

# **NOTTINGHAMSHIRE ICE RACING CLUB**



## **NEW SKATER INFORMATION**





Dear Skater

Welcome to the Nottinghamshire Ice Racing Club, full details of which can be found at the website address below our club logo above.

This booklet is intended as a quick introduction for you to both the club and the sport of short track speed skating. It includes a brief overview of the sport, an example of club training sessions, the set up procedure for the protective pads, the club's Code of Conduct and details of the club committee.

NIRC is a friendly, volunteer-run club based at the National Ice Centre which welcomes skaters of all ages and abilities. All we ask is that you are at least 5 years old and a reasonably competent skater; NISA Skate UK Level 4 is an ideal start point. The club has members ranging from novice children (and adults) through to Olympic athletes. So, whether you want to speed skate recreationally and for general fitness, want to improve your skating skills for other sports or want to train and compete at a high level, we are happy to welcome you to the club. The club website also provides details of our safeguarding policy which aligns with that of the National Ice Skating Association (NISA).

So, you've tried short track speed skating over 2 or 3 club sessions and are on your way to being hooked. Now that you intend to continue, we ask that you become a member of NIRC which will ensure that you are covered by our public liability insurance on all training sessions. Also, club members enjoy lower session rates than guests. Details of membership type and fees are as follows; an application form is included at the centre of this booklet and, to start with, you should need only Associate Membership.

Associate Membership: £10.00 annually

- This entitles the member to attend all club training sessions (fee payable before each session)
- Full use of club facilities and equipment.
- Access to advice and information about the sport.
- Included in all social activities.
- Covered by Club Insurance

Full Membership: £20.00 annually

- As for Associate and additionally
- Entitled to race in NISA competitions home and abroad, with club support, subject to applying for NISA membership\*.
- Full voting rights within the club and eligible to stand on the Committee.

Family Membership: £25.00 or £45.00

- For a Family with 1 skater (£25.00). This gives the skater and both parents full membership.
- For a Family with 2 or more skaters (£45.00). This gives all skaters and both parents full membership.

\* Please note that NISA membership is also required to race in official NISA/ISU competitions. Details about NISA membership can be found at **[www.iceskating.org.uk](http://www.iceskating.org.uk)**

You are expected to pay for training fees before you step onto the ice for each session you attend. The club operates a pay as you go system so you only pay for the sessions that you attend which means it is entirely up to you how often you wish to train. The costs of the training sessions are as follows:

£8.00 plus £1.00 for skate hire.

Non Members/Guests: £9.00 plus £1.00 for skate hire.

We hope you find this introduction useful but you'll find that any of the club committee members, coaches or parents of skaters will be delighted to answer questions you may have about the club or the sport. Alternatively, the club e-mail address for any enquiries is **[nottmirc@hotmail.com](mailto:nottmirc@hotmail.com)**.

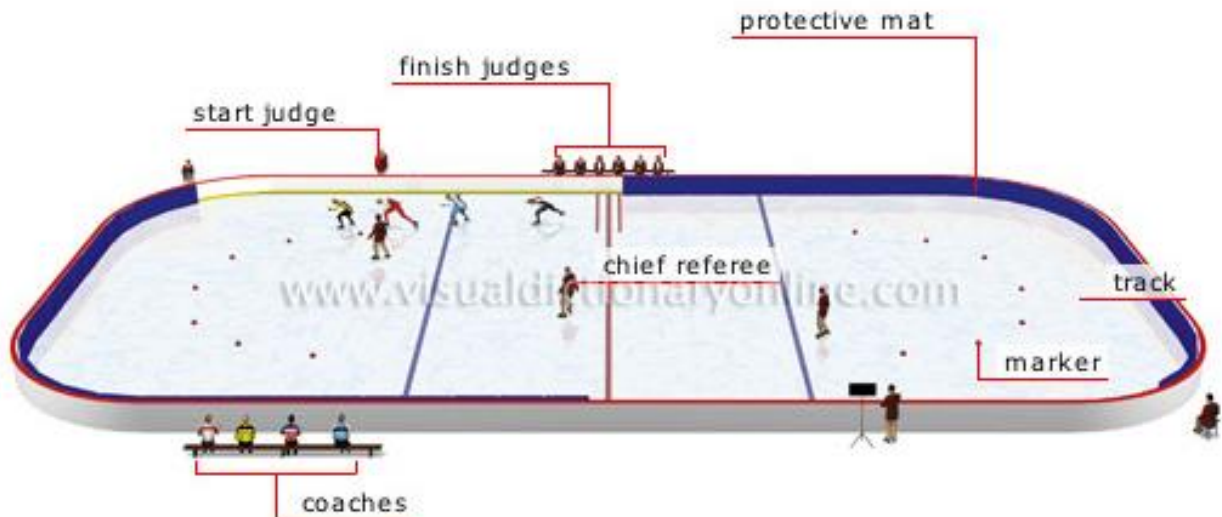
**Enjoy your skating and come as little or as much as you would like.  
Most of all – have fun and enjoy your skating.**

