

Ayrshire *Flyers* Speed Skating Club



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.