

## SJASSC MANDATORY AND RECOMMENDED EQUIPMENT

<b>M = mandatory</b> <b>O = optional</b>	<b>Learn to Skate</b> <b>Groups 5 and 4</b>	<b>Introduction to Speed</b> <b>Skating: Group 3</b>	<b>Speed Skating</b> <b>Groups 2 and 1</b>
<b>Helmet</b> (M)	Hockey, skating or bike helmet	Can start with other helmets, but must wear Speed skating helmet for competitions	Speed skating helmet
<b>Skates</b> (M)	Hockey, figure or speed skates (sharp)	-Start with or progress to speed skates (rentals available) -Hard and Soft guards to protect blades	-Speed skates (own or rent) -Hard and Soft guards to protect blades
<b>Neck Guard</b> (M)	Bib Style	Bib Style	Bib Style
<b>Gloves</b> (M)	Padded ski gloves (NOT wool, cotton or nylon gloves)	Leather or speed skating gloves (cut resistant)	Leather or speed skating gloves (cut resistant)
<b>Knee Pads</b> (M)	Hard (rollerblading) or Soft (volleyball or speed skating)	Soft volleyball or speed skating knee pads	Soft volleyball or speed skating knee pads. (Skinsuits with built in knee pads may not have adequate protection.)
<b>Shin Pads/guards</b> (M)	Hard Soccer shin pads without the ankle cups/strap	Hard Soccer shin pads without the ankle cups/strap	Hard Soccer or speedskating shin guards. (Note: skinsuits with built in shin pads still need hard shin guards)
<b>Elbow Pads</b>	(O) optional		
<b>Eye Protection</b> (shatterproof polycarbonate meeting ANSI std Z87.1):		(M) Clear/Amber with strap; Safety or racquetball style	(M) Clear/ Amber with strap; -Safety, racquetball style, or Oakleys.
<b>Recommended clothing</b>	Snowsuits or splash pants	Comfortable close fitting clothing or speed skating skinsuit.	Speed skating skinsuit.
<b>Undersuits:</b> Recommended cut resistant and protective clothing		(O) Cut resistant undersuit (Kevlar).	500m/>min Kevlar or Dyneema undersuit 500m/<min full coverage Dyneema undersuit
<b>Ankle protection</b> (Kevlar or Dyneema "sleeves")		(O) (must not have bare skin showing)	(O) recommended for competition: Kevlar or Dyneema
<b>Helmet Covers</b>		(M) for SSNB Competitions	(M) for SSNB Competitions