

NORTHERN NEW YORK SKATING ASSOCIATION

MEET SAFETY PROTOCOLS

PURPOSE

The purpose of this protocol is to establish safety regulations to be adhered to in all NNYSA short track skating meets. Further, meet officials may disqualify any skater not in compliance with the personal conduct and equipment requirements set forth herein.

CONDUCT

1. Skaters and spectators alike are expected to conduct themselves in the spirit of fair sportsmanship at all times. Violation of the following rules of conduct may result in the individual committing the infraction to be either disqualified from an event or ejected from the premises.
 - a. The sale, distribution or use of illegal drugs or any substance listed on the ISU's recognized list of banned substances.
 - b. Skating under the influence of alcohol.
 - c. Any improper or serious disturbance, obstruction or disruption of the functions of the meet which infringe upon the rights, orderly conduct or well-being of others.
 - d. Any obscene language or gesture, or other threatening language or conduct directed toward any competitor or meet official.
 - e. Any deliberate or reckless misuse, damage or destruction of property of any person or meet facility.
 - f. Violation of any team misconduct rule as established by the USOC, ISU, or U.S. Speedskating.
 - g. Any other act, conduct or omission not provided for above which is detrimental to the image or reputation to the sport of speedskating.
 - h. Unsafe skating (see below)

2. "Shooting the Skate" has become a popular expression in short track speed skating. The term refers to skaters reaching out for the finish lines with a skate, usually in an attempt to nip a competitor at the finish.

The two main roles of officials are to insure fairness and *safety*. In order to ensure the safety of all participants to the greatest extent possible, I.S.U. rule 287 describes, inter alia, the following to be a "breach of the racing rules:"

Kicking Out: deliberately kicking out of (sic) a skate, or throwing the body across the finish line thereby causing danger to another skater at the finish.

So "Kicking Out" and "Shooting the Skate" are the same behavior, and that behavior is being censored as "dangerous skating".

MEDICAL PROCEDURES

Medical procedure at NNYSА meets shall be as follows:

1. The medical team will consist of two (2) first aid personnel with the following qualifications:
 - a. An emergency responder with current first aid/CPR certification. It is understood that Level II coaches are so certified.

 - b. Whenever possible emergency personnel with the following qualifications should be present during the meet:
 - i. State Certified Paramedic or
 - ii. State Certified EMT (Emergency Medical Technician)
2. The local emergency rescue/ambulance service must be notified of the dates and times of the meet to aid them in responding to emergencies at the ice arena.
3. One member of the medical team shall observe the races at all times.
4. A minimum of one (1) of the above qualified medical personnel shall be in attendance and available to treat injuries at all warm-up sessions.
5. An injury report (attached) form must be completed for any injury requiring more than first aid.

SAFETY EQUIPMENT

1. Personal

Safety equipment requirements for all competitors shall be as follows:

- a. Ice skating helmet meeting ASTM standard F1849.
- b. Kevlar neck guard
- c. Knee pads
- e. Shin guards*
- f. Gloves
- g. Safety glasses meeting ANSI standard Z87. **
- h. All speed skates must have the tubes closed and the blade ends rounded off, with a radius of 10mm.

*It is strongly recommended that competitors use full length, cut resistant Knee/Shin protectors and ankle protectors, the latter especially to protect the Achilles tendon.

** It is also recommended that competitors wear this eye protection. While not shatter proof, the ANSI Standard does provide for the greatest level of portable eye protection.

2. Safety Orientation.

Each member club of NNYSA is required to conduct a safety orientation for all new members.

3. Ice Rink

Requirements for rink safety are as follows:

- a. Standard rink mats – the padding shall be at least as high as the standard hockey board.
- b. The pads must be covered with a suitable material so as not to allow any padding particle or materials to come into contact with the ice.
- c. The pads must have adequate tabs so they can be firmly tied down so as not to fall onto the skating rink when hit by a skater.
- d. Enough padding must be provided to cover the walls around the entire end of the rink as per the standard as directed in the U.S. Speedskating Handbook for sanctioned meets.
- e. All doors and gates in the rink balustrade must be closed at all times while skating is taking place.

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INJURY REPORT FORM

To be completed by the Competition Medical coordinator for injuries
requiring more than first aid
Meet Coordinator will send report to NNYSA within 30 days of competition

Name: _____ Age: _____ Sex: M F

Address: _____ Phone: _____

_____ E-Mail: _____

Date/Time of Injury: _____ Club: _____ Facility: _____

Activity type: Learn to skate Short track Long track

Accident/injury occurred in: Training Competition

Accident/injury occurred during an off-ice / on-ice activity

Skater's ability level: beginner intermediate advanced

Number of years in speedskating: _____

Recommended padding in use?: yes no

Ice conditions: good average poor

What on-site medical attention was required? _____

Ambulance transportation required? yes no

Description of injury: (attach additional pages, if necessary, including any medical reports) _____

