



Speed Skating Canada Crash Protection Thickness Requirements 111.12m Track – Approved January 30, 2013

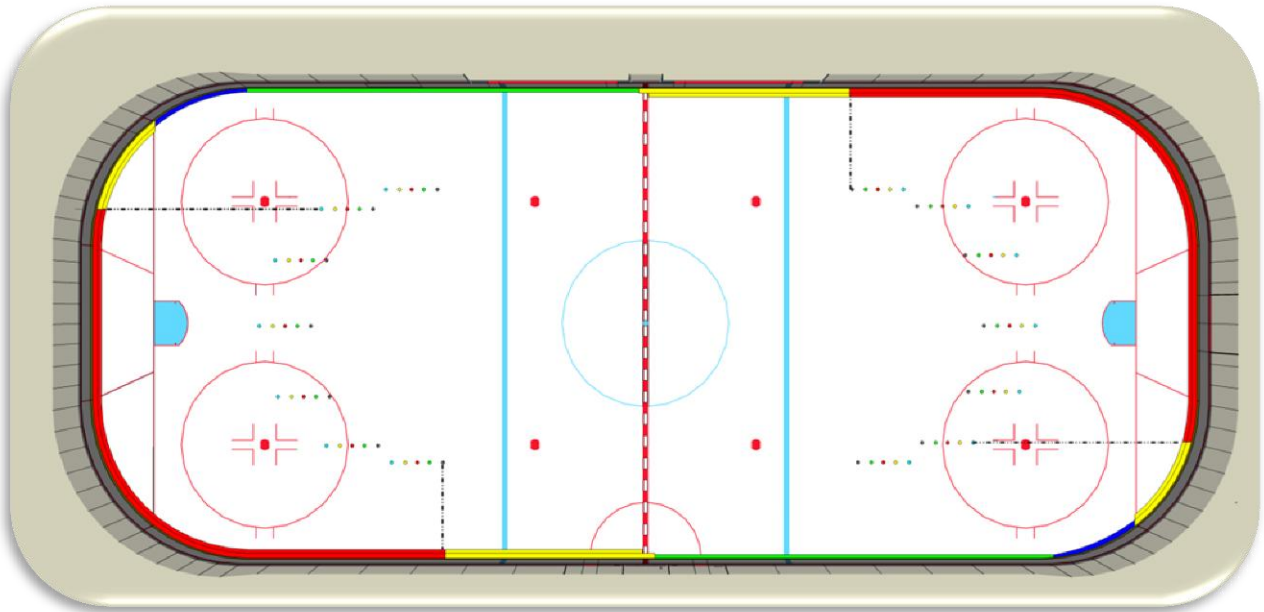


Table 2 – Minimum Padding Specifications Chart (Training – 111m Track)

	KEFs				
	Level 1 <.30	Level 2 .30 to <.60	Level 3 .60 to <.90	Level 4 .90 to <1.15	Level 5 1.15+
RED ZONE**	20cm (8")	40.5cm (16")	51cm (20")	61cm (24")*	n/a
YELLOW ZONE	20cm (8")	20cm (8")	30.5cm (12")	40.5cm (16")	n/a
BLUE ZONE	0	20cm (8")	25.5cm (10")	30.5cm (12")	n/a
GREEN ZONE	0	0	0	0	n/a

* last pad in Red Zone should be tapered

** Cannot be comprised exclusively of soft foam, the final pad length can be changed to yellow zone padding on rinks narrower than 28m(92') at the discretion of the Head Coach.

Table 3 – Minimum Padding Specifications Chart (Competition – 111m Track)

	KEFs				
	Level 1 <.30	Level 2 .30 to <.60	Level 3 .60 to <.90	Level 4 .90 to <1.15	Level 5 1.15+
RED ZONE**	20cm (8")	40.5cm (16")	51cm (20")	71cm (28")*	n/a
YELLOW ZONE	20cm (8")	25.5cm (10")	30.5cm (12")	40.5cm (16")	n/a
BLUE ZONE	15cm (6")	20cm (8")	30.5cm (12")	30.5cm (12")	n/a
GREEN ZONE	0	0	0	20cm (8")	n/a

* last pad in Red Zone should be tapered

** Cannot be comprised exclusively of soft foam, the final pad length can be changed to yellow zone padding on rinks narrower than 28m(92') at the discretion of the Chief Referee.



