



Aldwych Speed Club

Essential Equipment

Although the Club has an extensive stock of skates available for loan, other loan equipment is limited. We expect that new skaters will purchase all the following equipment after the first month.

- HELMET – Available from Club sales (the helmet must not have vents which are large enough for a skate blade to pass through).
- NECK GUARD – Available from Club sales.
- GLOVES – Available from Club sales (should be cut-proof).
- KNEE PADS – Available from any good sports shop.
- SHIN GUARDS – Available from any good sports shop. Look for soccer shin guards without ankle protection.
- LONG SLEEVE SHIRT – All skin must be covered except the face.
- TRACK SUIT BOTTOMS – Without flared bottoms.
- DRINKS BOTTLE – Plastic not metal or glass.
- BLADE GUARDS – Available from Club sales.
- OLD TOWEL – To dry blades and boots.

Skates and blades

Speed skates and blades are very different from other skates, and can be quite expensive to buy. The Club has a good stock of loan skates, but cannot guarantee to be able to provide enough skates of the right size. In this case skates will be issued on a first come, first served basis. **Club skates should not be taken home** unless you need them for a competition, in which case you should get permission from a coach or other Club official and return them at the next Club session.

When you are ready to get your own skates ask about the options. There are two types of boot: off-the-peg boots that are made to a standard size and custom boots that are built to follow the exact shape of your foot (you'll need to make a plaster cast of your feet to get them made). There are a number of different suppliers from around the world, and you should ask the coaching staff which suppliers would be the best option for you.

There are also a number of different suppliers for blades. All speed skating blades are sharpened by hand, using a stone and a jig. If you get you own skates, you'll probably also benefit from having your own sharpening kit, rather than waiting to use the Club's.

Skin suits

If you want to race, you will need a skin suit that meets the requirements laid out by British Ice Skating (BIS) You will also find it easier to skate with one. There are two types of skin suit: basic and a cut-proof. The cut-proof offers protection against skate blades in essential areas of the body. The basic skin suit requires a cut-proof undersuit to be worn under the skin suit. This provides cut-proofing over the entire body, legs and arms. Some Club members do have second-hand children's skin suits available from time to time, so it is always worth asking.