



2026-2027

INFORMATION PACKAGE

START OF SEASON CHECKLIST

- Register all skaters with KSSSC via ICEREG
 - all skaters under 18 years of age must also have a parent or guardian registered as a Volunteer. This is required for proper insurance coverage of minors and we cannot allow minors on the ice without a parent registration
- Complete all waivers
 - Built-in to ICEREG, no skater will be allowed on ice without completed waivers
- Obtain all required safety equipment
 - some rental equipment available from KSSSC
- Get ready to have fun!

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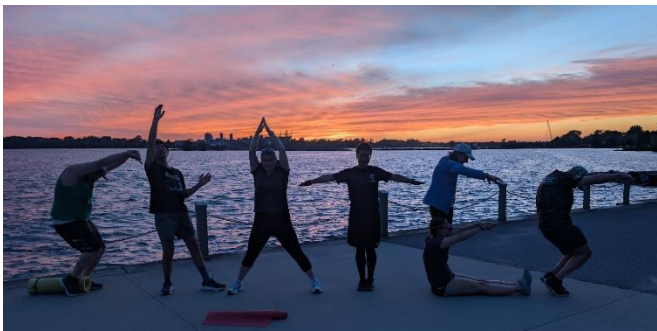
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Welcome (back) to the Kingston Striders!

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, first crossover or a chance at going to the Olympics!
- The club prepares athletes, coaches, officials and volunteers to make a significant contribution to speed skating 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.

Notes from the KSSSC board:

The Kingston Striders 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 equipment needed, the coaches have the training and equipment they need and...that we have ICE!

KSSSC communicates to members through **TeamSnap**. Using TeamSnap allows KSSSC to update skaters and families efficiently while maintaining the traceability required for SafeSport compliance. The TeamSnap App can be downloaded onto your phone or you may login through the website. **When you see the TeamSnap invite, please accept the invitation and set up your account so that you receive news, practice changes and other club updates in the format that works best for you and your family.**

KSSSC is sanctioned by Speed Skating Ontario (SSO) and as such, works to comply with all SSO policies and hosts one or more sanctioned competitions each year. This year we are hosting a provincial meet: Saturday October 10, 2026. Meets are a ton of fun and are staffed by volunteers from our club so please reserve time on your family calendar to help! For more information about SSO, the season competition schedule and other SSO events, please review their website and sign up for their electronic newsletter: <https://www.ontariospeedskating.ca>.



Want to help? Are you interested in coaching? Do you have a skill you think we need? Do you have any questions about our safety protocols, equipment or have suggestions for how we may improve? Please reach out, we love hearing from you!

We wish you a safe, fun and fast season!

Board Members:

President: Katrina Gee

Vice President: Steven Lajeunesse

Treasurer & Bookkeeper: Stephen Lantagne

Secretary: Trevor Ritchie

Members at Large: Kara Anderson & Shauna Slobodian

Additional Important Contributors:

Registrar & Meet Coordinator: Stephen Lantagne & Steven Lajeunesse

Equipment Manager: Kara Anderson

Bingo Coordinator: May Wagner

Our Coaches:

- **First Strides:** Sarah Wismer (Lead), Youth assistant coaches (Kal Lantagne, Yukie Ritchie, Natalee Tracey)
- **Fast Strides:** Sarah Wismer (Lead), Youth assistant coach (Kal Lantagne)
- **Intro to Speed Skating:** James Fraser (Lead), Sarah Wismer, Sasha Puxty, Stephen Lantagne (SO)
- **Development Youth and Masters:** James Fraser (Lead), Sarah Wismer, Sasha Puxty, Stephen Lantagne (SO)
- **Advanced Youth and Masters:** Dan Dubois (Lead), Zach Hunt, James Fraser, Stephen Lantagne (SO)



Left to right: James, Stephen, Kal, Sarah, Sasha, and Dan
Not shown: Zach, Yukie, Natalee

Have a question? The Lead Coach for your program is your first point of contact.

Please DO: Message them directly on TeamSnap. This is the best way to get in touch! This is also the way they will be contacting you so make sure to keep an eye open for TeamSnap messages in your email.

Please AVOID: Approaching coaches immediately before or after practice. They need this critical time to prepare for the session, ensure athlete safety, and provide immediate feedback to our skaters.

Notes from our Coaches:

Welcome to a new season with the Kingston Striders!

Speed skating is a unique and beautiful sport: it is easy to start, yet impossible to master. No matter what your level, you can see your improvement, whether it is a new PB or just feeling more flow on your crossover. This personal improvement is incredibly fun and addictive. As a coaching team, our commitment is to every single skater on the ice. It doesn't matter what your current level is - whether you are taking your very first strides or refining advanced technique, you deserve our dedicated feedback and encouragement.

