

This document is meant to provide information on requirements, best practices and recommendations during Stage 3 of the Alberta Open for Summer plan, to continue to maintain the health and safety of our members. The Section will continue to monitor the COVID-19 situation and may impose stronger measures if required based upon the advice of public health officials.

Enhanced safety measures will continue to be maintained at minimum during the month of July at any Section hosted courses, events, camps, or seminars. Members should continue to expect to follow measures, such as distancing and masking requirements, accordingly if attending any Section run events and activities.

**CLUB AND SKATING SCHOOL REQUIREMENTS**

*Clubs and Skating Schools are required to continue to follow the following protocols and reporting requirements during Phase 3 of the Skate Canada: Alberta/NWT-Nunavut Section Protocols and Guidelines*

Item	Protocol
Compliance with regulations	<p>All figure skating activities must adhere to all federal, provincial, territorial and municipal laws, regulations, by-laws and orders as they may exist from time to time. This includes but is not limited to compliance with:</p> <ul style="list-style-type: none"> <li>● Physical distancing measures</li> <li>● Health and safety regulations</li> <li>● Size of permitted gatherings</li> <li>● Skate Canada rules, policies and procedures</li> <li>● Skate Canada: Alberta-NWT/Nunavut rules, policies and procedures</li> <li>● Safe Sport policies and procedures</li> <li>● Applicable occupational health and safety requirements</li> </ul>
Compliance with Skate Canada: Alberta-NWT/Nunavut guidelines and protocols	<p>All Section clubs, skating schools and coaches conducting training (on rented club or non-club ice) must implement and comply with the most current version of the Skate Canada: Alberta – NWT/Nunavut <i>Return to Skating</i> Protocols. Each club, skating school and coach is also responsible for implementing and complying with any updated version of these Protocols as posted from time to time.</p> <p>The Assumption of Risk and Waiver regarding COVID-19 form must be completed by each participant in club or skating school activities (including staff, skaters, coaches, choreographers, officials, evaluators and volunteers).</p> <p><b>This form must be kept current (annually)</b> or completed prior to the start of participation in club or skating school activities. The club or skating school must keep this form on-file for each participant. It is not necessary to submit this to Skate Canada: Alberta-NWT/Nunavut but it may be requested by the Section at any time.</p> <p>Please see <a href="#">Section Website</a> for the Skate Canada: Alberta-NWT/Nunavut:</p> <ul style="list-style-type: none"> <li>● <i>Assumption of Risk and Waiver form</i></li> </ul>

Item	Protocol
<p>COVID-19 Rapid Response Plan</p>	<p>Each club and skating school MUST have a COVID-19 Rapid Response Plan which includes the following provisions:</p> <ul style="list-style-type: none"> <li>● Designate an individual over the age of 18 to oversee and ensure the implementation and adherence of safety and public health guidelines and familiarize themselves with the <a href="#">isolation and quarantine requirements</a> for COVID-19</li> <li>● Process for individuals to report to the club if they have developed or been exposed to someone with COVID-19</li> <li>● Procedure to notify Alberta Health Authority and external stakeholders (i.e. Skate Canada: Alberta-NWT/Nunavut Section Office, facility management) of any suspected or confirmed cases</li> <li>● Procedures to modify, restrict, postpone or cancel training sessions based on the evolving COVID-19 pandemic</li> <li>● Protocol for staff, skaters, coaches, parents, members and volunteers after a COVID-19 diagnosis</li> <li>● A plan to safely manage those who become symptomatic for COVID onsite. This should include: Immediate isolation of the symptomatic person from others Asking the individual to wash or sanitize their hands, and avoid touching all shared items and surfaces Safe transport of the person to their home for isolation Support identification of close contacts of the symptomatic individual</li> </ul> <p>Please see <a href="#">Section Website</a> for the Skate Canada: Alberta-NWT/Nunavut:</p> <ul style="list-style-type: none"> <li>● <i>COVID-19 Response Plan Template</i></li> </ul>
<p>Self-screening measures</p>	<p>All individuals taking part in club/skating school activities must self-screen at home and in accordance with Public Health Orders must not attend any training sessions or club activities if they:</p> <ul style="list-style-type: none"> <li>● Exhibit any COVID-19 symptoms, such as a fever, cough, difficulty breathing, or other symptoms identified by health experts</li> <li>● Are legally to <a href="#">quarantine or isolate</a> (international travel lers, close contacts of confirmed cases)</li> </ul> <p>Those who are considered a vulnerable or at-risk individual (elderly persons, weakened immune system or medical conditions such as heart disease, lung disease, cancer etc.) should be advised of the increased risk of participation and take additional precautions and use of PPE where possible.</p>
<p>Clubs &amp; Skating Schools Screening of individuals</p>	<p>Confirm that all attendees, including participants, parents, coaches, volunteers have screened themselves using the <a href="#">Alberta Health Daily Checklist</a> for symptoms of COVID-19 before attending the facility or activity</p>

