

Safety Equipment Requirements

Speed Skating Competitions in Canada

Safety Item		Short Track	Long Track Mass Start 15 AND OVER	Long Track Mass Start UNDER 15	Olympic Style
		SSC D3-100	SSC D3-300	SSC D3-301	SSC D3-200
Head	Helmet	yes	yes	yes	===
Eye	Safety glasses (clear, non-tinted)	yes	yes	yes	===
Neck	Neck guard	yes	yes	yes	===
Hands	Cut proof gloves	yes	yes	yes	Recommended
Knee	Knee Pads	yes	====	yes	===
Shins	Shin guards	yes	yes	yes	===
Ankle	Protection	yes	yes	yes	yes
Blade tips	Must be rounded (radius of nickel)	yes	yes	yes	yes
Rest of Body	Cut proof body suit	see below	see below	see below	no

Rest of Body Protection

Intent: Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.

Minimum Requirement:

All skin below the mid-line of the neck must not be bare.

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.

Equipment Standards: see specifications

Source: 2018-19 SSC Red Book – https://www.speedskating.ca/sites/speedskating.ca/files/ssc_-_red_book_2018-2019.pdf

Subject to Change (after Oct 31, 2019)