



Skate Canada Skills Assessment GOLD

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: Pass with Honours Pass Retry

GOLD Skills

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

Mandatory Requirements must be Yes for element to receive an overall rating of Gold or Silver.

***Element assessment cannot exceed criteria rating.**

To establish an overall assessment, skaters must acquire 2 or more checkmarks at a level rating or higher.

9 TURN CHALLENGE					Draw 1 of 4 categories of turns to be performed. All turns in category to be skated as indicated.				
DRAW CATEGORIES					ELEMENT	B	S	G	COMMENTS
	1	2	3	4	Turn to be performed				
1	RFO	LBO	RBI	LFI	3-Turn				
2	LBI	RFI	LFO	RBO	Bracket				
3	LFI	RFO	LBO	RBI	Rocker				
4	RBO	LBI	RFI	LFO	Counter				
5	RBI	LFI	RFO	LBO	Loop				
6	LFO	RBO	LBI	RFI	Twizzle				
7	LFI	RFI	LFI	RFI	Choctaw 1				
8	RBO	LBO	RBO	LBO	Choctaw 2				
9	Assessor's choice (turn not already performed)				Turn: _____				
Overall Assessment of 9 Turn Challenge						B <input type="checkbox"/>	S <input type="checkbox"/>	G <input type="checkbox"/>	7 of 9 turns at Silver or better to receive SILVER 7 of 9 turns at Gold or better to receive GOLD

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Step Sequence Min 3/4 ice. Min 6 different turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	
		Carriage/Clarity					
		Edge Quality					
Field Move Sequence Skater to select 3 different field moves (Min. 5 sec each)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position*				G <input type="checkbox"/> S <input type="checkbox"/> B <input type="checkbox"/>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
		Carriage/Clarity					
		Edge Quality					

2 re-skates in total permitted (includes any individual turn in 9 Turn Challenge)

Result: <input type="checkbox"/> Pass with Honours (3 of 3 assessments at GOLD) <input type="checkbox"/> Pass (3 of 3 assessments at SILVER or better) <input type="checkbox"/> Retry	Total Overall Assessment	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------	---------------	---------------	-------------



Skate Canada Skills Assessment GOLD

Standards of Assessment

Mandatory Requirements			
Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge (one sec. for loops) Field Moves: Meets definition of field move(s) Step Sequence: Minimum 6 different turns, ice coverage must be minimum $\frac{3}{4}$ of the ice (any pattern) Skills Exercise: Meets definition of step & turn sequence and stable throughout (no fall)			
Assessment Criteria (GOE)			
	BRONZE (-)	SILVER (0)	GOLD (+)
Position* Quality of position	Poor position with extension that is partial. Break in body lines apparent.	Position is solid with moderate extension. Body lines are adequate.	Good positions with good extension and body lines.
Continuum of Development Criteria (for the level)			
Stage of Development (Learn to Compete)	Moderate (exit phase)	Advanced (entry phase)	Advanced (exit phase)
CRITERIA	BRONZE (Below level)	SILVER (At level)	GOLD (Above level)
Accuracy* Correct skating technique, symmetry and shape of edges	Advanced turns: Edge entering and exiting the turn is consistent with reasonable flow and symmetry. Skater uses correct skating technique.		All Turns: Edge entering and exiting the turn is solid and strong with good flow and symmetry. Skater demonstrates strong skating technique.
Carriage/Clarity Carriage and clarity of movement	Skater carries themselves with good posture. Core balance is generally strong and body lines are pleasing. Movements are generally precise		Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident in nature. Movements are precise in nature throughout.
Edge Quality Balance, control, body lean and edge depth	Advanced skills are skated on edges with some depth and body lean demonstrated. Moderate balance and control evident. All basic turns should present strong lean, depth, control and balance.		All skills are skated on strong edges with good depth and body lean demonstrated. Strong balance and control evident.

Additional Comments:
