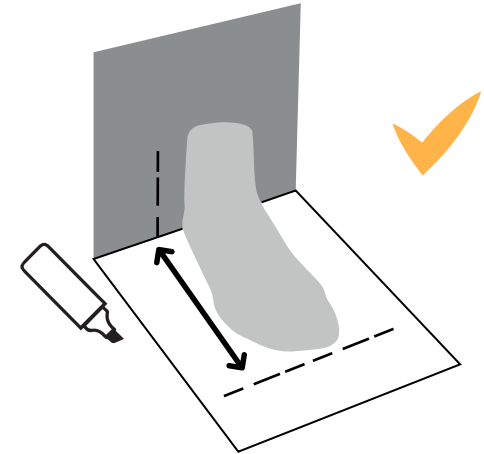
Find your skate size.

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STEP 2:

Stand relaxed upon the foot you are measuring. Then, draw a line at your big toe and when marking make sure to hold the pencil vertically to prevent any deviation. It's easiest to ask a friend to draw the line for more precision. Measure the length of the paper to the line: that's your mondopoint size.

TIP: For the best fit, measure your foot after a short skating session or at the end of the day.



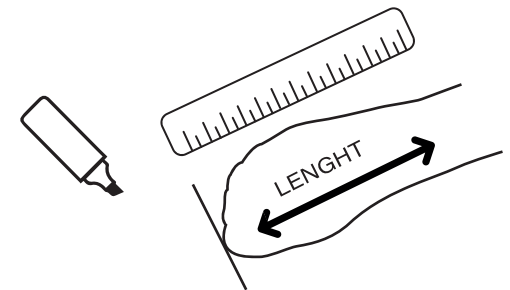
STEP 3:

Do the same for the other foot and compare measurements. The correct size that you should end up with is the length of your longer foot. Now with those measurements, you can take the correct size from our size charts.

PLEASE NOTE:

Make sure you record the correct number and in general we advise to add 3mm to 4mm for a snug fit and 5mm to 7mm for a more relaxed comfort fit.

If you have wide feet choose one size bigger. If you check these measurements and compare them with our size charts you should be able to find the perfect size for your next pair of CHAYA roller skates.





Find your skate size.

*Trying on skates at a Shop?
Tips for the Perfect Fit:*

STEP 1 As a starting point, ask for the same skate size as your shoe size.

STEP 2 Check the fit while standing. When standing straight, your toes should lightly graze the front of the boot. When bending your knees, your toes should no longer touch the front of the boot. You prefer a more relaxed/comfortable fit? add 5-7mm to your measurements - means try one size bigger

TIPS Check if you need an insole. Insoles can aid arch support, protect your heels from impact, and make for a more comfortable fit.

While sizing skates, wear a pair of socks you would normally skate in.

Don't forget to lock your heels in place. While seated and wearing skates, hit the back wheels of the skate into the ground. This will push your heel to the back of the boot for a more secure fit.



When standing straight:
Toes should slightly touch front of boot



When bending knees:
Toes should not touch front of boot



Set your skate for the perfect fit.

Narrow feet & new skate issues



NARROW FEET OR PRESSURE POINTS? Try ankle support footies. They're available in different heights, thickness, and constructions (ex. extra padding, donut-ankle padding, etc.)

NOT USED TO SKATING? NEED TO BREAK IN YOUR SKATE FEET? Take it slow - don't skate too long your first time! Make sure there's no movement inside your skates. Movement in your skates causes friction and (eventually) blisters.

Try wearing socks made specifically for skating to prevent blisters, or use athletic tape on spots that feel tender when skating.



Set your skate for the perfect fit.

Orthopedic issues.



FLAT FEET? LOW ARCHES? To ease pressure, add an ARCH SUPPORT or a 3/4 INSOLE with built-in arch support. If you have enough room in your boot, add a FULL INSOLE with arch support.



PRESSURE ON YOUR ANKLES? Try raising your heel with a SHOCK ABSORBER or a 3/4 INSOLE. These will lift your ankle bones higher and out of the pressure zone.



PRESSURE ON YOUR TOES? Add a little cushion, like a GEL TOE COVER to provide additional protection to your toes and nails. The gel cover will take away pressure from your toes and nails and transfer impact equally. Perfect for roller derby skaters, as it helps ease pressure from jumping and moving on toe stops.



