

KAMLOOPS LONG BLADES

Required Equipment for Short Track Speed Skating Competitions (and practices):

Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.

For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified. Helmets should be replaced every 3-5 years with regular wear or after an impact.

Very important, please inspect your helmets to make sure that they meet these requirements.

If a kevlar suit is not worn, kevlar or dyneema ankle cuffs or socks must be worn.

Minimum Requirement: When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to **10 cm above the tops of the boots.**

Guidance: Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better. This protection is for your ankles not your boots, so please be sure to position them correctly!

Shatter resistant goggles or a complete visor are required. All glasses must be **secured behind the head with a strap**, clear or yellow lenses are recommended.

Bib type neck guard made of kevlar, dyneema or ballistic nylon, it must be fastened securely, and tucked into a skater's skin suit. Protection may be integrated into the design of a skater's skin suit.

Cut and water resistant gloves (leather or synthetic leather, kevlar, dyneema)

Hard shin guards, coverage from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. It may be worn over/under a skater's skin suite or it can be integrated or built in cut and puncture resistant material into the skin suit.

Soft knee pads made of puncture resistant and impact absorbing material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.

No skin can be showing, except the face. If there is any skin exposed, the skater will be disqualified.

For more detailed pictures and descriptions of equipment please refer to our website:
<http://www.kamloopslongblades.ca>

Blade Tips Minimum Requirement: All speed skates must have the tubes closed and the blade ends front & rear must be rounded off, ***with a minimum radius of 1 cm, (the radius of a nickel).*** Blades must be fixed to the boot at a minimum of two points with no **moveable parts**, please notify our equipment manager, Shawn or Sandi.

Skaters competing in the Western Canadian or Canadian Championships must also wear kevlar or dyneema racing suits, or a protective under suit.

KLB skaters in the Coyote/Rattlesnake/Prickly Pears groups **must also wear these suits to practice.**

Items can be viewed at <http://www.ilovespeedskating.com/store-protective-gear> Kamloops Long Blades members receive a 10% discount on any items purchased from I Love Speed Skating.

Another very important thing about equipment is that your **skater's blades be sharpened regularly**. Skaters with dull blades are risking injury from falls. Please be sure to inspect the blades after every practice, dry them, put them in their dry covers and check for sharpness. There are older skaters in the club who are willing to sharpen skates for \$10. If you would rather have someone else do your sharpening, please contact Sandi to be set up with a sharpener.

!Skater Required Equip practices and competitions

Revised November 2, 2017