



Ice Rules

Safety wear must be worn at all times – Helmet, Gloves, Neck Guard, Knee Pads and Shin Guards.

Appropriate clothing must be worn - no loose fitting clothes, no short sleeves or rolled up sleeves.

No skater is allowed on the track without the correct safety wear and clothing.

If a skater is late they cannot enter the ice pad during an exercise and must wait for the next rest period.

Always skate in an anti-clockwise direction unless directed otherwise by a club coach. Do not leave the ice without permission from a club coach.

Always check the track is clear before moving on to it.

Always check when leaving the track to go inside the blocks that no one is trying to overtake you on the inside.

Speed blades are much longer than figure and hockey blades and should never be lifted high off the ice as this could endanger other skaters.

No sitting or lying on the ice unless directed to do so by a club coach.

No horseplay.

No physical or verbal bullying.

All drinks for use during training to be kept on the barrier.

It is recommended that no carbonated or fizzy drinks be consumed before or during training.

Cross the track to collect drinks only when directed to do so by a club coach.

No skating is allowed on the track during rest periods.

Removal of blocks and barrier pads at the end of training is the responsibility of all skaters.

Short Track Speed Skating is a fast, fun exciting sport but like all ice sports it carries a risk of physical injury.

The risk is minimised if all skaters take reasonable care to avoid causing harm to themselves and others.