







Equipment			Short	Group 1	Group 2	Group 3		Group 4		From Speed Skate Canada
			Learn to Skate	Learn to Skate	Learn to Speed Skate	Learn to Compete		Advanced Competitive		
						Short Track	Long Track	Short Track	Long Track	
Skates	Skates - Hockey are better than figure skates		Required	Required	Skaters will transition to speed skates when ready	-	-	-	-	
	Short Track Speed Skates*		-	Optional, but <u>NOT</u> Recommended		Required	Required	Required	Required	
	Long Track Speed Skates*		-	-	-	-	Optional, recommended for T2T and above	-	Recommended	
	Boot covers/warmers		-	-	-	-	Recommended	-	Optional	
Head Protection	Hard Shell Helmet - Hockey, Multi-Sport (skiing/snowboarding) or Speed Skate (not bike)		Required	Required	Required	Required	Required	-	-	Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.
	Hard Shell Helmet - Speed Skate		-	Optional	Optional	Recommended	Recommended	Required	Required	For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and Fundamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.
	Balaclava or other warm head gear to be worn under helmet		-	-	-	-	Recommended	-	Recommended	
Protective Eye Wear	Protective Eye Wear - shatter-resistant glasses ok, but <u>must be held in place by a strap</u>		Optional	Required	Required	Required	Required	Required	Required	Minimum Requirement: Shatter-resistant glasses or a complete visor. All glasses must be held in place by a strap. Guidance: Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.
Neck Protection	Neck Protector - bib type		Optional	Required	Required	Required	Required	Required	Required	Minimum Requirement: All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it must be fastened securely. Guidance: The more cut and puncture resistance and the greater the extent of neck coverage, the better.
	Neckwarmer or buff		-	-	-	-	Recommended	-	Recommended	
Hand Protection	Padded gloves or mitts - should have some cut protection (leather or other synthetics are better, mini-mitts are insufficient)		Required	Required	Required	-	-	-	-	
	Cut Resistant Gloves - leather or synthetic		-	Optional	Optional	Required	Required	Required	Required	Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn. Guidance: The more cut and puncture resistance of the gloves, the better.
Ankle Protection	Cut Resistant Kevlar Anklelets Not needed if wearing Kevlar Skin Suit		-	Optional	Recommended	Required	Required	Required	Required	Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklelet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots. Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.

Equipment	Image	Short	Group 1	Group 2	Group 3		Group 4		From Speed Skate Canada	
		Learn to Skate	Learn to Skate	Learn to Speed Skate	Learn to Compete	Learn to Compete	Advanced Competitive	Advanced Competitive		
					Short Track	Long Track	Short Track	Long Track		
Knee, Shin & Elbow Pads	Knee pads - Volleyball type		Recommended	Required	Required	Required	Required	Required	Required	Minimum Requirement: Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit. Guidance: The more puncture resistance and blunt impact energy absorption, the better.
	Shin pads - Soccer type without Ankle protectors		Optional	Required	Required	Required	Required	Required	Required	Minimum Requirement: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skin suit or it can be integrated in the suit. Guidance: The more cut and puncture resistance and impact protection of the shins, the better.
	Elbow pads		Optional	Optional	Optional	Optional	Optional	Optional	Optional	
Rest of Body Protection	Athletic Pants (long underwear underneath helps)		Required	Required	Required	Required	-	-	-	Minimum Requirement: <u>All skin below the mid-line of the neck must not be bare.</u>
	Long sleeve shirt with light, close fitting jacket <u>Any hood must be tucked in; no bare skin can be exposed</u>		Required	Required	Required	Required	-	-	-	
	Skin Suit - without Kevlar Kevlar anklets must be worn Without hood (or tucked in) for Short Track or Optional hood for Long Track May want to use light shirt over top for training		-	Optional	Optional	Recommended	Recommended	Recommended	Recommended	Minimum Requirement: <u>All skin below the mid-line of the neck must not be bare.</u> Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. Guidance: Minimum requirement "rest of body protection" is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better.
	Skin Suit - with Kevlar Without hood (or tucked in) for Short Track or Optional hood for Long Track May want to use light shirt over top for training		-	-	-	Required for T2T+	Required for mass start T2T races	Required for T2T+	Required for mass start T2T races	
	Extra layering on legs		-	-	-	-	Recommended	-	Optional	
	Extra layering on torso		-	-	-	-	Recommended	-	Recommended	

*Speed skates require special treatment.

- Skate guards must be worn when coming onto and off of the ice.
- Once skates are taken off, blade covers (soakers) are put on the blades. Never store in your guards.
- The blades rust extremely quickly, so it is imperative to remove all moisture.
- Speed skates require frequent sharpening. The club owns jigs for this purpose and clinics are held to train parents and older skaters.