One of our greatest strengths as a club is our all-ages community. The true spirit of the Striders is seeing a youth skater offer encouragement to a Small Blade, or trading tips with a Masters skater. That shared environment builds community and profound sportsmanship. In this club, we all get faster together.

Our most important goal as coaches, particularly for our youth athletes, is to foster self-reliance. We want every skater to step onto the ice knowing they have a whole club behind them, but more importantly, knowing they can do it themselves. And if they fall, there is always another activity or race to try again. The independence, work ethic, and confidence they develop during practices don't just stay on the rink; they are essential life skills that will support them in everything they do.

We are incredibly excited to get to work and help everyone grow this year. Let's have a fantastic season! **Happy skating!**

— The Coaching Team

FIRST STRIDES – LEARN TO SKATE

If you're new to skating or just want to brush up on your basics, this is the program for you! You'll work through four levels of the First Strides segment, learning the basics of skating.

FAST STRIDES – LEARN TO SPEED SKATE

If you're looking to add some speed to your skating, this is the program for you! You'll advance through six levels of the Fast Strides segment, learning how to speed skate like a pro.

Want to know more about the First and Fast Strides program? Check out the speed skating Canada website at <https://speedskating.ca/discover/first-and-fast-strides/>.

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 a coach or refer to any of the websites listed below.

► Speed skating and training info:

- <http://coach.ca/>
- <http://www.speedskating.ca/>
- <http://ontariospeedskating.ca/>



Speed Skating Ontario

Speed Skating Ontario (SSO), <https://www.ontariospeedskating.ca/>, is the provincial governing body for speed skating in Ontario. They are responsible for setting guidelines and running competitions. There are a few key SSO policies that we ask you to review that are linked [here](#).

KSSSC Changeroom Policy

Our changerooms are shared, mixed-age and mixed-gender spaces, so we ask everyone to wear a base layer and be respectful of others to help create a comfortable environment for all. Parents are welcome to assist younger skaters as needed, and private changing stalls and washrooms are available for anyone who would like extra privacy.

Remember: Be kind, be respectful, and help us keep the changeroom a safe and welcoming space where every skater feels they belong!

The link to the KSSSC changerroom policy is found [here](#).

Skating Schedule:

Tuesdays

- 5:30-6:00 pm** First Strides
- 5:45 pm** (Off-ice) Development Masters warm-up (self-directed)
- 6:00-6:50 pm** Development Youth, Development Masters and Intro for 4 weeks
(Off-ice: Advanced dryland)
- 6:50-7:00 pm** FLOOD
- 7:00-8:20 pm** Advanced Youth and Advanced Masters

Thursdays

- 5:30-6:10 pm** First Strides
- 5:55 pm** (Off-ice) Development Masters warm-up (self-directed)
- 6:10-7:00 pm** Development Youth, Development Masters and Intro for 4 weeks
(Off-ice: Advanced dryland)
- 7:00-7:10 pm** FLOOD
- 7:10-8:20 pm** Advanced Youth and Advanced Masters

Saturday

- 6:30 am** Please watch TeamSnap for any changes to the start time. The city moves our booking around dependent on other ice users.

Please note: If fees have not been paid in full or an arrangement has not been made with the treasurer within 7 days of the first night of skating, you will not be allowed to return to the ice until payment is received.

Safety

Fast is fun...but safety is the primary importance: Please read and follow these instructions:

- **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 adult **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.
- **5 minute injury prevention protocol**



- If a coach suspects the possibility of injury (e.g. concussion or strain) or over-exertion, the skater will sit out on the bench for a minimum of 5 minutes. If necessary, coaches will run the concussion testing protocol and if a concussion is suspected the skater will not return to the ice. If there is no concussion suspected and the skater is feeling better, they may return to practise.

Required Safety Equipment (please see [SCC Red Book](#) for further detail)

- **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
- **First Strides** (*Turning 4 and up, no experience necessary*)
 - Helmet with face shield, neck guard with bib, mittens or gloves, no skin showing
- **Fast Strides** (*age 6+ with the ability to get up off the ice unassisted, and can complete a lap of the rink unassisted*)
 - Any skates - Helmet with face shield OR helmet and glasses with straps, neck guard with bib, mittens or gloves, knee pads, shin pads, no skin showing
 - On long blades - 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 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. **If you are at the rink and not going on the ice, please help: the faster they are on, the faster we can get to having fun.**



