



## Esquimalt Speed Skating Club

1966 - 2010

### ***On Ice Safety Rules***

One of the most important aspects of the sport of speedskating is to create an environment that is safe for the athletes during training sessions. In order to achieve this, it is the ultimate responsibility of the athlete to adhere, at all times while on the ice, to the fundamental rules of speedskating safety and to conduct themselves in a manner that only protects the safety of oneself but also the safety of fellow skaters.

To assist the skaters in their responsibility for on ice safety a list of ***DO'S AND DON'T s*** are provided below:

#### **DO**

- 1) Shoulder checks when changing direction while skating on the track. For example, shoulder check at all times when skating off the track into the center of the ice and when entering the skating track.
- 2) Determine the safest place to pass slower skaters well before you are behind them. It is always the responsibility of the faster approaching skater to slow down, if needed ,to pass a slower skater and to determine which line, inside pass or outside pass, is the safest.
- 3) Skate on a consistent track. This means that "cross tracking" is not permitted in practice just as it is not allowed in competition. For example, if one tends to skate a wide track when skating the radius then continue to skate this track as a sudden change in direction at the start or end of the curve can cause confusion for a faster skate who is understandably not anticipating this abrupt change in direction.
- 4) Always skate in a clockwise direction even while resting inside the skating track.
- 5) Understand that multiple training activities may be underway at any time during a practice and so be aware and don't impede the training of other groups.
- 6) Skate slow warm down laps if you intend to stay on the ice after the mats are removed. Remember there are no mats to cushion any fall one may have. Also, it is the responsibility for these skaters to respect the saftey of those that are leaving the ice immediately after the mats are removed from the ice.

- 7) Place your water bottle in the center of the ice and not on the ledge of the boards.
- 8) Place skate guards in a location so that they will not fall onto the ice surface.
- 9) Skate along the boards following a skating drill until such time that is safe to move to the center of the ice.

### **DON'T**

- 1) Enter the surface of the ice at anytime that skaters are on the track. Once it is safe to enter onto the ice surface do so as quickly as possible and skate to the center of the ice before proceeding to commence skating.
- 2) Leave the ice session during a practice session to talk to someone at the boards or to go to the dressing room until you advise the coach of your intentions and it is safe to do so.
- 3) Continue to slow skate around the boards or anywhere on the track while other skaters are engaged in a skating drill. Always move to the center of the ice when it is safe to do so. This is where you can have conversations with fellow skater, not on the track.

**SAFETY AWARENESS CONTRIBUTES TO THE ENJOYMENT OF SPEEDSKATING--LET'S ALL DO OUR PART TO MAKE SPEEDSKATING SAFE....AND FUN**