
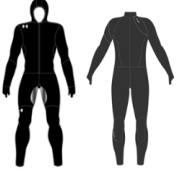










Safety Equipment – required (x) and recommended

 U S SPEEDSKATING	Suitsuit	Cut resistant suit or underwear	Helmet	Eyewear	Neck guard	Cut resistant gloves	Cut resistant or plastic knee pads	Cut resistant or plastic shin guards	Cut resistant ankle protection	Rounded blades (front and back)
				 <small>https://www.oakley.com/en-us/product/W000092081C?variant=888392356048</small>			Usually sewn into the suit	 <small>https://ovabkateshop.com/collections/clothing-protection/products/apagee-shin-guards</small>		 <small>ISU Communication 2195</small>
Long Track	X			recommended						
Mass Start	X	X	X	recommended	X	X	X	X	X	X
Pack Style	X	X	X	recommended	X	X	X	X	X	X
Team Sprint	X	recommended	X	recommended	recommended	recommended	recommended	recommended	recommended	recommended
Team Pursuit	X	recommended	recommended	recommended	recommended	recommended	recommended	recommended	recommended	recommended
Short Track	X	X	X	recommended	X	X	X	X	X	X

*Pictures from <https://www.cascadespeedskates.com> unless otherwise specified

***Taking effect 2019/2020 season... "All the safety measures specified for Mass Start races will be mandatory requirements also for Team Pursuit races and for Team Sprint races." – ISU Communication 2195**

Speak to your coach if you have any questions about equipment