

SECTION D | SAFE AND WELCOMING ENVIRONMENT

Revised: June 2012 - AGM 125 Montreal.

D1 | PURPOSE

This section provides regulations and guidelines that aim to ensure that all participants are provided with the safe and welcoming environment in both the training and competition environment espoused as a core value of SSC. The regulations presented represent the minimum requirements established by SSC. Clubs and Branches may require a higher standard as they feel necessary or desirable.

D2 | PROTECTIVE PADDING

D2-100 Short Track

Specific specifications and guidelines regarding the design and installation of pads are published in SSC's *SHORT TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES*. This document is maintained and reviewed periodically by Speed Skating Canada's Sport Injury and Medical Emergency Committee. Speed Skating Canada's procedures and regulations spell out specifically how these specifications are to be implemented in relation to specific training and competition situations. As the nature of participants varies greatly for all events not sanctioned as either SSC Championships or Selection/International Events it is recommended that Provincial/Territorial Associations prepare regulations which specify required levels of crash protection within specific competition circuits based on the eligible participants.

D2-101 | Short Track Crash Protection for SSC Championships and Selection/International Events on Boarded Rinks

Level 4 crash protection is required for all events sanctioned as SSC Short Track Championships and/or Selection/International events. Where the KEF value of competitors requires Level 5 protection (Boardless System) and such a system is unavailable, Level 4 protection must be exceeded.

See Appendix D-4 for the specific placement of pads.

D2-102 | Short Track Crash Protection in SSC Sanctioned Short Track Competitions

Minimum requirements for crash protection at SSC Sanctioned events is determined by the skater with the highest forecast KEF value (as per the calculation in the *SHORT TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES*) known to be participating in the event. For specific placement of pads, consult the appendices as follows:

KEF Value	Crash Protection Level	Appendix
<.30	1	D1
.30 to <.60	2	D2
.60 to <.90	3	D3
.90 to <1.15	4	D4

As SSC's *SHORT TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES* represent a significant increase in minimum standards, their full application will not come into force until the 2014-2015 season. The following table specifies the minimum requirement for the seasons during the transition period. During the transition period, event organizers who have skaters for whom Level 3, Level 4 or Level 5 crash protection is recommended and have the ability to meet or partially meet this level of protection, must do so.

2012-2013 Season	For competitions where KEF values are equal to or greater than those specified for Level 2 crash protection, Level 2 crash protection must be provided
2013-2014 Season	For competitions where skater KEF values are equal to or greater than those specified for Level 3 crash protection, Level 3 crash protection must be provided

D2-103 | Short Track Crash Protection for Short Track Practices

These regulations apply to all regular short track speed skating practices but exclude learn to skate programs, for which crash protection is recommended but not required. Minimum requirements for crash protection at regular speed skating practices is determined by the skater with the highest forecast KEF value (as per the calculation in the *SHORT TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES*) to be participating in a given practice session. For specific placement of pads, consult the appendices as follows:

KEF Value	Crash Protection Level	Appendix
<.30	1	D5
.30 to <.60	2	D6
.60 to <.90	3	D7
.90 to <1.15	4	D8

As SSC's *SHORT TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES* represent a significant increase in minimum standards, their application full application will not come into force for the practice environment until the 2015-2016 season. The following table specifies the minimum requirement for the seasons during the transition period. During the transition period, clubs who have skaters for whom Level 2, Level 3, Level 4 or Level 5 crash protection is recommended and have the ability to meet or partially meet this level of protection, must do so.

2012-2013 Season	A minimum of Level 1 protection must be in place for all speed skating practice sessions.
2013-2014 Season	For practice sessions where skater KEF values are greater than or equal to those specified for Level 2 crash protection, Level 2 crash protection must be provided.
2014-2015 Season	For practice sessions where skater KEF values are greater than or equal to those specified for Level 3 crash protection, Level 3 crash protection must be provided.

D2-104 | Level 5 Protection (Boardless Systems)

As each venue is different, systems affording Level 5 protection (boardless systems) must be submitted to Speed Skating Canada for review by qualified experts.

