

Equipment	Description	Image
Speed skates	The Club has an extensive stock of speed skates which are available on an affordable rental basis. See Coach Mike.	
Helmet	A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. At practice helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only). For all other competitions and activities, helmets must be ASTM F 1849 certified.	
Neck Guard	All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body. Bib style – as worn for hockey (Canadian Tire/ Sport Chek).	
Knee Pads	Soft is best, like the ones worn for volleyball. Highly recommended for protecting your knees lest you fall forward.	
Shin Guards	When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Protection may be worn over/under a skater's clothing. Shin guards typically worn for soccer work well.	
Gloves	For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove (Kevlar) must be worn.	
Ankle Protection	When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots.	
Eye Protection	Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap. Squash, racquetball or safety glasses are commonly used.	