FULL INSOLE WITH ARCH SUPPORT



ARCH SUPPORT



SHOCK ABSORBER



GEL TOE COVER



3/4 INSOLE WITH ARCH SUPPORT



Set your skate for the perfect fit.

Lacing your skates for Roller Derby.



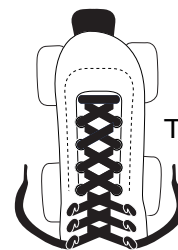
WANT MORE CONTROL? Lace up tight!

WANT MORE COMFORT? Lace your skates a little more loose. This will allow for more forward flex, which will train your stability, improve your ligaments, and strengthen your muscles.

WANT MORE SUPPORT? Make sure you lace the topmost eyelets of your boots. This will create less flex and more support, and increased performance in your strides/pushes.

WANT MORE SUPPORT IN SELECT AREAS? For roller derby skates, you can use two separate laces. For example, one lace for the bottom half of the eyelets, and one lace for the top half. This will allow you to adjust both areas separately.

LACES COMING LOOSE? with molded tips and waxed for performance. They'll stay tied, tight, and where you want them!



Tight fit

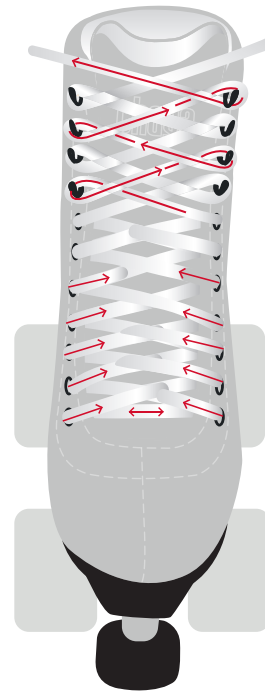


Forward flex



Set your skate for the perfect fit.

Lacing your skates for Lifestyle Skating.



HOW DO I TIE LACE HOOKS? To properly secure your laces into the lace hooks, thread the laces up and around the lace hooks. This will provide a long-lasting, secure fitting.

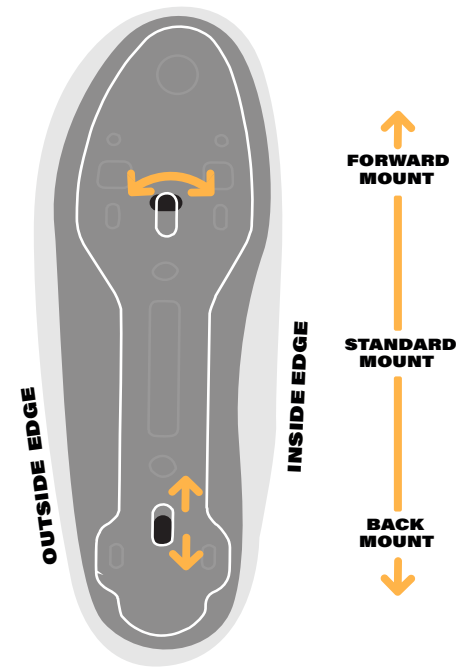
WANT MORE CONTROL? Lace up tight! For a tighter fit, lace from under the eyelets, as opposed to the out-of-the-box "over and under" lacing pattern (see left)

WANT MORE COMFORT? Lace your skates a little more loose. This will allow for more forward flex, which will train your stability, improve your ligaments, and strengthen your muscles.



Set your skate for the perfect fit.

Dual Center Mounting.



WHAT IS DUAL CENTER MOUNTING (DCM) Chaya's DCM system is revolutionary in the world of roller skating, but this technology has been tested and standard in the ice and speedskating world.

DCM features two sliding nuts placed along the center of the plate – one under the ball and another under the heel. The nuts can slide backwards and forwards so that you may adjust the plate to your perfect position, creating a truly custom set up.

DIFFERENT TYPES OF MOUNTING

For roller derby: A trend in roller derby is to have your boot mounted with the rear axle as far back as possible for extra stability, but this will cause a decrease in agility.

For speed & dance: A forward mount is common. The front axles are under the ball of the foot, and the rear axle is substantially forward to increase reach with your heel for additional power and speed.