



2019 – 2020

INFORMATION PACKAGE

START OF SEASON MUST DO CHECKLIST

- Review and sign all necessary waivers and acknowledgements**
 - ALL SKATERS HAVE READ THE ROWAN'S LAW PAMPHLET (BASED ON SKATER'S AGE)
 - ALL SKATERS SIGN THE CONCUSSION CODE OF CONDUCT
 - ALL SKATERS SIGN THE CODE OF CONDUCT & ETHICS
 - ALL ADULT SKATERS SIGN THE RELEASE OF LIABILITY
 - ALL MINOR SKATERS SIGN THE INFORMED CONSENT WITH AN ADULT PARENT OR GUARDIAN
- Register all skaters with KSSSC and pay fees**
- Rent or purchase all required safety equipment**
- Purchase a Helmet Cover if you are new to racing this year**
- Sign up for a volunteer slot and meet pot lucks**

Welcome (back) to Kingston Striders Speed Skating Club (KSSSC)!

The KSSSC is dedicated to the development and promotion of speed skating activities in Kingston and area. Our goal is to support skaters of all levels achieve their goals be it finishing a lap or a chance at going to the Olympics!

The club prepares athletes, coaches, officials, and volunteers to make a significant contribution to speedskating locally as well as at the Provincial, National and International level. To this end, the KSSSC provides the following:

- Affordable instruction and coaching in the sport of speed skating for all residents of the greater Kingston Area. Programs are aimed at participants of all ages and all ability levels and are designed to serve members who participate for fitness, recreation or competition.
- Promotion of and hosting of speed skating competitions in the Kingston area with an emphasis on providing equal competitive opportunities for skaters at all ability levels.
- Development and certification of coaches and officials.

We hope you find the information in this welcome package useful. If there is anything else you need to start the season please reach out to any member of the club or the KSSSC board. Have a great season!



Notes from the KSSSC board.

The board is comprised entirely of volunteers. Our goal is to make sure the club has what it needs to keep running so that skaters can focus on skating and coaches can focus on coaching. This includes ensuring that the club is financially viable, the equipment room is stocked with the needed equipment, the coaches have the training and equipment they need and...we have ICE!

We continue to strive to provide the equipment necessary for on AND off-ice activities. We have invested in spin bikes, techni-cords, skates, and blades to ensure our membership can get the most out of skating. We continue to help build the club's equipment by purchasing a new lap counter and additional skates and blades to replace our aging inventory.

We will continue to help our members with additional equipment needs by recommending trusted vendors (see page 6). In addition, KSSSC clubwear and skinsuits can be purchased at our registration nights (August 26 and August 29), or by contacting our Clubwear coordinator, Ahn Nguyen.

Want to help? More members are always welcome! ***We wish you a safe, fun and fast season!***

KSSSC Board of Directors and Executive Committee

	President Lisa Croll		Head Coach Ben Young
	Vice President Stephen Lantagne		Registrar Sheri Bowman
	Past President & Meet Coordinator Melanie DeWys		Equipment Manager Mike Keiley
	Treasurer James Fraser		Club Gear Coordinator Ahn Nguyen
	Secretary David Logan		Bookkeeper Jennifer McAllister
	Member at Large Marcelle Boulanger		Bingo Coordinator Deleen Overvelde
	Member at Large Stephen Overvelde		



Notes from our Coaches.

First of all, we are looking forward to working with you and your children to achieve your goals for the season...may it be standing on your own two skates without help, finishing your first ever lap or improving on last year's personal best time.

To help us understand your goals...and to help you know when you have achieved them...we will be giving goal sheets to all skaters. Please take your time and be thoughtful when you fill them out. We will review them throughout the season to make sure that we continue to work with everyone's best interest in mind and so that we can achieve the goals we are all driving for.

Believe it or not, one way of achieving these goals is by games on the ice during our practices! The reason for these games is to get the skaters working on and practicing different skills – such as stopping and changing direction quickly and balancing in a fun way that does not seem like a drill. This tends to work better with both adults and the younger members of the club! If anyone has any further questions about any games that are played during the season please do not hesitate to ask any of the coaches.

PLEASE NOTE: *If fees have not been paid in full or an arrangement has been made with the treasurer prior to the first night of skating you will not be allowed on the ice until payment is received.*

If you are interested in learning more about speed skating and/or what is recommended training at you or your child(ren)'s level please speak with Ben Young or refer to any of the websites listed below.