Item	Protocol
<p>Contact/Participant Tracing in a Club or Skating School</p>	<p>To support public health contact tracing efforts in the event that an attendee tests positive or an outbreak is identified, clubs &amp; skating schools are responsible for collecting the names and contact information of all participants, coaches, officials, evaluators, volunteers and spectators.</p> <p>When skating is taking place outside of a club setting, the coach is responsible for ensuring this logging, tracking and submission to club or skating school is completed.</p> <p>As personal information is being collected for contact tracing logs, reasonable security measures against unauthorized access, collection, use, disclosure, copying, modification, disposal or destruction for information must also be in place in accordance with the <a href="#">Personal Information Protection Act (PIPA)</a>.</p> <p>Contact Tracing logs can be done online or completed onsite by a responsible adult. Records must be maintained for 4 weeks.</p> <p><b>*** If Alberta Health Services determines a COVID-19 case to be infectious during a time in which distancing was not maintained by coaches or skaters, anyone considered to have been in contact with the confirmed case will be required to quarantine as per the current health <a href="#">quarantine requirements</a></b></p> <p><i>Please see <a href="#">Section Website</a> for a Contact Tracing tracking template</i> <i>See <a href="#">Pandemic FAQ: Customer Lists</a> for additional requirements related to safeguarding and protection of personal information</i></p>
<p>Facility Coordination</p>	<p>Clubs and skating schools must comply with all requirements or protocols a facility operator may have in place.</p> <p>This includes but is not limited to:</p> <ul style="list-style-type: none"> <li>● Use of dressing rooms</li> <li>● Use of Physical Distancing in common areas</li> <li>● Requirements to wear masks in common areas</li> <li>● Wiping down/sanitizing high touch areas such as entry/exit doors to the ice etc.</li> </ul>
<p>First Aid / Emergencies</p>	<ul style="list-style-type: none"> <li>● Clubs, Skating Schools and Coaches must ensure personal protective equipment (which includes medical masks and disposable gloves) is immediately available IF first aid treatment is required.</li> <li>● In the event that a participant requires first aid, consider having a family member attend to the injured, when possible</li> <li>● If not possible, the attending person must wear appropriate Personal Protective Equipment (PPE) including a medical mask and disposable gloves. <ul style="list-style-type: none"> <li>● Proper hand washing and PPE Doffing should take place immediately following any in-person interaction</li> </ul> </li> </ul> <p><i>Please refer to <a href="#">the Alberta Health Services overview</a> on use of PPE</i> <i><a href="#">Please refer to the Government of Canada information on COVID-19 medical masks and N95 respirators</a></i></p>

**CLUB AND SKATING SCHOOL RECOMMENDATIONS & BEST PRACTICES**

*The following are recommendations and best practices for clubs and skating schools to follow as a means of reducing potential risks to skaters, coaches, volunteers, officials as well as club/skating school program delivery based on Provincial guidance and recommendations as COVID-19 restrictions continue to be lifted in the Province.*

*Each club is responsible for assessing risks in their environment and establishing the appropriate safety procedures to minimize those risks, while following the advice and instructions of public health and government authorities (all levels), as well as any requirements individual facility operators may have in place.*

Item	Recommendation/Best Practice
COVID-19 Education	<p>Each club and skating school should ensure staff, coaches, skaters, parents, members and volunteers have received education on safety and hygiene protocols as well as Government of Alberta approved information on ways to limit the spread of COVID-19 including:</p> <ul style="list-style-type: none"> <li>● Respiratory etiquette</li> <li>● Hand hygiene</li> <li>● Physical distancing</li> <li>● Use of Personal Protective Equipment (i.e. face masks)</li> </ul> <p><i>Please see <a href="#">Section Website</a> for samples and resource links to these education</i></p>
Travel	<p>Transportation to and from the facility should align with Provincial Guidelines.</p> <ul style="list-style-type: none"> <li>● Travel within the Province for sport, recreation and physical activities is permitted.</li> <li>● Interprovincial Travel is permitted in other jurisdictions that permit interprovincial travel for sport activity</li> <li>● Group transportation (team buses or vans) if used should have enhanced cleaning and distancing measures in place</li> <li>● Provincial or Municipal health orders related to public transportation must be followed.</li> <li>● Individuals taking public transportation to the facility should immediately upon arrival wash their hands thoroughly with soap and water or use an alcohol-based hand sanitizer if soap and water is not available</li> <li>● When exiting the facility, after training, individuals should minimize the time spent in parking lots and maintain physical distancing when returning to vehicles or homes.</li> </ul>
Session registration	<p>It is recommended that registration is required in advance of arriving at the training facility to reduce contact and control the numbers of participants</p> <p>All registrations and payments should be completed online whenever possible in order to minimize contact. Precautionary measures should be taken in accordance with <a href="#">guidelines provided by Alberta Health Services</a> when handling cash.</p>
Scheduling	<p>Age 11 &amp; under participants group programming should be scheduled in a manner to limit the amount of contact they have with age 12+ participants.</p> <p>This includes scheduled staggered arrival and departure times to avoid overlapping in common areas and entrance/exits of the facility or by separating groups on the ice (splitting the ice in ½) to limit contact with another group where possible</p>

