

D3-100 Short Track

The following equipment is required for short track training and competition. Learn to skate activities are not considered short track training or competition. As such, only the equipment requirements for head protection, hand protection and knee protection apply.

For promotional activities, contact Speed Skating Canada for potential equipment exemptions at least thirty (30) days before the event, where possible.

Equipment	Intent, Minimum Requirement and Guidance
Ankle Protection (Protection des chevilles)	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride</p> <p><u>Minimum Requirement:</u> When no cut resistant suit is worn, a cut and puncture resistant ankle made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots.</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>
Eye Protection (Protection des yeux)	<p><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses are required for all skaters. All glasses must be held in place by a strap</p> <p><u>Guidance:</u> Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>
Hand Protection (Protection des mains)	<p><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> 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.</p> <p><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>

<p>Head Protection (Protection de la tête)</p>	<p><u>Intent</u>: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p><u>Minimum Requirement</u>: 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.</p> <p>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.</p>
<p>Knee Protection (Protection des genoux)</p>	<p><u>Intent</u>: Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement</u>: 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.</p> <p><u>Guidance</u>: The more puncture resistance and blunt impact energy absorption, the better.</p>
<p>Neck Protection (Protection du cou)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p><u>Minimum Requirement</u>: 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.</p> <p>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 fastened securely.</p> <p><u>Guidance</u>: The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>

<p>Rest of Body Protection (Protection du reste du corps)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.</p> <p><u>Minimum Requirement</u>: 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.</p> <p><u>Guidance</u>: 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.</p>
<p>Shin Protection (Protection du tibia)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p><u>Minimum Requirement</u>: 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.</p> <p><u>Guidance</u>: The more cut and puncture resistance and impact protection of the shins, the better.</p>
<p>Skate Blades (Lames de patin)</p>	<p><u>Intent</u>: Reduce the puncture making capacity of the blades.</p> <p><u>Minimum Requirement</u>: The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance</u>: The rounder the tips, the better.</p>

D3-200 Long Track Olympic Style Training and Competition

Equipment	Intent, Minimum Requirement and Guidance
<p>Ankle Protection (Protection des chevilles)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p><u>Minimum Requirement</u>: a cut and puncture resistant anklet 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</p> <p><u>Guidance</u>: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>

Skate Blades (Lames de patin)	<p><u>Intent:</u> reduce the puncture making capacity of the blades</p> <p><u>Minimum Requirement:</u> The rear tip of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance:</u> It is recommended that front tip of the blade also be rounded to a minimum radius of 1cm. For all blades, the rounder the tips, the better</p>
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For mass start races within an Olympic Style competition guidelines outlined in D3-300 shall apply.

D3-300 Long Track Mass Start Competition

The following equipment is required for long track mass start training and competition. Learn to skate activities are not considered long track mass start training and competition. As such, only the equipment requirements for head protection, hand protection and knee protection apply.

Note this section does not apply to ISU style Mass Start Racing. See ISU Rules and Regulations and specific ISU Communications for relevant rules, ISU bulletin #1957.

For promotional activities, contact Speed Skating Canada for potential equipment exemptions at least thirty (30) days before the event, where possible.

Equipment	Intent, Minimum Requirement and Guidance
Ankle Protection (Protection des chevilles)	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p><u>Minimum Requirement:</u> When no cut resistant suit is worn, a cut and puncture resistant anklet 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.</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>
Eye Protection (Protection des yeux)	<p><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses are required for all skaters. All glasses must be held in place by a strap.</p> <p><u>Guidance:</u> Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>

<p>Hand Protection (Protection des mains)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> 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.</p> <p><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>
<p>Rest of Body Protection (Protection du reste du corps)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.</p> <p><u>Minimum Requirement:</u> All skin below the mid-line of the neck must not be bare.</p> <p><u>Guidance:</u> Minimum requirement “rest of body protection” is recommended for all other activities (e.g. training). The more cut and puncture resistance, the better.</p>
<p>Shin Protection (Protection du tibia)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p><u>Minimum Requirement:</u> 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 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.</p> <p><u>Guidance:</u> The more cut and puncture resistance and impact protection of the shins, the better.</p>
<p>Skate Blades (Lames de patin)</p>	<p><u>Intent:</u> Reduce the puncture making capacity of the blades.</p> <p><u>Minimum Requirement:</u> The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance:</u> The rounder the tips, the better.</p>

D3-301 Additional Protective Equipment for Participants Under 15 Years of Age

Equipment	Intent, Minimum Requirement and Guidance
<p>Head Protection (Protection de la tête)</p>	<p><u>Intent:</u> Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads.</p> <p><u>Minimum Requirement:</u> 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.</p> <p>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.</p>
<p>Knee Protection (Protection des genoux)</p>	<p><u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement:</u> 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.</p> <p><u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.</p>
<p>Neck Protection (Protection du cou)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries</p> <p><u>Minimum Requirement:</u> 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 fastened securely.</p> <p><u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>