D2-200 Long Track

Specific specifications and guidelines regarding the design and installation of pads are published in SSC's *LONG TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES*. This document is maintained and reviewed periodically by Speed Skating Canada's Sport Injury and Medical Emergency Committee. Speed Skating Canada's procedures and regulations spell out specifically how these specifications are to be implemented in relation to specific training and competition situations. As the nature of participants varies greatly for all events not sanctioned as either SSC Championships or Selection/International Events it is recommended that Provincial/Territorial Associations prepare regulations which specify required levels of crash protection within specific competition circuits based on the eligible participants.

For training sessions, it is recommended that the same crash protections measures be put in place for athletes as they would be afforded for competition.

D2-201 | Minimum Crash Protection Requirements for SSC Sanctioned Long Track SSC Championships and SSC Selection/International Events

All Long Track SSC Championships and SSC Selection/International Events with events shorter than 3000m shall require Level 5 crash protection (Appendix D13). The Canadian Age Class Long Track Championships and any events restricted to distances 3000m and longer will require Level 4 crash protection (Appendix D12).

D2-201 | Minimum Crash Protection Requirements for Long Track Sanctioned Competitions

Minimum requirements for crash protection at SSC Sanctioned events is determined by the skater with the highest forecast KEF value (as per the calculation in the *LONG TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES*) known to be participating in the event.

For skaters whose KEF value is less than 0.020 no crash protection is required. For all other skaters crash protection is required as follows and with placement described in appendices.

KEF Value	Crash Protection Level	Appendix
.020 to <.035	1	D9
.035 to <.055	2	D10
.055 to <.080	3	D11
.080 to <.115	4	D12
.115+	5	D13

As SSC's *LONG TRACK CRASH PROTECTION SPECIFICATIONS AND GUIDELINES* represent a significant increase in minimum standards, their full application will not come into force until the 2014-2015 season. The following table specifies the minimum requirement for the seasons during the transition period. During the transition period, event organizers who anticipate skaters for whom Level 2, Level 3, Level 4 or Level 5 crash protection is recommended and

have the ability to meet or partially meet this level of protection, must do so.

2012-2013 Season	For competitions where skater's KEF values are equal to or greater than those specified for Level 1 crash protection, Level 1 crash protection must be provided.
2013-2014 Season	For competitions where skater KEF values are equal to or greater than those specified for Level 2 crash protection, Level 2 crash protection must be provided.
2014-2015 Season	For competitions where skater KEF values are equal to or greater than those specified for Level 3 crash protection, Level 3 crash protection must be provided.

D3 | SKATER'S EQUIPMENT

This section outlines the minimum SSC requirements for skater's equipment. Branches at their discretion may impose additional requirements for training and competition.

D3-100 Short Track

The following equipment is required for short track training and competition. Learn to skate activities are not considered short track training or competition. As such, only the equipment requirements for head protection, hand protection and knee protection apply.

For promotional activities, contact Speed Skating Canada for potential equipment exemptions at least thirty (30) days before the event, where possible.

Equipment	Intent, Minimum Requirement and Guidance
Ankle Protection (Protection des chevilles)	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride</p> <p><u>Minimum Requirement:</u> When no cut resistant suit is worn, a cut and puncture resistant ankle made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10cm above the tops of the boots.</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>
Eye Protection (Protection des yeux)	<p><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap</p> <p><u>Guidance:</u> Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>

<p>Hand Protection (Protection des mains)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>
<p>Head Protection (Protection de la tête)</p>	<p><u>Intent:</u> Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p><u>Minimum Requirement:</u> A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.</p> <p>For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.</p>
<p>Knee Protection (Protection des genoux)</p>	<p><u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement:</u> Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.</p> <p><u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.</p>
<p>Neck Protection (Protection du cou)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p><u>Minimum Requirement:</u> All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body.</p> <p>Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it must fastened securely.</p> <p><u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>

<p>Rest of Body Protection (Protection du reste du corps)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.</p> <p><u>Minimum Requirement:</u> All skin below the mid-line of the neck must not be bare. Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU.</p> <p><u>Guidance:</u> Minimum requirement “rest of body protection” is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better.</p>
<p>Shin Protection (Protection du tibia)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p><u>Minimum Requirement:</u> When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/ under a skater’s skin suit or it can be integrated in the suit.</p> <p><u>Guidance:</u> The more cut and puncture resistance and impact protection of the shins, the better.</p>
<p>Skate Blades (Lames de patin)</p>	<p><u>Intent:</u> Reduce the puncture making capacity of the blades.</p> <p><u>Minimum Requirement:</u> The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance:</u> The rounder the tips, the better.</p>

