

## SAFETY NOTES

Location: Bill Burgoyne Arena, St. Catharines

Day/Time: Fridays 6:00 pm – 7:30 pm (1.5 hours /week)

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It is the Skaters or Parents/Guardians of Skaters responsibility to ensure the following items are reviewed and understood prior to any practice training session. We want everyone involved to enjoy the sport of Speed Skating and a little awareness can go a long way in achieving this.

### 1. Skater protective equipment

Skaters MUST wear the following minimum protect equipment while participating in the skate programs and practices at Niagara Speed Skating Club (NSSC);

- a. Hand protection – cut and puncture resistance gloves or mittens.
- b. Head protection – speed skating, hockey, snowboard/ski, or skateboarding helmet. CSA approved or ASTM F 1849 certified helmets.
- c. Shin protection – puncture resistant and impact absorbing.
- d. Neck protection – the ‘bib style’ neck guard fully encircling the neck with the frontal area under the chin and above the armpits being protected.
- e. Ankle protection - cut and puncture resistant 10 cm above tops of boots.
- f. Shatter-resistant glasses or complete visor.

Note: For OSSA sanctioned competitions, Skaters must satisfy the Speed Skate Canada equipment requirements (Regulation D3-100). Reference may be made to <http://speedskating.ca/resources/safety/protective-equipment/short-track-protective-equipment>. D3-100 section includes all the Short Track Protective Equipment requirements.

### 2. For NSSC practices

- a. Skaters are expected to be on time and ready for practice.
- b. Plan to dress in athletic wear which allows free movement. Wear a zippered top coat or jacket that can be easily removed during practices following on-ice warm-ups.
- c. Bring a refillable water bottle for on ice hydration breaks.

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### **3. Ice safety during practices**

Safety mats must be located around the boards covering the turn exits during all practices. Typically, 10-12 pads, at each end, from the exit blueline to a location behind the hockey goal area are sufficient.

Assistance from parents/guardians prior to and immediately following practice is GREATLY APPRECIATED in returning the safety mats to storage.

- a. All skaters must abide to the instruction of the coach(es) while on the ice.
- b. All doors entering/exiting the ice surface MUST be closed prior to any skating activities. Ensure the doors are closed behind you or ask for assistance.
- c. Skaters are to skate in a counter clockwise direction (turn left) round the track unless directed otherwise.
- d. There will be a drink breaks called during the practice to allow Skaters to hydrate.
- e. DO NOT cross the track while the track is occupied by skaters. Remain in the center of the track and advise a Coach if you need to leave the ice surface for any reason.
- f. DO NOT enter the track from the boards until the group on the track has completed their exercise.
- g. A whistle sound indicates the end of an activity. Slow and plan to return to the center from the Track. The waiting group shall wait until the track is clear before beginning the next track exercise.
- h. While a group is using the track, it is important to avoid veering out into the track area from the center to avert a collision.
- i. Speed skating is fun and we may engage in games, however it is important to keep the blades down on the ice to avoid accidental cuts and scrapes.
- j. Consider a restroom break prior to lacing up your skates.
- k. Adults must accompany minors at practices and competitions.

### **4. Racing Events**

- a. All ages and abilities are eligible to race in regional racing and we encourage our members to race.

**The Ontario Speed Skating Short Track Technical Bulletin, August 2018**

Provides all information concerning the safety format of Ontario-based competitions, competition regulations that define the running of competitions, and the eligibility of skaters for those competitions. <http://ontariospeedskating.ca/technical-bulletins/>

**The real race is with YOURSELF**

**Remember to have fun and keep it fun for everyone involved!**