- ▶ Speed skating and training info:
 - <http://coach.ca/>
 - <http://www.speedskating.ca/>
 - <http://ontariospeedskating.ca/>

Our Coaches:

- Head Coach: Ben Young
- Wee Blades: Marcelle Boulanger
- Small Blades: Jeff Downey
- Intro: Zach Hunt
- Youth and Masters: Zach Hunt
- Elite: Ben Young & Zach Hunt



Safety Notes...please read and follow these instructions!!!

Fast is fun...but safety is very important.

All minor skaters on the ice require a parent to be at the rink at all times in case of emergency

- If you need to leave for any reason please designate a responsible person and ensure that they are identified to the on-ice coaches.

Listening to the direction of coaches is important for learning AND safety

- This is particularly important when there are skaters on the track!
- Persons who are unable to listen to the direction of the coaches will be asked to leave the ice at the discretion of the coach.

Required Safety Equipment (description of equipment found on pages 7-8)

Safety equipment must be worn at all times while on the ice.

- If you enter the ice surface without all your safety equipment on you will be asked to leave the ice and cannot return until full safety equipment has been donned. See the list of required safety equipment
- **Wee Blades**
 - Helmet with face shield, glasses with straps, neck guard with bib, mittens or gloves, knee pads, no skin showing
- **Small Blades**
 - Any skates - Helmet with face shield OR helmet and glasses with straps, neck guard with bib, mittens or gloves, knee pads, shin pads, cut-proof ankle protectors, no skin showing
 - On long blades - Helmet and glasses with straps, neck guard with bib, mittens or gloves, knee pads, shin pads, cut-proof ankle protectors or cut-proof socks, no skin showing
- **All other skaters**
 - Helmet, glasses with straps, neck guard with bib, cut resistant gloves, knee pads, hard-shell shin pads, cut resistant ankle protectors or cut-resistant socks, no skin showing

Crash mats – mats are a crucial component of on-ice safety, skating will not start until they are correctly installed – **please help!** Having parents and visitors help get mats on and off the ice speeds things up significantly...which means more laps for everyone.



Notes from the Equipment Manager

While all the safety equipment from head-to-toe is absolutely essential, no one would get very far without properly maintained skates. Depending on the skaters' weight, technique, number of falls, etc. skate blades may wear unevenly, develop a dead spot, or develop a burr which can impact how the blade behaves on the ice and ultimately how they can control the skates. At the introductory level, this can be frustrating and impact how we learn, and at the higher speeds of the more advanced skaters, it can be downright dangerous. There are a few simple but very effective things a skater can do to keep the blades in optimal condition between sharpenings.

- First, it is essential that the skate guards are clean and free of debris; a blade in pristine shape can be damaged if the weight of a skater is placed on hidden debris inside the guard.
- Also essential is that the guards are on the blades **at all times** except when on the ice, and storing the skates after skating (see below).
- Please be careful when making the transition from the bench to the ice and back, be mindful not to step on the raised plastic between the box and the ice surface.
- When skaters leave the ice the blades are covered with snow/water and if they are left like that between sessions they will rust quickly. The blade loses its sharp edge and the entire surface of the blade can be damaged. For this reason, it is essential that when skaters return to the change room that the **blades are dried** as best they can by using a cloth and that the skates are stored with the **guards off**.

All skaters (except intro to speed skating) are responsible for their skating equipment. The club provides skate sharpening clinics to help beginner and novice skaters with the skills required to maintain their skates and blades. There are many members of the club who can also help skaters with this responsibility. In addition, the club has skate sharpening kits for use at the rink, or to borrow for your convenience. If any skater, at any time, feels that they require any further assistance or guidance please let the equipment manager know. We will want to address these questions prior to going on the ice if at all possible. Once you have learned to take care of your skates, you will find that it will be another skill in your arsenal to improve your skating and achieve your goals!

With all the required safety equipment in place, cleaned, and adjusted properly, and skates in tip-top shape, all members at all levels can enjoy a safe and exciting season!

