



Rules for Long Track Speed Skating on the John Rose Oval

All athletes, coaches, staff and volunteers utilizing GMSA ice time are expected to adhere to ALL of the following rules. Failure to abide by these rules may result in suspension or termination of your individual right to skate or coach on GMSA ice.

Information

- Acceptable training apparel must be worn at all times. – long sleeves, full-length pants and gloves. Dress for the weather.
- GMSA reserves the right to use discretion for what it deems as unacceptable training attire.
- Helmets and cut-resistant material are strongly encouraged, but not mandatory.
- GMSA has the right to restrict types of training where deemed necessary for safety purposes.
- GMSA may update these rules as it sees fit for the safety and operational purposes.

Entering the Ice Surface

Skaters entering the ice surface must always be facing oncoming skaters. Once guards are removed, skaters may proceed to the resting lane after looking both ways and if there is a clear path.

Resting Lane

The inner most lane (warm-up lane) is utilized for resting purposes only. Never should there be any training done in this lane. No more than two persons shall ever be side-by-side at the same time in this lane. Absolutely no resting in the outer race lane.

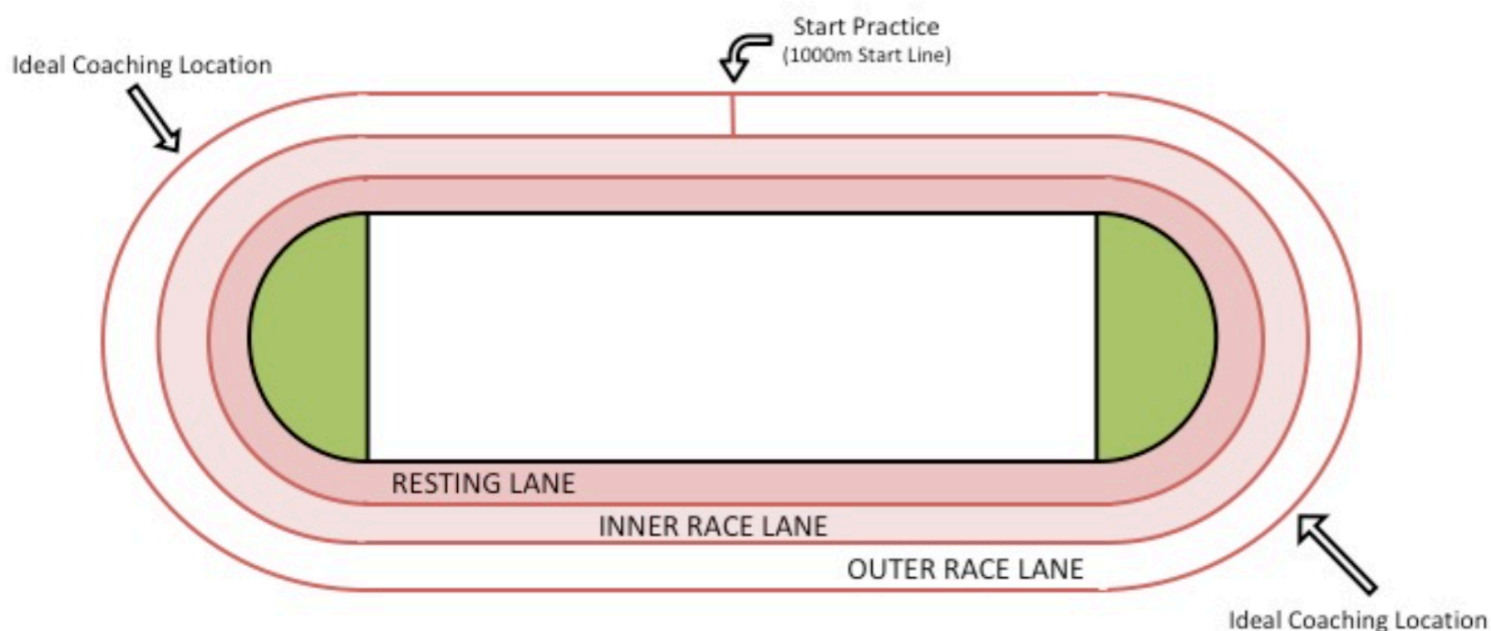
Inner Race Lane

The inner race lane will be used for all skating and interval training. If you are traveling faster than other skaters in front of you, you must pass them on their right-hand side (outside). It is encouraged to notify skaters when passing by yelling, "On your right."

When transitioning on and off the race lanes for speed efforts, please do so safely by checking for skaters behind you before making your way to the outer most lane - then proceed to build speed, again looking for traffic prior to taking the race lanes.

Outer Race Lane

The outer race lane is for coasting in preparation for intervals, technical drills and starts only. **Absolutely no resting shall occur in this lane.** Winding up and winding down before and after intervals will still occur in this outer most lane. Skaters shall maintain a single file when skating or doing drills in the outer race lane. Practice starts shall only be performed at the 1000m start line. When doing starts, safety cones shall be placed 10-15 meters behind the start area for safety. These cones can be found in the Zamboni area.



General Rules

- Coaches meeting with their groups must do so on the very inside of the resting lane. For a meeting with an individual athlete, the skater may meet their coach at their location but must face oncoming skaters.
- When high speed efforts or any skating efforts out of the ordinary are being performed, coaches are encouraged to notify other athletes/coaches on the ice prior to practice so precautions can be taken.
- No groups, trains or pace lines longer than 10 people are permitted at any time.
- At no time will an athlete be allowed on the ice surface at the same time as the Zamboni. The Zamboni may re-enter the track to resurface the center ice area. All skating must be suspended while the Zamboni crosses to the center.
- Please double check equipment prior to entering the ice surface for parts that may fail or come loose on the ice.
- Hockey and other facility users may be ushered across the long track ice surface during speed skating sessions to access the center ice area. All skating must be suspended while this happens.

Race Days (pack and metric)

- All rules, as written above, will also apply to race day warm-up and practice sessions.
- No trains (2 or more skaters) are allowed in the resting (warm-up) lane during races.
- Skaters crossing race lanes must wait until ushered across.