ANKLE PROTECTION

- The top of the boots to 10cm above the top of the boots must be covered in cut-resistant material
- Acceptable: cut-proof anklets, cut-proof socks, cut-proof suit





EYE PROTECTION

- Shatter-resistant glasses with a strap
- Clear or lightly tinted lenses (pupil can be seen through) are allowed
- Dark or mirrored lenses are not allowed
- Helmet visors are not allowed











HAND PROTECTION

 Full leather gloves (or a synthetic glove offering higher level of puncture resistance to leather) must be worn







HEAD PROTECTION

- A securely-fastened ASTM F 1849 helmet must be worn for all short track and long track mass start skating (including team events)
- Exception for Learn to Skate/Learn to Speed Skate: CSA-approved hockey (with cage if glasses not used), snowboard/ski, skateboarding helmets are acceptable







KNEE PROTECTION



- Built-in <u>OR</u> separate knee pad
- Both must be made of cut-proof and impactabsorbing material
- Both must cover the entire kneecap



Knee protection is required for short track and long track mass start/team events for skaters aged 13 and under. Knee protection is <u>NOT</u> required for long track mass start/team events for skaters aged 14 and over.



NECK PROTECTION

- Built-in (with suit fully zipped) <u>OR</u> separate neck guard (securely fastened and tucked in)
- Both must be made of cutproof material
- Both must cover the area between a line across the lower jaw/chin, to a line across the armpits





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REST OF BODY PROTECTION



All skin from the mid-neck down must be covered
Skin suits are not required
At SSC Championships, Canada Cups, and international events, cutresistant clothing must be worn per ISU standards



SHIN PROTECTION

- Built-in (cut/puncture resistant material with some ability to absorb impact energy) <u>OR</u> hard shin pads
- Both must cover the entire shin (less than 2.5cm gap from top of skate to shin protection, and less than 2.5cm gap from knee protection to shin protection)







SKATE BLADES

• Blade tubes must be closed

Front and back blade tips must be rounded to the radius of a Canadian nickel



