

## 2012-2013 MSSA Safety Equipment Requirements

In coordination with SSC Rule D3-100 the following safety equipment must be worn by skaters at all Short Track Speed Skating and Long Track Mass Start Speed Skating events and/or competitions that carry a SSC and/or MSSA sanction for the 2012-2013 skating season.

### D3 SKATER'S EQUIPMENT

This section outlines the minimum SSC requirements for skater's equipment. Branches at their discretion may impose additional requirements for training and competition.

#### D3-100 Short Track and Long Track Mass Start Competitions

The following equipment is required for short track and long track mass start training and competition.

Equipment	Description/Minimum Standard
Safety Headgear (Helmet)	Must have a seal of certification meeting the actual ASTM F 1849 standards. Safety headgear must be securely fastened under the chin. No cycle helmets. CSAS Ski/Snowboard helmets or Hockey helmets in which blade can not penetrate aeration holes may be used as per SSC. Headgear will be inspected at MSSA events to verify fit, ensure it complies and is in good condition.  Note – Ski/Snowboard and Hockey helmets may allow competitors in Outdoor LT Mass Start events to use cold weather clothing in helmet and still maintain a proper and secure fit.
Gloves or Mitts	Cut-resistant and water-resistant.
Shin Guards	Hard plastic or similarly puncture resistant material.
Knee Pads	Knee pads may be worn over a skaters skin suit or be integrated and must be made of high density foam. Knee pads made of hard plastic are not permitted.
Long-sleeved Clothing	Shirt or other clothing that cover the skaters entire torso and arms. Must not be rolled up or otherwise exposing bare skin.
Skate Blades	The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.
Cut Resistant Clothing	Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting the minimum standards established by the ISU. It is not permitted to have any skin visible between the skater's boot and suit. This clothing is recommended for all other activities where skaters are performing at a level similar to the lowest level of SSC Championships.  All skaters competing in MSSA Mass Start Events are required to wear the minimum of cut resistant ankle protection. This equipment must cover the area surrounding the top of the boot and ankle tendons above the boot.  See Red Book D3-200
Neck Protector	All skaters are required to wear neck protection of a design covering the neck and all the soft parts of the upper chest area. It must be made with ballistic nylon or another cut resistant material demonstrated to meet the level of cut protection afforded by ballistic nylon by a recognized testing protocol. When specific neck protectors are worn they must be securely fastened and tucked into the skin suit.
Eye Protection	Shatter-resistant protective sport glasses (clear or yellow are recommended) or a complete visor are required for all skaters. Glasses must be <b>held</b> in place by an elastic strap.

In coordination with SSC Rule D4-100 the minimum standard safety headgear (helmet) must be worn by all on ice officials wearing skates during all Short Track and Long Track Speed Skating Events or Competitions that carry a SSC and/or MSSA sanction for the 2012-2013 skating season.

All on ice officials not wearing skates are strongly encouraged to wear safety headgear (helmet) while on ice officiating.

All coaches are encouraged to continue wearing safety headgear (helmet) while on ice coaching.

**Attention all MSSA members,**

The above safety equipment requirements will be mandatory for all skaters in the T2T Stage and up. This includes all skaters who race on the 100m track or 7m radius short track, and who participate in events and distances defined for the T2T Stage program, including long track mass start competition. Any events or competitions for the L2C stage on the 111m or 8m radius short track will be required to wear the above safety equipment. Any skater(s) in the L2T Stage who have been granted an Age Category Reclassification and who will be racing up in the T2T Stage program will be subject to the above safety equipment rules.

Although it is recommended for skaters in the Active Start, FUNdamentals and Learning to Train stages of development to follow the safety equipment requirements above, exemptions will be made for cut resistant clothing only, all other safety equipment will be required. The use of elbow padding for skaters at any stage of development is at the discretion of the parent/guardian and coach.

Cut resistant clothing must follow the minimum standards as set by the ISU. These minimum standards are communicated in the ISU Communication 1265. Cut resistant clothing can be worn under a racing suit or be integrated into the racing suit but must still meet the minimum standards as set by the ISU. Full body cut resistant clothing is acceptable as long as the level of cut resistance meets the minimum standards as set by the ISU. Double check your cut resistant clothing to ensure it meets ISU standard, chances are if you purchased any cut resistant clothing in the past 5 years it will meet ISU standard. You're racing suit or skin suit is not cut resistant clothing, unless it is clearly integrated into the suit. Maintenance of your cut resistant clothing is important. Hang your cut resistant clothing to dry, do not put your cut resistant clothing in the dryer. Cut resistant clothing does not last forever; it will break down and become ineffective.

Eye protection must be shatter-proof. Glass eye wear will not be acceptable as the risk of the lenses cracking or shattering is high. A polycarbonate lens is safer and can be purchased inexpensively. Acceptable eye protection would be a pair of Squash eye protection like a pair of Black Knights. Only clear and yellow tinted glasses are required. Sunglasses or highly tinted eye wear is not eye protection and may create other safety hazards. Elastic bands or supporting belts are required to keep the eye protection from catapulting off the skater and ensuring a snug fit. Elastic bands or supporting belts must be snug and not loose fitting.

The MSSA Executive reserves the right to make any changes to any rules governing safety equipment especially when the safety of our skaters and participants are concerned. Any skater who presents them self at a MSSA and/or SSC sanctioned competition without the required safety equipment will not be permitted to participate and/or result in disqualification from that particular competition. All questions and concerns on the matter of safety equipment can be forwarded to your Club Representative.

Thank you, **MSSA Executive**