



# Long Track Ice Rules

[www.oval.ucalgary.ca](http://www.oval.ucalgary.ca)

speed skating

In an attempt to reduce injury and address safety concerns for Long Track speed skaters, the outer lane is no longer be used as a rest area during training sessions. The inner most lane of the Oval 400m track shall be the ONLY lane used for resting purposes. The two existing racing lanes will be used for training purposes only. Below is a detailed explanation for each of the lanes and the rules regarding each lane.

**RESTING LANE: (inside the red dash line)** - The inner most lane will be used for resting, standing, and gliding only. Absolutely no skating allowed of any kind in this lane. Winding up and winding down after an interval should take place in the outer lane as usual

**INNER RACE LANE:** - The inner race lane (solid blue line) will be used for all skating and interval training as usual. If you are traveling faster than other skaters in front of you, you must pass them on their right hand side.

**FAR OUTER RACE LANE:** - The far outer race lane is for coasting in preparation for intervals, technical drills and starts only. Winding up and winding down before and after intervals will still occur in this outer most lane.

**PRACTICE STARTS:** - Outer race lane only. Practice starts may only take place at least 20m past the end of the corner (ie. Not at the 500 and 1500m start lines).

**COACH/ATHLETE DESIGNATED AREA:** - This will be the only area on the outside of the track where athletes are permitted to stand and talk to their coach. This area is currently identified as being on the straight near the 500m finish line.

**BUMPERS:** - A few sections of bumpers will be placed on the inside of the track near the 500m finish line for the athletes to rest on.

**ZAMBONI:** - All skaters must be off the ice when the zamboni is doing maintenance.

**COACHING:** - No congregating as a group on the outer lane to speak with your coach. The coach must go to the inner lane to speak with groups of skaters.

