



Dartmouth Speed Skating Club

Equipment Needed For Speed Skating

HELMET (Almost any kind, except bicycle helmets with large air vents that blades can fit into)



Speed Skating *



Speed Skating



Skateboarding



Hockey



Bicycle (**Not safe**)

* Competitive skaters require a LAS style helmet to compete in Speed Skate Canada sanctioned meets (such as the Eastern Canadians, North Americans, and Nationals), in order to meet ISU safety standards.

NECKGUARDS

(Have to have the chest protector)



Left-Good Right-Not Safe

GLOVES



Heavy leather gloves or winter mitts.
(Not baseball or golf gloves.)

Shin Guards



Hard shell soccer type

Knee Pads



Volleyball / Basketball type

Protective Glasses



Most common are above.
Can also use racquetball glasses.

SKATES



Any skates are fine. The club has various club rental speed skates, but aren't necessary.

Most of the above equipment can be bought at places like Wal-Mart or a sporting goods store. Some equipment such as the glasses are available at Mountain Equipment Co-op, Kent Building Supplies, and Home Depot. The protective glasses do not fit well with certain helmets, particularly hockey helmets. You may want to test to see how the glasses fit with the helmet before purchasing. The leather gloves (rancher style) can be found at Mark's Work Wearhouse, but any cut resistant glove is OK.

Also Good To Have:

- ▶ Skate Guards
- ▶ Old Towel to dry skates off
- ▶ Skating outfit that is warm, allows freedom of movement, somewhat wind-resistant, & doesn't expose skin in areas like the arms and legs. Ex: Track suit, nylon suit, running tights, sweat pants (not bulky)

If you are interested in buying short track speed skates, there are a number of options:

- DEVAULT Maritime Rep - Ann Evans (506) 455-6355 or Email: ljevans@nbnet.nb.ca
- Enterprise Rodebec - Carmen Bugeaud (418) 839-7422 Email: carpel@videotron.ca
- Ontario Speed Skating - <http://www.speedskatingontario.org/shop.php>
- BONT Skates - www.bont.com , Maple Skates - www.mapleskate.com & more.