



Parent Guide to Speed Skating Meets

Before you get to the arena:

1. **Check that your skater has ALL their gear!** Skaters are not allowed to race without the proper equipment.
2. Make sure all gear is labeled with your skater's name - especially skate guards, eyeglasses, helmets and gloves which can get mixed up with other skaters' gear during the day.
3. Have a good breakfast! It is a long day of races and a good meal helps energy levels. And bring healthy snacks.
4. Bring reading material, an ipod, quiet board games to help pass the time in between races. (Of course, be sure to take time to cheer on fellow skaters too!)
5. Bring a warm-up jacket, particularly for when skaters are at the staging area where they are next on the ice. Select a jacket that can be easily removed (eg., zipper style rather than something that goes over the head).
6. Be on time! Avoid the scramble by arriving on time or even a bit early.

When you arrive at the arena:

1. Collect your child's helmet cover from the registration table. Do not remove the cover from the helmet for the entire day.
2. Collect a program to determine your skater's warm-up time and dressing room number.
3. **Check the NEXT RACES posting to see when your child races.** The meet program will have the race number and distance.
4. Prepare your child for the warm-up skate. The warm-up starts and ends promptly so it is important for them to be ready to go.
5. Remember to leave guards on at all times other than going onto the ice.

When the races start:

1. Listen to the announcer.
2. **Note which race is on the ice by the number on the scoreboard.**
3. Note the number of your child's first race on the program. Have them ready in their assigned change room so that the **clerk can cue skaters up with their race group at least 4 races ahead (or sooner if the races are shorter ones).**

FUN!

FIT!

FAST!



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4. Parents and friends should avoid watching the races near the dressing rooms. These are high traffic zones that require skaters to either be lined up for upcoming races, or exit the ice following a race. If you must see your skater, go into their dressing room and leave the rink-side area clear for the volunteers to do their jobs and skaters to move in/out quickly.
5. Remind your skater to leave their skate guards on until the very last minute before they get on the ice. Volunteers will place their guards and clothing in a bucket that will be walked around to the location where the skaters get off the ice after their race.
6. Continue to monitor the scoreboard and NEXT RACES board to see when your child races next. The race number will be on the heat sheet. For an ability meet, new races will be posted as your skater is teamed up with other skaters similar to them in ability.
7. **Check the RESULTS notice board to see your child's time and placing.**

Ongoing:

1. Keep you child hydrated with water.
2. Provide your skater healthy snacks rather than a large meal.
3. **Applaud and praise all efforts, especially noting personal bests.**
4. **Have fun with your child and get to know the other skaters/parents.**
5. **Cheer for every skater and every effort! Remember - not all skaters are able to have their families there to cheer them on. And cheering for everyone helps create a caring club and strong team spirit!**

At the end of the meet:

1. Ensure you wipe down your blades and collect ALL your gear.
2. The helmet cover will be collected from your skater as they exit off the ice after their last race of the day. If this doesn't happen, return the helmet cover to the registration desk.
3. Stay to the end to pick up your skater's results (for an ability meet) and/or awards (for a medals event).
4. Help volunteers put away mats, tables, chairs, etc so that the clean-up happens quickly and easily after a long day at the rink.
5. **Give your skater a big hug and congratulate other skaters too! 😊**

Have a super day!

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