Speed Skating Canada Crash Protection Thickness Requirements 100m Track – Approved January 30, 2013

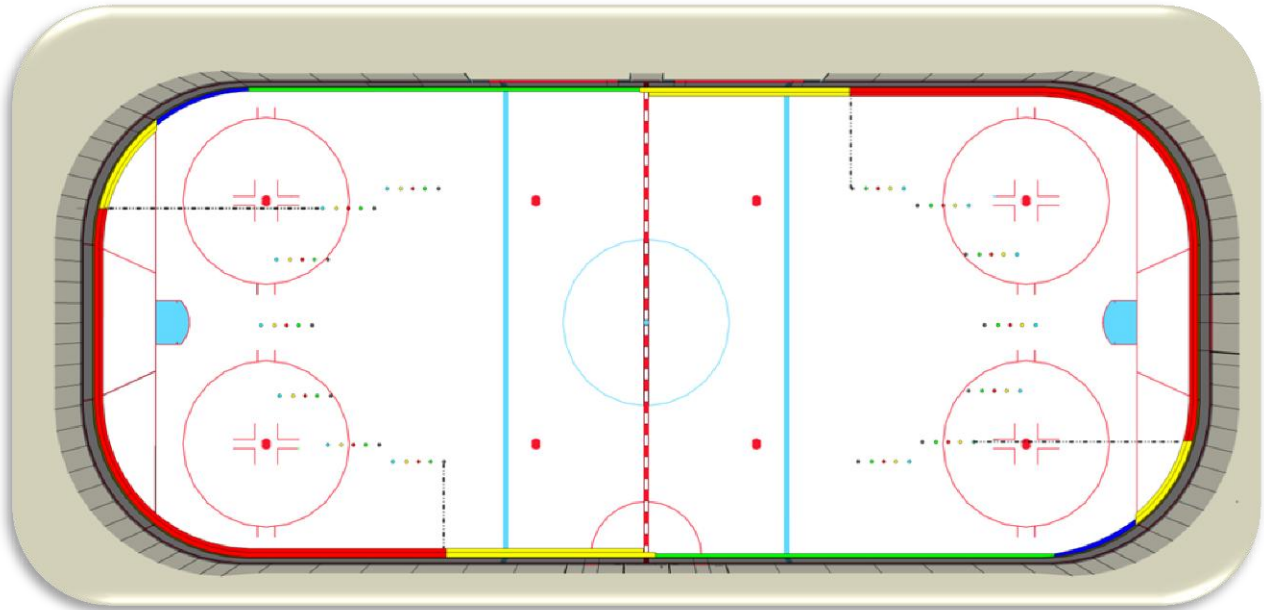


Table 4 – Minimum Padding Specifications Chart (Training – 100m Track)

	KEFs				
	Level 1 <.30	Level 2 .30 to <.60	Level 3 .60 to <.90	Level 4 .90 to <1.15	Level 5 1.15+
RED ZONE**	20cm (8")	30.5cm (12")	40.5cm (16")	61cm (24")*	n/a
YELLOW ZONE	15cm (6")	20cm (8")	25.5cm (10")	40.5cm (16")	n/a
BLUE ZONE	0	0	15cm (6")	30.5cm (12")	n/a
GREEN ZONE	0	0	0	0	n/a

* last pad in Red Zone should be tapered

** Cannot be comprised exclusively of soft foam, the final pad length can be changed to yellow zone padding on rinks narrower than 28m(92') at the discretion of the Head Coach.

Table 5 – Minimum Padding Specifications Chart (Competition – 100m Track)

	KEFs				
	Level 1 <.30	Level 2 .30 to <.60	Level 3 .60 to <.90	Level 4 .90 to <1.15	Level 5 1.15+
RED ZONE**	20cm (8")	30.5cm (12")	51cm (20")	71cm (28")*	n/a
YELLOW ZONE	20cm (8")	20cm (8")	30.5cm (12")	40.5cm (16")	n/a
BLUE ZONE	15cm (6")	15cm (6")	20cm (8")	30.5cm (12")	n/a
GREEN ZONE	0	0	0	20cm (8")	n/a

* last pad in Red Zone should be tapered

** Cannot be comprised exclusively of soft foam, the final pad length can be changed to yellow zone padding on rinks narrower than 28m(92') at the discretion of the Chief Referee.