

Speed Skating Protective Equipment Requirement

Skaters are required to wear;

- Head protection as described above AND,
- Eye protection - shatter resistant glasses held in place by a strap. Lens must be clear and non-tinted AND,
- Neck protection – made of Kevlar, Dyneema, or ballistic nylon either integrated into the skinsuit or a separate bib style neck guard securely fastened. Protection must cover the lower half of the full circumference of the neck and all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body AND,
- Hand protection – full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistant must be worn AND,
- Knee protection – 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 skinsuit or it can be integrated in the suit AND,
- Shin protection – 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 skinsuit or it can be integrated into the suit.
- Ankle protection – 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.
- Skates and blades – speed skates with closed tubes and both rear and front tips of the blades rounded to a minimum radius of 1 cm.
- Rest of body protection – all skin below the mid-line of the neck must not be bare.