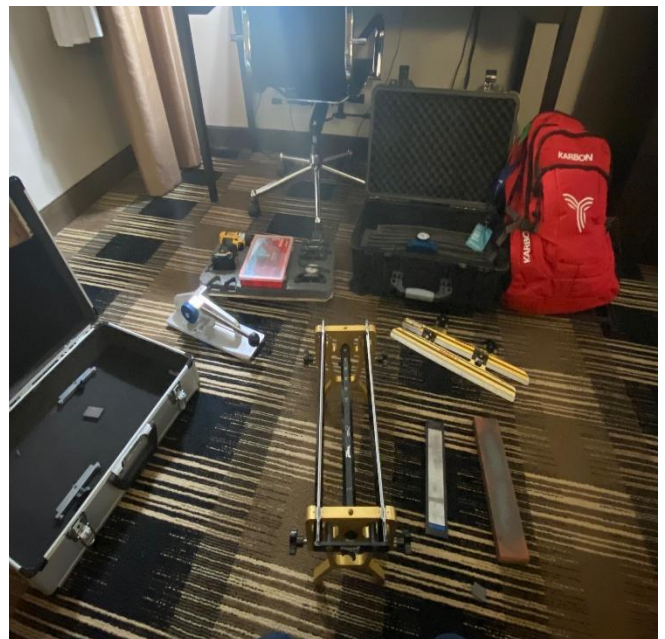
Notes from the Equipment Manager

While all the safety equipment from head-to-toe is absolutely essential, no one would get very far without properly maintained skates. Depending on a 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 much control a skater has. 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 being stored between practices or actually on the ice.
- 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.
- Remember that 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. Not only does the blade lose its sharp edge but 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 the cloths provided and that the skates are returned to the baskets or travel bags with the guards **off**.

If any skater, at any time, feels that their blades require a touch up please let the equipment manager know; if you arrive early, it may be possible to address them prior to going on the ice. At other times they may have to wait until between sessions. If any skater or parent wishes to learn how to check the condition of the skates and sharpen them, just let the equipment manager, any other helpful skater or parent know and the arrangements can be made; it can be done individually or as a group during the Tuesday or Thursday night ice times.

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



Club Communications

KSSSC uses TeamSnap to communicate with skaters and their families. TeamSnap allows coaches to communicate with all skaters in a manner that is compliant with Speed Skating Ontario's guidance for Safe Sport practices and allows skaters to communicate with each other, coaches and board members if they wish to. TeamSnap is KSSSC's primary mode of communication, please ensure you accept the invitation to join!

If you have any questions or concerns, please contact our board president at:
president.ksssc@gmail.com.

Paying your fees.

Fees must be paid in full, or an alternative arrangement with the KSSSC Treasurer must be in place BEFORE skaters are allowed to get on the ice.

Registration, fee payment and rentals are now all completed through IceReg
(<https://icereg.ca/#!/speed-skating-canada>)

If you cannot pay via IceReg and wish to discuss alternative payment structures or have more than two family members skating, please contact the Registrar to make alternate arrangements
(striders.registrar@gmail.com)

Notes on Fees:

IceReg will automatically add Speed Skating Ontario and Speed Skating Canada fees upon checkout. These fees are set annually by SSO and SSC and are not controlled by KSSSC. These fees are used to support SSO and SSC operations, skater insurance, cost of training coaches etc.

If you have not selected and paid the Bingo Buyout option, **you are committed to volunteering at two bingos during the 2026-2027 season** (September 2026 - August 2027). Certified coaches, as well as Intro to speed skating skaters and First and Fast strides skaters are exempt from doing bingos. If you have questions, please reach out to the Bingo Coordinator or the Treasurer
(treasurer.ksssc@gmail.com) for clarification.

-Every **family group must have at least one adult member** who is registered as a Volunteer or Associate with SSO for insurance purposes and can take part at the club AGM. If no adults in the family are skating members, one parent must register on IceReg as a Volunteer Member.



Where does your money go?

Our biggest expense is ice time (roughly \$5/minute). In addition to ice time, we are required to pay fees to the Ontario and Canadian Speed Skating associations to ensure that our people and club are adequately insured and our events programs are fully sanctioned.

KSSSC is in good financial standing, thanks to great work by past and present Treasurers, Bookkeepers and Boards. To ensure that we stay that way, and that you continue to trust us with your money, we annually review the state of the club's finances at our AGM. Some years we come out a little ahead, other years when we run significant training programs, require new mats or equipment, we finish the year with a deficit. If you wish to understand finances better outside the AGM, please feel free to reach out to the club President or Treasurer.

