

HRSSC MANDATORY AND RECOMMENDED EQUIPMENT
(Revised September 2012)

M = mandatory O = optional	Group C	Group B	Group A
Helmet (Mandatory)	Hockey or skating	Can start with other helmets, but must wear Speed skating helmet for competitions	Speed skating helmet
Skates (Mandatory)	Hockey, figure or speed skates (sharp)	-Speed Skates (rentals available) -Hard and Soft guards to protect blades (NOTE special care and sharpening of speed skates)	-Speed skates (own or rent) -Hard and Soft guards to protect blades
Neck Guard (Mandatory)	Bib Style Neck Guard (covers neck and upper chest)	Bib Style Neck Guard (covers neck and upper chest)	Bib Style Neck Guard
Gloves (Mandatory)	Padded ski gloves (NOT wool, cotton or nylon gloves)	Leather or speed skating gloves (cut resistant)	Leather or speed skating gloves (cut resistant)
Knee Pads (Mandatory)	Hard (rollerblading) or Soft Knee Pads (volleyball or speed skating)	Soft volleyball or speed skating knee pads	Soft volleyball or speed skating knee pads. (Skinsuits with built in knee pads may not have adequate protection.)
Shin Pads/guards (Mandatory)	Hard Soccer shin pads without the ankle cups/strap	Hard Soccer shin pads without the ankle cups/strap	Hard Soccer or speedskating shin guards. (Note: skinsuits with built in shin pads still need hard shin guards)
Elbow Pads	(O) optional		
Eye Protection shatterproof polycarbonate ANSI std Z87.1	(O) Optional but recommended	(M) Clear/Amber with strap; Safety or racquetball style	(M) Clear/ Amber with strap; Safety, racquetball style (Black Knight), or Oakleys.
Recommended clothing	Comfortable warm clothing / splash pants	Comfortable close fitting clothing or speed skating skinsuit.	Speed skating skinsuit and cut resistant undersuit.
Cut resistant undersuits Recommended for ALL Speed skaters (see note below)		(O) Preferably full coverage Dyneema undersuit, but partial and/or kevlar is acceptable	Full coverage Dyneema for <60sec 500m (111 track) or <50 sec 400m (100m track). Slower gp 2's should also wear undersuits, preferably Dyneema with partial or full coverage.
Ankle protection		(O) must not have bare skin showing	Kevlar or Dyneema ankle guards (tubes) recommended (can also be used for wrists)
Helmet Covers from SSNS for use during competitions (\$20)		(M) for Competitions	(M) for Competitions

The sport of speed skating has risks associated with it, including cuts from skate blades. Cut resistant clothing may help reduce the severity of these injuries. Therefore, in addition to the SSC minimum standards for protective equipment, HRSSC STRONGLY RECOMMENDS the use of cut resistant ankle guards and protective undersuits. It should be understood that there are now different levels of cut resistance in Dyneema and that all Dyneema has superior properties of cut resistance, fit and comfort over Kevlar. Also note that suits made entirely of protective material (full-coverage) are preferable to those made with cut-resistant fabric panels that offer partial coverage.

Skaters with times less than 60 seconds in a 500m race on the 111m track, or less than 50 seconds in a 400m race on the 100 m track, should wear full coverage undersuits of Dyneema or similar high cut resistant material.

Undersuits, preferably of Dyneema, with partial protection being the minimum standard, and full coverage optimal. All skaters in group 2 and 3 who have not yet reached these speeds should also wear cut resistant undersuits.