Regards

**Nottinghamshire Ice Racing Club**

## SO WHAT IS SHORT TRACK SPEED SKATING?

Short track is a fast paced, adrenaline fuelled sport that is full of unpredictability where skaters reach high speeds on blades up to 46cm long and only 1mm thick. In competition, skaters go head-to-head around a 111m track (which fits inside a standard ice rink) in races of 4-6 skaters in a knock-out style of competition. However, it can be good fun even if you only want to attend training sessions and do not plan to compete.



With skaters travelling at high speeds, in close proximity to other athletes, protective equipment is vital. To get started, you need some basic essential equipment:

- Speed skates – the club owns a number of pairs of speed skates which are available for a nominal hire fee on a first come first served basis.
- Helmet – a standard cycle or skate helmet is fine although the club does have some to loan out
- Clothing – needs to be comfortable and easy to move in with no short sleeves
- Gloves

In addition, as you improve you will need:

- Knee pads
- Shin pads
- Neck protector – bib style is ideal.

## **RACING CATEGORIES**

In short track speed skating, skaters race in age categories with the age at 1 July immediately before the racing season begins determining in which category they fall. Due to the relatively small numbers racing in this country, boys and girls will often compete against each other in the same races. However, depending on the competition, the categories can sometimes be split into boys and girls.

### **Categories**

	Age before 1 July preceding competition
Pee Wee 2 (Jun E)	Under 11
Pee Wee 1 (Jun D)	11 and 12
Juvenile (Junior C)	13 and 14
Junior B	15 and 16
Junior A	17 and 18
Senior	Over 18

Each category will race over official distances according to their age category, as follows (1 lap of the track is 111m so 222m is 2 laps, 500m is 4½ laps, 1000m is 9 laps and 1500m is 13½ laps):

Pee Wee 2	222m, 333m, and 500m
Pee Wee 1	333m, 500, and 777m
Juvenile	500m, 777m, and 1000m
Junior A & B	500m, 1000m, and 1500m.
Sen Men	
Sen ladies	500m, 1000m, 1500m, and 3000m

Relays, with 4 skaters per team, are also skated over:

Pee Wee 1 (Junior D)	2000 (18 laps)
Men/Ladies	3000m (27 laps)
Men	5000 (45 laps)

## **CLUB TRAINING TIMES**

A **typical** weekly training schedule for the club, dependent on ice availability, would include:

### **ON-ICE (Skating)**

<b>Day</b>	<b>Time</b>	<b>Location</b>
Monday	8.30pm to 9.30pm	Arena Pad
Friday	7.45pm to 8.45pm	Arena Pad
Saturday	8.30am to 9.30am	Public Pad

**OFF-ICE** (This helps skaters build strength and skating specific muscle memory)

<b>Day</b>	<b>Time</b>	<b>Location</b>
Tuesday	7.00am to 8.00am	Rink side/concourse
Tuesday	6.30pm to 7.30pm	Concourse
Wednesday	7.30pm to 8.30pm	Concourse

The club training schedule is updated on a monthly basis and is always available on the club website. **It is important that you check the current programme on the website before attending** as sessions may be cancelled due to concerts and other events taking place at the Arena. However, Saturdays will be cancelled only in exceptional circumstances (usually only when the British Championships take place).

