



## **AASSA Helmet Policy December 10, 2104**

### **AASSA Helmet Requirements**

1. Helmet Requirements for Long Track Competitions and Events
  - 1.1. This section applies to all AASSA sanctioned long track competitions and events.
  - 1.2. The requirements of Speed Skating Canada Red Book Rules D3-200 and D3-300/301 apply except as indicated otherwise in this section.
  - 1.3. Skaters are required to wear helmets in any race which is designated as being primarily for the L2T or younger age groups.
  - 1.4. Skaters are required to wear helmets in any mass start race which is designated as being primarily for the T2T age group.
  - 1.5. Skaters are required to wear helmets in any relay, team pursuit, or fun race which is designated as being primarily for the T2T or younger age groups.
  - 1.6. Skaters who are competing in T2T or younger age groups in a competition are required to wear helmets during the warm up/cool down periods held before or after a set of races. For the T2T age group, this rule does not apply to the warm up or cool down laps skated in the warm up lane immediately before or after an olympic style race.
  - 1.7. Competition officials shall clearly indicate the races where helmet use is required.
  - 1.8. Any skater competing in a race is required to adhere to the helmet requirements of that race, regardless of the individual skater's age category.
  - 1.9. Any skater failing to comply with the requirements of this section will be disqualified from the race.

### **Commentary on AASSA LT Helmet Rules**

This commentary provides rationale and additional explanation of the rules, but is not part of the formally approved rules.

*Background:* A committee to review helmet use was created by AASSA in May, 2014. The committee's recommendations were approved in principle by the AASSA executive, SDC and ODC in September/October, 2014. ODC prepared the final rules which were adopted by AASSA at a general meeting (by teleconference) on December 09, 2014.

*Scope and Purpose:* Rules in this section apply to helmet use in long track competitions and events for age groups T2T and younger. The rules are intended to clarify the SSC Red Book rules regarding helmet use. In some areas the requirement for helmet use has been increased over the Red Book requirement to further improve safety for the skaters.



*Enforcement:* The rules have been prepared with the intent that they will be easy to enforce for competition officials. Officials are encouraged to advise ODC of any difficulties in applying the rules.

#### Comments on Rules:

*Rule 1.3:* Current Red Book rules require L2T and younger age groups to wear helmets for mass start races, but not for olympic style races. This rule extends the helmet requirement to include all long track races for these age groups.

*Rule 1.4:* This rule clarifies the Red Book age requirement for helmet use for LT mass start races for the T2T age group.

*Rule 1.5:* Relays, team pursuits, and fun races are deemed to have a sufficient risk of falls or collisions that helmet use is required.

*Rule 1.6:* Helmet use is required during all warm up/cool down periods due to the large number of skaters on the ice, different ability levels, different skating speeds, and varying warm up activities. The rule applies to skaters competing in races for T2T or younger age groups. The warm up/cool down laps skated immediately before or after an Olympic style race are exempt from this requirement for skaters competing in T2T age group races.

*Rule 1.8:* For ease of enforcement the rules have been applied to each race, not to individual skaters by age. The main age group for which each race is designated will determine the helmet requirement for the race. Any skater skating “up or down” out of his/her usual age group for any reason will be subject to the helmet requirement for the race.

*Training:* Rules in this section do not apply to LT training. It is recommended by AASSA that each Club set a policy for helmet use during long track training. The policy should be set with consideration given to: number of skaters on the ice, variation in skill level and speed of the skaters, weather conditions, input from coaches and parents, and SSC Red Book Rules D3-300/301.

*Helmet Use:* When helmet use is not required by any rule, it is always permissible for skaters to choose to wear a helmet. Skaters are encouraged to consider the proven benefits of helmets in preventing traumatic brain injury (skull fracture, internal bleeding) in making this choice.

*Reference Table:* Table 1 has been prepared as a summary of helmet requirements for T2T and younger age groups for all Alberta speed skating activities. The table is a reference tool only; refer to the approved SSC and AASSA rules for official requirements



**TABLE 1 - SUMMARY OF HELMET REQUIREMENTS - ALBERTA**  
(Revision 0 – October 26, 2014)

<b>ACTIVITY</b>	<b>L2T and UNDER (Note 3)</b>	<b>T2T (Note 3)</b>
<b>All Short Track Activities</b>	Required (SSC Rule D3-100)	Required (SSC Rule D3-100)
<b>LT – Training</b>	Policy to be Set by Club (See note 2)	Policy to be Set by Club (See note 2)
<b>LT – Race Warmup – MS &amp; OS (Start of Session)</b>	Required (AASSA Rule 1.6)	Required (AASSA Rule 1.6)
<b>LT – Race Warmup – OS (Immediately Pre/post race)</b>	Required (AASSA Rule 1.3)	Optional
<b>LT – Racing - Mass Start</b>	Required (SSC Rule D3-301)	Required (AASSA Rule 1.4)
<b>LT – Racing - Olympic Style</b>	Required (AASSA Rule 1.3)	Optional
<b>LT – Relay Races</b>	Required (AASSA Rule 1.5)	Required (AASSA Rule 1.5)
<b>LT – Team Pursuit Races</b>	Required (AASSA Rule 1.5)	Required (AASSA Rule 1.5)
<b>LT – Fun Races</b>	Required (AASSA Rule 1.5)	Required (AASSA Rule 1.5)

1. Table 1 is a reference tool only; refer to SSC and AASSA rules for official requirements.
2. Policy to be set by individual clubs with consideration given to: number of skaters on the ice, variation in skill level and speed of skaters, weather conditions, input from coaches and parents, and SSC Rules D3-300/301.
3. In competitions, the requirements shown apply to the race and are based on the primary age group for which the race is designated.