D3-200 Long Track Olympic Style Training and Competition

Equipment	Intent, Minimum Requirement and Guidance
<p>Ankle Protection (Protection des chevilles)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p><u>Minimum Requirement:</u> a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>

<p>Skate Blades (Lames de patin)</p>	<p><u>Intent</u>: reduce the puncture making capacity of the blades</p> <p><u>Minimum Requirement</u>: The rear tip of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance</u>: It is recommended that front tip of the blade also be rounded to a minimum radius of 1cm. For all blades, the rounder the tips, the better</p>
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For mass start races within an Olympic Style competition the following protective equipment is required. It is recommended that skaters consult D3-300 should they wish to wear additional protective equipment.

Equipment	Intent, Minimum Requirement and Guidance
<p>Hand Protection (Protection des mains)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement</u>: Full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p><u>Guidance</u>: The more cut and puncture resistance of the gloves, the better.</p>
<p>Eye Protection (Protection des yeux)</p>	<p><u>Intent</u>: Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p><u>Minimum Requirement</u>: Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap.</p> <p><u>Guidance</u>: Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>
<p>Shin Protection (Protection du tibia)</p>	<p><u>Intent</u>: Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p><u>Minimum Requirement</u>: When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/ under a skater's skin suit or it can be integrated in the suit.</p> <p><u>Guidance</u>: The more cut and puncture resistance and impact protection of the shins, the better.</p>

D3-300 Long Track Mass Start Competition

The following equipment is required for long track mass start training and competition. Learn to skate activities are not considered long track mass start training and competition. As such, only the equipment requirements for head protection, hand protection and knee protection apply.

For promotional activities, contact Speed Skating Canada for potential equipment exemptions at least thirty (30) days before the event, where possible.

Equipment	Intent, Minimum Requirement and Guidance
<p>Ankle Protection (Protection des chevilles)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p><u>Minimum Requirement:</u> When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots.</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>
<p>Eye Protection (Protection des yeux)</p>	<p><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap.</p> <p><u>Guidance:</u> Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>
<p>Hand Protection (Protection des mains)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>
<p>Rest of Body Protection (Protection du reste du corps)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment.</p> <p><u>Minimum Requirement:</u> All skin below the mid-line of the neck must not be bare.</p> <p><u>Guidance:</u> Minimum requirement “rest of body protection” is recommended for all other activities (e.g. training). The more cut and puncture resistance, the better.</p>

<p>Shin Protection (Protection du tibia)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies.</p> <p><u>Minimum Requirement:</u> When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/ under a skater's skin suit or it can be integrated in the suit.</p> <p><u>Guidance:</u> The more cut and puncture resistance and impact protection of the shins, the better.</p>
<p>Skate Blades (Lames de patin)</p>	<p><u>Intent:</u> Reduce the puncture making capacity of the blades.</p> <p><u>Minimum Requirement:</u> The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.</p> <p><u>Guidance:</u> The rounder the tips, the better.</p>

D3-301 Additional Protective Equipment for Participants Under 15 Years of Age

Equipment	Intent, Minimum Requirement and Guidance
<p>Head Protection (Protection de la tête)</p>	<p><u>Intent:</u> Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads.</p> <p><u>Minimum Requirement:</u> A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.</p> <p>For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.</p>

<p>Knee Protection (Protection des genoux)</p>	<p><u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement:</u> Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.</p> <p><u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.</p>
<p>Neck Protection (Protection du cou)</p>	<p><u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries</p> <p><u>Minimum Requirement:</u> All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body. Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it must fastened securely.</p> <p><u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>

D4 | PROTECTIVE EQUIPMENT FOR ON-ICE OFFICIALS

D4-100 Short Track Officials

All on-ice officials must wear a helmet that is ASTM F 1849 certified or CSA approved (specifically, hockey, snowboard, skateboarding helmet). Helmets must be securely fastened under the chin at all times.

