

Speed Sledge



What is Speed Sledge?

- Speed Sledge is an adaptation of Speed Skating for skaters living with a physical disability. Each racer participates using a Para Hockey Sledge.
- Sledge Racing was one of the first sports included in the Paralympic Games, in which it was known as Ice Sledge Speed Skating. It was last included in the Games at the 1998 Paralympic Games in Nagano, Japan.

Equipment



Sledge



Sticks



Helmet

For more in depth information on program locations, visit www.parasportns.com or follow the QR code to the right.

