



Dear Speed Skating BC (SSBC) Member,

You are receiving this letter because you have reported an accident causing an injury during a speed skating activity. First and foremost, please take care of yourself and get well soon.

As you recover and rehabilitate from your injury, please note the following:

- A SSBC Injury Report Form should have been submitted to SSBC detailing your injury. If you were injured in practice, the qualified volunteer who provided first aid would have completed the form and passed it to the club to submit. If you were injured in a competition, the first aid personnel would have completed the form and passed it to the Meet Coordinator to submit. SSBC uses the Injury Report Forms to track trends in injury. SSBC may also use the information in the event of an insurance claim (see below).
- The costs of recovery and rehabilitation from the injury, if any, should be covered in the following way:
 1. First, covered by public health insurance (Medical Services Plan)
 2. Second, covered by any private extended health benefits/insurance
 3. Third, covered by SSBC's Sport Accident Policy.

If you believe you will have expenses that should be submitted to SSBC's insurer, please contact valerie.linton@speedskatingbc.ca as early as possible. There are additional steps to be taken that SSBC Executive Director Valerie will support you with.

If you have any questions, please contact Valerie.

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