

All Equipment listed is Mandatory at SASSA Sanctioned events except the item highlighted in yellow.

D3-100 Short Track and Long Track Mass Start Competitions

The following equipment is required for short track and long track mass start training and competition.

Equipment	Description/Minimum Standard
Safety Headgear (Helmet)	A helmet securely fastened under the chin in which the blade cannot penetrate the aeration holes must be worn for all activities. For Learn to Skate and Learn to Speed Skate Programs, as well as competitions for Active Start and FUNdamentals aged participants, helmets must be ASTM F 1849 - 07 speed skating helmets or CSA approved hockey, snowboard/ski skateboarding helmets only. For all other competitions and activities, the helmet must have a seal of certification meeting the actual ASTM F 1849 - 07 standards.
Gloves or Mitts	Cut-resistant and water-resistant.
Shin Guards	Hard plastic or built-in puncture/cut-resistant material
Knee Pads	Knee pads may be worn over a skater's skin suit or be integrated and must be made of high density foam. Knee pads made of hard plastic are not permitted.
Long-sleeved Clothing	Shirt or other clothing that cover the skater's entire torso and arms. Must not be rolled up or otherwise exposing bare skin. It is not permitted to have any skin visible between the skater's boot and skin suit.
Skate Blades	The rear and front tips of all skate blades shall be rounded to a minimum radius of 1cm.
Cut Resistant Clothing	Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting the minimum standards established by the ISU. It is not permitted to have any skin visible between the skater's boot and skin suit. This clothing is recommended for all other activities where skaters are performing at a level similar to the lowest level of SSC Championship.
Neck Protection	All skaters are required to wear neck protection of a design covering the neck and all the soft parts of the upper chest area. It must be made with ballistic nylon or another cut resistant material demonstrated to meet the level of cut protection afforded by ballistic nylon by a recognized testing protocol. When specific neck protectors are worn they must be securely fastened and tucked into the skin suit.
Eye Protection	Shatter-resistant glasses (clear or yellow are recommended) or a complete visor are required for all skaters. Glasses must be held in place by a strap.