Equipment Vendors:

- Gavin Thulien (Ottawa) – <http://www.ztsports.com>
- Devault – <http://www.devaultspeedskating.com>
- Paul Shoebridge (Cambridge) – <http://shoeicreations.com>



Below is a detailed description of all speed skating equipment that may be used

	Intent, Minimum Requirement and Guidance	Photo
Ankle Protection	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride.</p> <p><u>Minimum Requirement:</u> 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.</p> <p><u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>	
Eye Protection	<p><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses or a complete visor are required for all skaters on long blades. All glasses must be held in place by a strap.</p> <p><u>Guidance:</u> Clear lenses are only accepted at competition. The higher the level of shatter resistance and the more extensive the protection, the better.</p>	
Hand Protection	<p><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>	
Head Protection	<p><u>Intent:</u> Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p><u>Minimum Requirement:</u> A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.</p> <p>For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNdamentals aged participants, 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.</p>	
Knee Protection	<p><u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement:</u> Full frontal knee coverage providing complete coverage of the patella. Made of puncture-resistant (e.g. Kevlar or Dyneema) and impact-absorbing (e.g. high-density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.</p> <p><u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.</p>	
Neck Protection	<p><u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p><u>Minimum Requirement:</u> 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. Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skinsuit. If separate neck protection is worn it must be fastened securely.</p> <p><u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>	



<p>Rest of Body Protection</p>	<p><u>Intent:</u> Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment. <u>Minimum Requirement:</u> All skin below the mid-line of the neck must not be bare. Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. <u>Guidance:</u> Minimum requirement “rest of body protection” is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better.</p>	
<p>Shin Protection</p>	<p><u>Intent:</u> Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies. <u>Minimum Requirement:</u> When wearing long blades, skaters must wear hard plastic or built-in cut and puncture-resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater’s skin suit or it can be integrated in the suit. <u>Guidance:</u> The more cut and puncture resistance and impact protection of the shins, the better.</p>	
<p>Skate Blades</p>	<p><u>Intent:</u> Reduce the puncture making capacity of the blades. <u>Minimum Requirement:</u> The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm. <u>Guidance:</u> The rounder the tips, the better.</p>	

How can you help?

As noted above, KSSSC is a **volunteer, not for profit organization**. This means that we need your help.

Time is money...or stated differently, ice time costs money! Please help put the crash mats onto the ice. The faster we get this done, the more time we have to skate. There is nothing to it, just slide them onto the ice and the skaters on the ice will take it from there. Mats are stored in 3 places – two locations at the perimeter of the rink and also on carts stored in the Zamboni area. If you are on the ice...please also help us put them away!

In addition to daily mat setup, please sign-up for a volunteer task this season. We will have TWO skating meets hosted at our rink, and we need a lot of volunteers to ensure these run smoothly. There are tasks for all ages and ability levels, training is provided where needed. In addition to volunteering, please sign-up to provide food or drink for all our hard-working volunteers! We will have a volunteer sign-up showing the different responsibilities where we need help, as well as a food and drink sign-up. These skating meets are where we need the most help and where we can make our club shine as many different clubs will be coming to race! The two meets are as follows:

November 16th 2019 - Ontario Provincial Circuit Meet

February 15-16 2020 - Ontario Elite Circuit 2 day Meet



KINGSTON STRIDERS SPEED SKATING CLUB

2019-2020 SEASON SCHEDULE

FIRST SKATING DAY: SEPTEMBER 10, 2019

FIRST DAY FOR WEE/SMALL BLADES: SEPTEMBER 12, 2019

FIRST DAY FOR INTRO TO SPEEDSKATING: SEPTEMBER 17, 2019

MONDAYS

6:00-7:00AM Race Ready Program (by Invitation) – ON ICE

TUESDAYS

5:30-6:20PM - Development (YOUTH Only) – ON ICE

6:20-7:20PM – Development & Advance (MASTERS Only) – ON ICE

6:20-7:20PM – *Development & Advance (YOUTH) – DRYLAND TRAINING*

7:20-8:20PM - Advanced (YOUTH Only) – ON ICE

THURSDAYS

5:30-6:00PM - Wee Blades (30 min) – ON ICE

5:30-6:20PM - Little Blades (50 min) – ON ICE

5:30-6:00PM – *Development (YOUTH & MASTERS) – DRYLAND TRAINING*

6:20-7:20PM - Development (YOUTH & MASTERS) – ON ICE

6:20-7:00PM – *Advanced (YOUTH & MASTERS) – DRYLAND TRAINING*

7:20-8:20PM - Advanced (YOUTH & MASTERS) – ON ICE

