

## Equipment List

For more information, please go to the Speed Skate Canada Website, 2023-24 Redbook: Section D3 Skaters Equipment: [file:///C:/Users/Jody%20Pellissey/Dropbox/My%20PC%20\(WRRB-L003\)/Downloads/2023-24-SSC-Red-Book-version-March-1-2024%20\(1\).pdf](file:///C:/Users/Jody%20Pellissey/Dropbox/My%20PC%20(WRRB-L003)/Downloads/2023-24-SSC-Red-Book-version-March-1-2024%20(1).pdf)

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

### Learn to Skate

- Helmet, CSA-approved\*
- Knee pads (not hard style)
- Gloves or mitts
- 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)
- Skaters using speed skates should also wear shin pads, cut resistant ankle protection, and appropriate athletic clothing

### 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
- Speed skates must have the tubes closed. Rear and front tips shall be rounded to a minimum radius of 10 mm.

**Please note: All skaters competing at national level meets should follow the ISU standards (ISU Communication No. 2636).**