

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



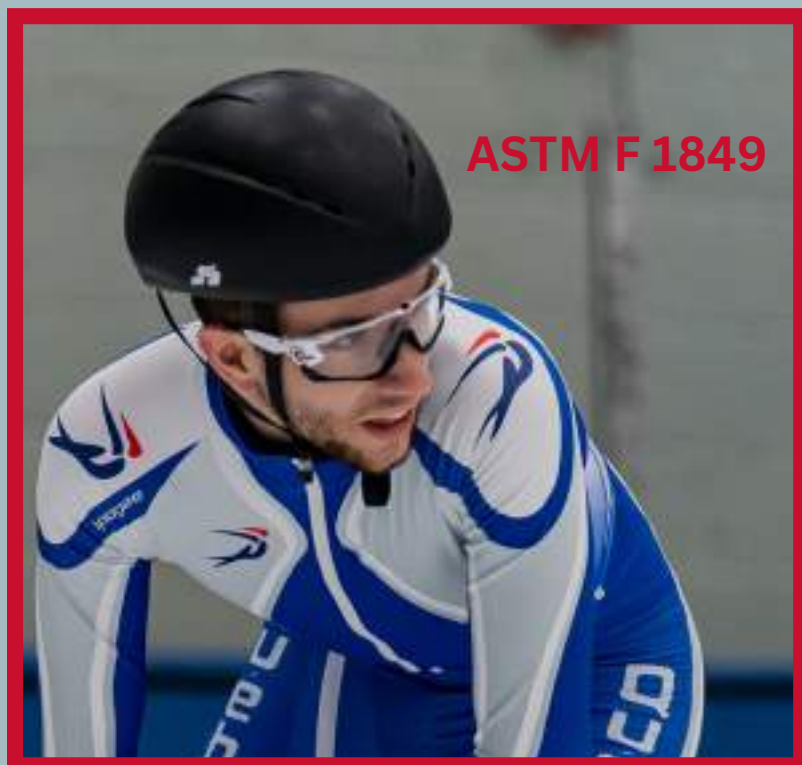
HAND PROTECTION

- 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 OR separate knee pad
- Both must be made of cut-proof and impact-absorbing 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 NOT required for long track mass start/team events for skaters aged 14 and over.

NECK PROTECTION

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



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, cut-resistant clothing must be worn per ISU standards

SHIN PROTECTION

- Built-in (cut/puncture resistant material with some ability to absorb impact energy) OR 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