D5 | MEDICAL PERSONNEL, EQUIPMENT, AND EMERGENCY RESPONSE

The following section outlines minimum requirements for medical personnel, equipment and emergency response. Specific guidelines on how requirements are to be implemented and additional procedures will be published in the *SSC SPORT SAFETY AND RETURN TO PLAY* handbook published by SSC's Sport Injury and Medical Emergency Committee (SIMEC). The publication of the first edition of this handbook is targeted for fall of 2012. Until its publication, event organizers should refer to the hosting manual for specific guidelines.

In addition, for the purposes of this section the following definitions shall apply:

Advanced Care Paramedic	An Advanced Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Advanced Care Paramedic level by the official registering body in the province in which the event is taking place.
Advanced Medical Responder	Advanced Medical Responder is defined as a person who has a minimum of 65 hours of advanced responder training. This could be through Canadian Ski Patrol System, Canadian Red Cross, St John Ambulance or equivalent agency.
Medical Coordinator	The medical coordinator is an individual designated by the organizing committee to ensure that all emergency response requirements are put in place for a given competition and that appropriate arrangements have been made with a local hospital. The medical coordinator must NOT have specific emergency response duties within the context of a competition.
Physician	A Physician for a speed skating competition may be a Licensed Sports Medicine Doctor, an Emergency Doctor, Internist or Doctor with emergency room experience.
Primary Care Paramedic	A Primary Care Paramedic has a diploma from a CMA (Canadian Medical Association) accredited institution and is licensed to practice at the Primary Care Paramedic level by the official registering body in the province in which the event is taking place.
Sports Therapy Professional	For the purposes of these regulations Sports Therapy Professionals are recognized as Certified Athletic Therapist or Sports Physiotherapist (SPC-1)

D5-100 Requirements for all SSC Sanctioned Events

The following regulations are in place to ensure appropriate response and treatment of skaters in the event of injury for all SSC Sanctioned events. Additional measures may be put in place as deemed necessary by event organizers and other sanctioning bodies.

D5-101 | Medical Team

Event organizers shall form a medical team comprised of at least two individuals meeting

the definition of one or more of the following:

- Physician
- Advanced Care Paramedic
- Advanced Medical Responder
- Primary Care Paramedic
- Sports Therapy Professional

These individuals should have the training and experience in applying immobilization devices and at least one member of the team should be able to administer the SCAT 2 Concussion Assessment Tool.

All medical personnel should be easily recognizable by their uniform. It is preferable that at least one of the members of the medical team has experience in Sports Medicine.

D5-102 | Equipment

The following equipment must be available to the medical team:

- A communications system which provides a link between the medical team and the event coordinator
- Medical equipment and fully stocked first aid kits (see handbook)

Before an event begins the medical team must make sure that all equipment is working in order and that all medical team members are capable of carrying out appropriate emergency procedures.

D5-103 | Emergency Response

At least one member of the medical team must be rink side at all times while skaters are on the ice including warm-ups and practice sessions.

An ambulance must be able to respond quickly whenever on-ice evacuation or ambulance transportation is required. Guidelines for required response time are to be determined based on the level of emergency response available on-site and the level of risk associated with the event. Consult SIMEC's *SPORT SAFETY AND RETURN TO PLAY HANDBOOK* for more information.

D5-104 | Designated Medical Area

Event organizers must designate at least one designated medical area which must be located at rink side near a door giving direct access to the ice surface, in a central area of the rink. (If the medical team is associated with a team of skaters, plan to place these skaters nearby.)

Only the designated medical team and the medical coordinator for the event may remain in the designated medical area.

D5-105 | Arena Medical Clinic

An adequately equipped medical clinic based on the nature of the event must be available within the event venue. A temporary trailer or heated tent is acceptable for an outdoor event with no permanent fixtures.

D5-106 | Emergency Action Plan

All SSC Sanctioned events must have adequate emergency action plan in place for the

nature of the event. All members of the medical team, officials, members of the organizing committee and team leaders/head coaches should be made aware of this plan and their responsibilities should the plan be enacted. Medical team members and on-ice officials must be fully aware of the plan and their duties in implementing the plan.

