

**You will need the following equipment to Speed Skate at the CRR in Niverville:**

- **Skates - Short track speed skates** (club-owned speed skates are available for rent)
- **Helmet - MANDATORY for all practices**, this can be a speed skating helmet, cycling helmet, hockey helmet or ski helmet. For competing at meets, only a speed skating helmet will be allowed.
- **Gloves - Leather or cut resistant gloves.**
- **Neck guard.** The type with a bib is required.
- **Shin guards and kneepads.** You can use soccer shin guards as they provide good protection, and are small and light weight. The hard plastic type provides the best protection. Kneepads can be the soft types that are used for volleyball or actual speed skating kneepads.
- **Clothing:** Comfortable fitting clothing. Tight but stretchable material is best. Speed skating skin suits work great. To start with, running tights work well for the bottom half. Skin should not be showing (only the face). \*\*Cut resistant suits are required for competitive skaters.\*