

SAFETY NOTES

Location: Rex Stimers Arena, St. Catharines

Time: Wednesdays 8:15 – 9:15pm

Season: Oct. 5, 2016 – Mar 29, 2017.

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 learn to skate programs and practices at Niagara Speed Skating Club (NSSC);

- a. Hand protection – cut or puncture resistance gloves or mittens must be worn.
- b. Head protection – hockey, snowboard/ski, skateboarding helmets CSA approved or ASTM F 1849 certified helmets.
- c. Knee protection – puncture resistant and impact absorbing knee pads worn over the skaters skin suit or built into the suit.
- d. Neck protection – the 'bib style' neck guard fully encircling the neck with the fontal area under the chin and above the armpits being protected.

Note: For OSSA sanctioned competitions, Skaters must satisfy the Speed Skate Canada Red Book section D3-100 for Short Track events. Refer to the following link;

<http://www.speedskating.ca/resources/safety/protective-equipment/short-track-protective-equipment>

D3-100 section includes all the protective equipment listed above as well as protections for; eye, ankles, shin, rest of body, and skates blade requirements.

For NSSC practices, plan to dress with a zippered top coat or jacket that can be easily removed during practices following on-ice warm-ups.

OVER ----->

2. Arena safety during practices;
 - a. Safety mats must be located around the boards covering the turn exits during all practices. Typically, 10 pads, at each end, from the exit blueline to a location behind the hockey goal area are sufficient. Assistance from Parents prior to and immediately following practice is GREATLY APPRECIATED in returning the Safety mats to storage.
 - 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 an older Skater for assistance.
 - c. Skaters are to skate in a counter clockwise direction (turn left) round the track unless directed otherwise.
 - d. Skaters are asked to bring a drink and store drinks, skate guards, warm-up clothes, and other personal items on the boards clear of the ice surface. There will be a drink break called during the practice to allow Skaters to drink.
 - 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 encourage our younger skaters to play, 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.
3. Although Speed Skating has an element of competition and racing, remember to have fun and keep it fun for everyone involved. The real race is with YOURSELF.