



## Equipment Checklist

(Review before going to competitions or practices.)

### Essential Equipment



- ↑ Skates (Both Pairs)
- ↑ Blades (If Detached)
- ↑ Helmet (LAS style required for SSC sanctioned meets.)



- ↑ Knee Pads



- ↑ Shin Guards



- ↑ Gloves (Both Pairs)



- ↑ Neck Guard w/ Chest Protector



- ↑ Skating Uniform (Skinsuit, Track Suit, Sweat Suit...)

### Equipment You Should Have

- ↑ Skate Guards (Both Pairs)



- ↑ Fabric Blade Covers (Prevent Rusting)
- ↑ Drying Towel for Skates

- ↑ Protective Glasses



### Other Equipment You May Need

- ↑ Sharpening Jig
- ↑ Sharpening Stone & Baby Oil
- ↑ Burr Stone / Razor
- ↑ Hair Dryer (To dry clothes)
- ↑ Change of Clothing (If wet)
- ↑ Wrenches/ Allen Keys

It's a good habit to check over your skates to see if your equipment is OK. Are your bolts & screws loose, are your laces in good shape, have your blades moved, is your helmet cracked, and so on – don't leave anything to chance.

\* Last Updated 2009



## Competition Basics

(What you should know to be prepared for a competition.)

↑ Check the night before to see if you have all your equipment packed.

- Extra set of clothes, including socks and underwear, is a good idea. They can pour a lot of water on the ice and skaters can get soaked.
- Bring a hair dryer to help dry things like gloves, skating skins, etc...

↑ Eat a good pasta meal the night before the competition.

↑ Pack healthy snacks for the competition that the skater likes.

- Juice, water, orange slices, dried fruit, veggies, granola bars, trail mix, cheese & crackers, peanut butter, etc ...
- Avoid eating greasy or heavy meals during the competition.
- Have a filling breakfast in the morning & snack throughout the day.
- Best to have lunch just after your last race prior to lunch.

↑ There is typically an **1 ½ to 2 hour break between races**, however check with the schedule and/or the coach before leaving the rink.

↑ **Most competitions group skaters by times and not by age or gender.**

- This usually means that the other skaters will be of similar ability.
- Most competitions are Saturday and Sunday and typically start around 7:30 to 8:00 AM, but double-check before hitting the road.
- It can be a long day for young skaters, try to ensure they get plenty of sleep previous to the competition.

↑ Skaters have to be **registered with Speed Skating Canada** in order to compete. Meet Registration forms need to be **completed at least 2 weeks prior** to the competition date.

**Help ensure kids get to their warm-up and races on time.**

(Kids often get called to the bullpen 15-30 minutes before their race.)

↑ More specific information may be provided at the competition by your coach. The meet program will explain some competition procedures as well. **Check with your coach, if you have any questions. Thanks!**