

Speedskating **Skate-a-Thon**

What to expect

General

- SAFETY FIRST!! Please be careful getting on and off the ice. Watch for skaters. If you need help getting on or off, ask an experienced skater or adult to help.
- All safety equipment must be worn on the ice throughout the day
- A clip board will be available in the penalty box for your convenience to record laps throughout the day.
- Pizza will be served at halftime (around 4:30)
- Stay hydrated and rest often.
- Work to maintain good speedskating form.
- Please help with mats at the conclusion of the day.
- An e-mail follow-up will be sent out to record your comments and suggestions as well as confirm your total amount deposited to OSA.

Kids

- Parents are responsible for counting your laps
- Please complete the clip board periodically to record your laps
- Take short breaks in center ice or in the penalty box
- Take several longer breaks off the ice and drink plenty of liquids, play games, have a snack

Adult Skaters

- The honor system will be used to count your laps
- A clip board will be located in the penalty box for your convenience
- Take short breaks in center ice or in the penalty box
- Take several longer breaks off the ice and drink plenty of liquids