

# Inclusive Skating Competition Checklist

Inclusive Skating understands that preparing for a competition event can be a bit overwhelming. We've compiled a brief checklist of things we suggest you do prior to the event as well as handy list of things to pack for your day at the rink to help you feel calm and organised.

## Sport 80, Documents and Safety:

- Double check that your classification information is up to date on your Sport 80 account.
- Ensure that your emergency contact details are up to date.
- Ensure that your music is uploaded, and that you have back-ups downloaded.
- Ensure that your Planned Programme Content (PPC) sheet has been submitted.
- Please review our [Traffic Patterns for Inclusive Skating](#). These rules will be followed on training sessions, practice ice and warm-ups and are best practice for your sessions at home as well.

## Packing for the Rink

- Skates
- Guards
- Soakers
- Spare laces for skates
- A cloth to dry blades
- Costumes for competition
- Any pads, socks or athlete-specific clothing needed for skating.
- Any tools for maintenance on other requisite equipment such as for wheelchairs, frames etc.
- Jackets for warming up, training and cooling down.
- It is recommended that skaters, family and other spectators bring a warm coat to use while spectating, and/or a blanket to keep warm.
- Appropriate footwear for warming up and off ice training.
- Water bottles
- Snacks and food- both for skaters and family members
- Gloves for practice sessions
- Facial tissues

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- Hand sanitiser
- Personal hygiene products
- Small first aid kit
- Any emergency medications/medical devices you may need such as inhalers and EpiPens
- Activities to keep young (and older) skaters engaged and entertained during down time: This can include tablets, toys, books, art supplies etc.
- Some members of community with auditory sensitivity elect to use ear defenders to stay safe and comfortable in louder areas.

