

## Safety on the Ice

Risk management is all about assessing risks, deciding whether they are acceptable or not, and then acting to reduce or mitigate those that are not.

The sport of speed skating regards some risks as unacceptable. For those risks, we have rules that must be followed, for the good of the skaters and for all of the volunteers involved in the sport. You may also regard some other risks as being outside of your comfort zone. You or your club may require further safety precautions depending on your specific training situations.

In general, you need to identify hazards as they arise, decide whether they require action, and then take appropriate action if they do. This will involve

- removing hazards where feasible
- controlling them where they cannot be removed
- avoiding them where they cannot be controlled

Noteworthy Hazards	Strategies to remove hazards	Strategies to manage hazards	Strategies to manage injuries
<ul style="list-style-type: none"> <li><input type="checkbox"/> too many skaters on the ice</li> <li><input type="checkbox"/> too many different types (skill, speed, knowledge level, ages) of skaters on the ice</li> <li><input type="checkbox"/> things that can be fallen upon or tripped over to cause injury e.g. open doors, sharp equipment, debris</li> <li><input type="checkbox"/> hard/bare boards</li> <li><input type="checkbox"/> blocks stuck to the ice</li> <li><input type="checkbox"/> reckless and/or rowdy skaters</li> <li><input type="checkbox"/> sharp blades</li> <li><input type="checkbox"/> slippery ice</li> <li><input type="checkbox"/> cold weather</li> <li><input type="checkbox"/> collisions with other skaters</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> close doors on the rink</li> <li><input type="checkbox"/> clear dangerous objects from the ice surface</li> <li><input type="checkbox"/> check to make sure blocks aren't stuck to the ice</li> <li><input type="checkbox"/> remove rowdy/reckless skaters</li> <li><input type="checkbox"/> come in from the cold</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> wear warm clothing</li> <li><input type="checkbox"/> wear cut proof gloves, neck protector, knee and shin pads</li> <li><input type="checkbox"/> wear an approved helmet</li> <li><input type="checkbox"/> wear equipment that fits</li> <li><input type="checkbox"/> have pads along the boards</li> <li><input type="checkbox"/> no jewellery is worn on the ice</li> <li><input type="checkbox"/> don't mix big differences in ages/skill levels/speeds on the ice where possible</li> <li><input type="checkbox"/> have rules for skater conduct on the ice (especially during racing)</li> <li><input type="checkbox"/> have protocols for who is on the track at what points in the practice (especially warm-ups)</li> <li><input type="checkbox"/> be careful about playing games that may increase the risk of injury esp. collisions</li> <li><input type="checkbox"/> make sure finish lines are not near boards</li> <li><input type="checkbox"/> make sure tight turns are not near boards</li> <li><input type="checkbox"/> let an athlete sit it out if they complain of any ailments</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> carry first-aid kit at all times</li> <li><input type="checkbox"/> carry medical information sheets at all times</li> <li><input type="checkbox"/> get first-aid training</li> <li><input type="checkbox"/> have an EAP (Emergency Action Plan)</li> <li><input type="checkbox"/> inform others of their roles in the EAP</li> <li><input type="checkbox"/> know the location of emergency phones</li> <li><input type="checkbox"/> stop all activity on the ice if an accident occurs</li> </ul>