D5-107 | Reporting

The medical coordinator, or the event coordinator when no medical coordinator is named is responsible for ensuring that all injuries that occur during an event are documented using SSC's *INJURY REPORT FORM* and duly submitted to the Speed Skating Canada Head Office. The medical section of the Injury Report serves as a medical record. A copy of this report is sent with injured athletes who are transported to a hospital centre. A copy of the Medical Report is therefore automatically put on record in a hospital centre for the most significant events.

All medical documents must be kept secured at all times during the competition.

D5-200 Additional Requirements for SSC Championships and Selection/International Sanctioned Events

The following regulations are in place to ensure appropriate response and treatment of skaters in the event of injury at SSC Championships and Selection/International Sanctioned Events. Additional measures may be put in place as deemed necessary by event organizers and other sanctioning bodies.

D5-201 | Medical Team

The event organizer must assemble a medical team comprised of at the very least three (3) individuals as follows:

- A Medical Coordinator designated by the organizing committee
- A Physician
- An Advanced Care Paramedic, an Advanced Medical Responder or Sports Therapy Professional who has training and experience applying immobilization devices

Therapy Professional who has training and experience applying immobilization devices. All members of the medical team must be easily recognizable by their uniform and at least one member of the medical team should have experience using the SCAT 2 concussion assessment tool. It is preferable that at least one of the members of the medical team has experience in Sports Medicine.

D6 | ICE SURFACE

D6-100 | Size of Ice Surface for Short Track Practice and Competition

Entry level speed skating can occur on any size ice surface, in so long as adequate crash protection is provided. The minimum size for Short Track training and competition is determined based on the KEF value (see *SHORT TRACK CRASH PROTECTION GUIDELINES AND SPECIFICATIONS*) of skaters and the track on which they are skating.

D6-101 | Ice Surface size for SSC Championships and Selection/ International Events on Boarded Rinks on 111.12m Track

The ice surface must be no shorter than 59.4m (195 feet) long and no narrower than 28m (92 feet) wide with the recommended ice surface being at least 60m (197 feet) long and 30m (98 feet) wide.

D6-102 | Ice Surface size for SSC Championships and Selection/International Events on Boarded Rinks on 100m Track

The ice surface must be no shorter than 59.4m (195 feet) long and no narrower than 25.9m (85 feet) wide with the recommended ice surface being at least 60m (197 feet) long and 30m (98 feet) wide.

D6-103 | Ice Surface size for other SSC Sanctioned Short Track Competitions

For SSC Sanctioned competitions where the 111.12m track is used, the following rink size requirements must be met as per the defined KEF value.

KEF Value	Crash Protection Level	Minimum Length	Minimum Width
<.30	1	None	None
.30 to <.60	2	None	None
.60 to <.90	3	59.4m (195 feet)	26m (85 feet)
.90 to <1.15	4	59.4m (195 feet)	28m (92 feet)

Note that an ice surface of at least 59.4m (195 feet) long and no narrower than 30m (98 feet) is recommended for skaters with a KEF value greater than 0.60.

D6-200 | Short Track Ice Resurfacing

During sanctioned competitions, excluding boardless facilities, competition organizers and officials must use a resurfacing path which provides for a deceleration zone prior to impacting crash protection corresponding to the appropriate track layout diagram, see appendices C2, C3 and C4. In order to ensure that the ice resurfacing operator follows the appropriate path it is recommended that dots be placed on the ice as indicated in the diagram and blocks be placed over the dots during resurfacing.

D7 | SPECIAL GUIDELINES AND REGULATIONS FOR OUTDOOR COMPETITIONS AND EVENTS

D7-100 Temperature Guidelines

In all outdoor competitions, the temperature guide attached as [Appendix D14](#) will be utilized to determine if the weather conditions that exist at the time of the competition and so described in [Appendix D14](#) are suitable and appropriate for racing to commence or

continue.

In selection competitions, SSC Championships and other events that are listed in the High Performance Bulletin, the High Performance Jury, as defined by the High Performance Bulletin, if in attendance, will determine if the conditions outlined in the temperature guide exist. If there is no High Performance Jury or equivalent body present, the Chief Referee in consultation with the Competition/Event Coordinator will make the determination and act accordingly.

D7-200 Ice Thickness on Lakes, Rivers and Canals

Ice must be at least 18cm thick over the entire track. Dangerous sections of ice must be clearly marked.

