



Skater Groups and Practice Times

All groups start on Tuesday 28 September, except for our Introduction to Skating group which begins on Tuesday 12 October.

PLEASE REVIEW YOUR SKATER GROUP and PRACTICE TIMES

Our Membership details are now available, and our full online Registration will be available soon.

HRSSC Waiver and Emergency Contact

Please complete the HRSSC WAIVER AND EMERGENCY CONTACT form attached to the email you received. It must be submitted before practice to hfxspeedskating@gmail.com or a hard copy at check in. THANK YOU.

Keep Reading... 😊

Welcome to the HRSSC 2021-22 Season

We are very excited to get back on the ice with our skaters, and also to welcome our new skaters (and families!) giving speed skating a try.

Our season starts this week with practices on Tuesday and Saturday.

HRSSC 2021 Fall Season Membership

Date and Time	Club Fee	SSNS Fee	SSC Fee	Total
INTRODUCTION TO SKATING 12 October - 14 December				
Tuesdays 7:00-7:30pm	\$90	\$5	\$5	\$100
FUNDAMENTALS - LEARN TO SPEED SKATE 28 September - 18 December				
Tuesdays 7:00-7:45pm	\$175	\$10	\$8	\$193
Saturdays 6:30-7:20pm	\$150	\$10	\$8	\$168
Tuesdays AND Saturdays	\$325	\$10	\$8	\$343
SHORT BLADES - INTERMEDIATE 28 September - 18 December				
Tuesdays 7:30-8:30pm	\$240	\$10	\$8	\$258
Saturdays 6:30-7:20pm	\$155	\$10	\$8	\$173
Tuesdays AND Saturdays	\$395	\$10	\$8	\$413
LONG BLADES - INTERMEDIATE 28 September - 18 December				
Tuesdays 7:45-8:50pm AND Saturdays 7:20-8:10pm	\$430	\$10	\$8	\$448
ADVANCED - HIGH PERFORMANCE 28 September - 18 December				
Tuesdays 8:30-9:40pm AND Saturdays 7:20-8:10pm	\$520	\$10	\$8	\$538

*Upgrade SSC Club Athlete\$8 to SSC Provincial Athlete\$45 for Interprovincial&National Competitions

Arriving for practice

DRESSING ROOMS are available 15 minutes before on-ice time.

Check the **MONITOR IN THE LOBBY** for your assigned Dressing Room.

Please arrive with most of your **GEAR ON** except for: skates, helmets, glasses, gloves.

- New members will find additional gear in the dressing rooms

Check-in table in the **INNER LOBBY** for ATTENDANCE and COVID Self Assessment.

MASKS ON at all times except:

- INTRO/FUND/SB groups may remove masks when leaving the dressing room
- LB/ADV groups remove their masks at the ice entry gate

Enter **SMITH ARENA** via the lobby by the blue exit doors

SKATERS wait for a **COACH** to open the ice entry gate.

All you ever wanted to know about Speed Skate Safety Equipment ...

HRSSC Covid Protocols

The safety of our athletes, families, and volunteers continues to be our highest priority. With guidance from NS Public Health, Sport Nova Scotia, and St. Margaret's Centre, we will do our part in reducing the spread of Covid-19, and we ask that you adhere to the following protocols:

- Self screening is **mandatory** before attending any practice. If you are sick, you are asked to stay home.
- Everyone must **stop at the check-in table** where there will be a sign in sheet to monitor participants, parents and volunteers who are in attendance for each practice.
- **Masks are mandatory**, please continue practicing social distancing where possible and unnecessary physical contact is discouraged
- A reminder, the Province of Nova Scotia mandates that as of 4 October 2021, any person aged 12+ will be required to show **proof of vaccination** at all sport and recreational facilities (which includes the St Margaret's Centre). This also applies to any parents/guardians attending practices. More details to follow.



SPEED SKATES AND SAFETY EQUIPMENT

To assist in taking care of your newly rented speed skates, and our speed skate inventory :))

IT IS VERY IMPORTANT TO PLEASE FOLLOW A FEW KEY MAINTENANCE TIPS:

- **PACK A SMALL TOWEL** to dry skate blades.
- Put **SKATE GUARDS** on when putting on skates in the dressing room and as soon as you step of the ice in the players bench area. Younger skaters can be assisted.
- **SKATE GUARDS** on worn to leave the dressing room and are removed at the ice entry gate. Younger skaters can be assisted.
- Skates are removed in the dressing room, **BLADES are thoroughly dried with a towel** -CAREFUL THEY ARE SHARP
- Cover blades with **SOAKERS** until next practice. Store your skates, with **DRY BLADES**, between practices with their **SOAKERS ON**. Best to remove them from your skating bag too if possible.

THANK YOU for your assistance in taking care of your speed skates.

We will share additional information about SAFETY EQUIPMENT and GEAR with each skater group.

An overview from the Annapolis Valley and Fredricton Speed Skating Clubs is below. Plus information from the Calgary Speed Skating Association: <https://calgaryspeedskating.ca/required-equipment/>

VSSC 2014 Mandatory and Recommended Equipment



EQUIPMENT and CLOTHING

For SKATING:

Mandatory Skating Equipment

- **Speed skates** - sharpened and well fitting with hard (walking) and soft guards (soakers) for the blades
- **Helmet**-speedskating preferred, but beginners may use well fitting ski or hockey helmets
- **Neck Guard** -bib style to cover upper chest
- **Gloves**- leather, ski or speed skating
- **Protective eyewear** -safety glasses, clear lens, with strap
- **Ankle guards** -kevlar or dyneema
- **Shin guards** -Hard, basic soccer style (without the ankle cups which can affect the fit in the skate)
- **Knee pads**-built in or soft volleyball style

Speed skating skinsuits are recommended, but other snug fitting athletic clothing is acceptable. Make sure that there is no bare skin between the top and bottom, wrists, and ankles. Layers are best so bring a light jacket or hoodie on-ice as well.

Socks should be smooth fitting, thin and warm to help avoid blisters and discomfort.

It is recommended that intermediate and advanced speed skaters wear cut resistant skin suits or undersuits.

Rental speed skates are available from VSSC. Some basic equipment is available for sale: glove liners, safety glasses, ankle guards.