

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 to walk to and from the entry point to the ice. Skate guards are put back on as soon as possible after stepping off the ice. 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.
- Skates are **NEVER SHARPENED BY A COMMERCIAL SKATE SHARPENER**. A club sharpening jig is available to borrow after trained by club personnel. **Senior skaters can sharpen skates for a nominal fee.**

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

FOR REFERENCE PLEASE REVIEW <https://calgaryspeedskating.ca/required-equipment/> and the overview below:

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.