New sponsors are always welcome! You can be sure that your club will show our sponsors our appreciation for their support by highlighting these businesses whenever we can. If you are interested in becoming a KSSSC Sponsor, please contact the Chair (president.ksssc@gmail.com) or the Treasurer (treasurer.ksssc@gmail.com) for further information.

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! Parents are asked to help get mats on and off the ice. This is a great time saver for the skaters, so they spend more of their ice time training.

Over the years, KSSSC has developed an efficient process for mat storage and we are more than happy to teach more folks how it works! Practice 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, members are asked to staff bingos, support fundraising activities and volunteer at the competitions we host.

Bingos - Staffing Bingos for Play! Gaming and Entertainment is KSSSC's single largest fundraising activity. Revenues from Play! reduce membership fees by about 40 percent. If you have committed to volunteering for Bingos, it is important that you respond to emails from our Bingo Coordinator. We also have a What'sapp group for Bingos to assist with communication. Failure to staff our designated times results in a penalty for KSSSC, up to and including a ban from Play!.

Fundraising - like many sports organizations, KSSSC may run various fundraising activities throughout the Season. Please support these activities! Funds raised goes towards new equipment for the club and ensures that we can reimburse Coaches for the costs they incur traveling to competitions to support our skaters.

Sponsorships – if you or a business you own or frequent regularly are looking for sponsorship opportunities, put them in touch with our President or Treasurer to discuss what KSSSC can do and how they or their business will be highlighted. We have a handy brochure to share with sponsors to give them a quick overview. A link to this brochure can be found [here](#).

Competitions/Meets - KSSSC typically hosts at least one competition aka “meet” each season, this year we are hosting a provincial series mee on October 10, 2026. While hosting meets takes some effort, they are a lot of fun and when we host a meet many of our skaters get to race at home...which is great for both new and seasoned racers...and their parents' pocket books! Please check TeamSnap for dates and look for sign-up sheets at the rink so that you can select a support position when the time comes. All training is provided and you get lunch!

Equipment Vendors

We do offer rental equipment for those of you who do not have your own. However, we strongly urge you to consider owning your own protective equipment, such as helmet, knee and shin pads, cut-proof ankle protection and gloves, as well as shatter-proof eye protection. This investment is not too onerous, and you will be 100% sure of the history of your protective equipment. The club offers skate rentals as we understand that the investment in speed skating boots and blades can be quite costly.

Here are speed skating specific vendors you can reach out to for any of your protective equipment needs. However, you can also find adequate equipment in sports stores and Canadian Tire

- Gavin Thulien (Ottawa) – <http://www.ztsports.com>
- Nagano Skate - <https://naganoskate.com/en>
- Devault – <http://www.devaultspeedskating.com>
- Xact Skate Shop- <https://xactskateshop.com>
- Mitch - speedskatingequipment.ca

Skin Suits:

Looking to order a new KSSSC skin suit? This season we are making the switch to Nagano as our skinsuit supplier. For those of you who haven't heard of Nagano before, please check out their website: <https://naganoskate.com/en>. Their store is physically located at the Centre des Glaces in Quebec City.

They offer three styles of skin suits:

- 1) Lycra only – this is a skin suit that does not have cut resistant material.
- 2) Combined Suit Level 3 – this skinsuit has the white cut resistant suit layered underneath the lycra suit.
- 3) Combined Suit Level 4 – this skinsuit is similar to the Combined Suit Level 3, except they offer a higher degree of cut protection.

As well, they offer Kingston Strider hoodies that can be personalized and “warm up” jackets that match our skinsuits.

How to order:

Please visit the “Kingston store” on the Nagano website: www.naganoskate.com/kingston

Enter the password: KINGSTON

Please note that orders are taken up to the end of each month and are sent out to be made to order on the first of each month. It is important to note that it takes 6-8 weeks for delivery, sometimes longer depending on the order.

Orders for Kingston Striders wear must be placed through the “Kingston store” on their site – if you need other speed skating-related gear, please check out their products on their main website and place a separate order for those items.

Equipment:

	Intent, Minimum Requirement and Guidance	Photo
Ankle Protection	<u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. <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. <u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.	
Eye Protection	<u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object. <u>Minimum Requirement:</u> Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap. <u>Guidance:</u> Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.	
Hand Protection	<u>Intent:</u> Prevent cut and puncture wounds on the hands from blades. <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. <u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.	
Head Protection	<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 <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. 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.	

Knee Protection	<u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees. <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. <u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.	
Neck Protection	<u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries. <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 skin suit. If separate neck protection is worn it must fastened securely. <u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.	
Rest of Body Protection	<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.	
Shin Protection	<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.	