You are not obliged to attend every session; how much or how little you attend is entirely up to you.

**NOTE:** All skaters are expected to help with setting up and removing the barrier pads for each on-ice session. All parents are encouraged to help with pad trolleys at the beginning and end of each on-ice session.



## **PAD SET UP PROCEDURE**

### **General**

- All parents are asked to help manoeuvre trolleys off the ice.
- All skaters are expected to help with the pads on the ice.
- There must be 2 people used to move each pad-loaded trolley on or off the ice. One to pull and the other to push the trolley.
- Under 12s are not allowed to push the trolleys.
- Under 12s can help slide the pads into place on the ice.
- You are not allowed on the ice without rubber soled shoes (or skates). Shoe soles must be clean of any mud/soil.
- Extra care should be taken with trolleys that have a second layer of pads.
- Trolleys should be parked against the wall with the bars away from the wall.
- Trolleys must not block any door way.

### **Procedure**

- On Saturdays the pads go on at 8.00am (30 mins before club skating starts).
- On other days the pads go on 15 minutes before skating starts.
- Parents should help prepare the trolleys in advance (ie before 12.00) so that they can be set up quickly.
- Parents push/pull the trolleys onto the ice.
- Skaters aged 12 and over will position the trolley on the ice and unload them in the correct location.
- All skaters, including under 12s, can slide pads into position on the ice.

- Empty trolleys will be put back into the storage area.
- When putting pads away, they should be slid down the ice to the Zamboni end before loading onto the trolley.
- Under 12s should slide the pads into position for older skaters to load onto the trolleys.
- Parents will store trolleys once they are pushed off the ice.

## Code of Conduct

1. Respect the sport, compete fairly and follow its rules and regulations.
2. Show respect for authority, NIC Staff and to the officials of the sport.
3. Respect other people - treat them as you would wish to be treated
4. Demonstrate good sportsmanship before, during and after Training sessions/competitions.
5. Help parents and spectators understand the rules and objectives so they can watch and enjoy the sport.
6. Be courteous to opposing teams/clubs and treat all skaters and coaches with respect.
7. Be modest when successful and be gracious in defeat. Applaud good skating.
8. Respect the privilege of the use of all club and NIC facilities.
9. Refrain from the use of abusive language.
10. When using Social Media all the above points should be respected and adhered to.

Any serious breach of the “Code of Conduct” could be considered as acting in a manner derogatory to the Club and therefore subject to Rule 10 (Disciplinary Procedure) of the Club Rules.

## Club Committee

The NIRC is an independent club that operates within the National Ice Centre and has to work within the guidelines and rules of the NIC. We are run by a group of volunteers from the club (parents and skaters) who are voted on to the committee each year by the membership at the annual general meeting (AGM). The money we collect for ice fees goes to pay the NIC for the hire of the ice.

The Committee for this year is as follows and is happy to answer any queries you may have regarding the club or the sport so, if you have any questions, please feel free to contact any of them.

Peter Worth	Chairman and Treasurer <b><a href="mailto:peter_worth@hotmail.com">peter_worth@hotmail.com</a></b>
	Vice Chairman
Elke Roberts	Secretary
Mandy Worth	Head Coach
Shaun Baguley	Club Captain
Peter Hurley	Committee Member
Dave Ross-Waddell	Committee Member
Chris Murray	Committee Member
Sue Beaumont	Co-opted
Gary Polak	Co-opted

NIRC email address is [nottmirc@hotmail.co.uk](mailto:nottmirc@hotmail.co.uk)

All the committee has access to this email so please use it if you have any general questions or suggestions.

