

## Equipment List

For more information, please go to the Speed Skate Canada Website, 2014-15 Redbook: Section D3 Skaters Equipment: <http://www.speedskating.ca/sites/speedskating.ca/files/redbook-2014-2015-en.pdf>

**Please note: Figure skates are not permitted for any program.**

### Learn to Skate

- Helmet, CSA-approved\*
- Knee pads
- Parent on ice – Helmet, CSA-approved

\* This may include a hockey or bicycle helmet. Please note that for all competitions bicycle helmets are not permitted.

### Speed Skate 1

- Helmet, CSA-approved or ASTM F 1849 certified (no bicycle helmets)
- Knee pads (not hard style)
- Bib-style neck guard
- Leather/cut-resistant gloves/mitts
- Shatter-resistant non-tinted safety glasses with safety straps (prescription eyeglasses do not require additional safety glasses but do require a safety strap)

### Speed Skate 2

- Helmet, CSA-approved or ASTM F 1849 certified (no bicycle helmets)
- Knee pads (not hard style)
- Shin pads
- Bib-style neck guard
- Leather/cut-resistant gloves/mitts
- Shatter-resistant non-tinted safety glasses with safety straps (prescription eyeglasses do not require additional safety glasses but do require a safety strap)
- Appropriate athletic clothing
- Cut-resistant ankle protection
- Speed skates – recommended

### Speed Skate 3

- Helmet, CSA-approved or ASTM F 1849 certified (no bicycle helmets)
- Knee pads (not hard style)
- Shin pads
- Bib-style neck guard
- Leather/cut-resistant gloves
- Shatter-resistant non-tinted safety glasses with safety straps (prescription eyeglasses do not require additional safety glasses but do require a safety strap)

- Skin suit – recommended or appropriate athletic clothing
- Cut-resistant under suit or skin suit
- Cut-resistant ankle protection

#### Competitive

- Helmet, CSA-approved or ASTM F 1849 certified (no bicycle helmets)
- Knee pads
- Shin pads
- Bib-style neck guard
- Leather/cut-resistant gloves
- Shatter-resistant non-tinted safety glasses with safety straps (prescription eyeglasses do not require additional safety glasses but do require a safety strap)
- Skin suit – recommended or appropriate athletic clothing
- Cut-resistant under suit or skin suit
- Cut-resistant ankle protection