Item	Recommendation/Best Practice
<p>Limitations on size of training groups</p>	<p>The Skate Canada: Alberta-NWT/Nunavut Phase 3 Protocols and Guidelines does not have a mandated restriction on the number of participants in a group, however <b>clubs and skating schools should consider the following when determining the number of skaters and coaches on the ice or when scheduling their programs:</b></p> <ul style="list-style-type: none"> <li>• The Safe Sport <a href="#">Rule of 2</a> for coaches always applies regardless of group size</li> <li>• Municipalities or Facility Operators may have additional restrictions in place that must be followed</li> <li>• Each participant counts as part of the gathering size. This includes multiple participants from single households</li> <li>• Smaller group sizes for age 11 &amp; under participants is strongly recommended as they are at higher risk for contracting and spreading COVID-19 as a result of being ineligible for vaccination at this time</li> <li>• 2 metres of physical distancing between skaters and coaches is recommended as much as possible as it limits the risk of potential community spread and protects those that may not be vaccinated.</li> <li>• Risk of being considered a close contact of a confirmed case is high in places where distancing has not been maintained and could result in the entire group (including the coach(s)) having to isolate or quarantine if there is a confirmed case.</li> <li>• Spectators should not be at ice level and should be seated in designated areas. Limitations on the number of spectators may be imposed based on municipal or facility operator requirements.</li> </ul>
<p>Programming</p>	<p>All programming is permitted to resume which includes Pre-CanSkate, Inclusive Skating, and Synchronized Skating (in hold training), Dance partnering, Simulations, Carnivals, CanSkate Element Club Events, STAR 1-3 Club Events</p> <ul style="list-style-type: none"> <li>• All skaters should wash/sanitize their hands at the beginning and immediately following each training session</li> <li>• It is recommended that physical distancing requirements be maintained when feasible for warm-ups and off-ice training</li> </ul> <p>Enhanced measures should be considered when offering programming to age 11 &amp; under participants to limit the risk to all participants and coaches which include:</p> <ul style="list-style-type: none"> <li>• Coaches should wear masks at all times when coaching age 11 &amp; under participants or in cases where close contact with the participant is required (such as Pre-CanSkate, or Inclusive Skating programming)</li> <li>• Consider assigning coaches or PA's to certain programming or skaters where hands-on coaching or assistance is required. Ensure proper hand-hygiene and it is recommended a change in outerwear between scheduled groups</li> <li>• Enhanced cleaning measures between groups including high-touch areas</li> <li>• Schedule smaller group sizes to allow for distancing as much as possible, and to limit the risk of spread and the number that could be considered close contacts in the event of a confirmed case in group program</li> </ul>

Item	Recommendation/Best Practice
CanSKATE / CanPowerSkate / CanSkate Parent & Tot	<p><b>Skate Canada Club and Skating Schools are required to follow the minimum program requirements and delivery standards as defined by Skate Canada.</b> It is recommended that the Program Requirements and Delivery Standards with COVID considerations be followed wherever it is feasible.</p> <p><i>For further detail on delivery guidelines please refer to the attached appendices</i></p>
STAR 1 – 5 and Club or Skating School Customized Programs	<p><b>Skate Canada Club and Skating Schools are required to follow the minimum program requirements and delivery standards as defined by Skate Canada.</b> It is recommended that the Program Requirements and Delivery Standards with COVID considerations be followed wherever it is feasible.</p> <p><i>The Skate Canada Program Requirements and Delivery Standards with COVID considerations document can be found in the attached appendices</i></p>
Assessments	<p>The following guidelines are recommended for Assessments:</p> <ul style="list-style-type: none"> <li>● Evaluators prior to their participation in an Assessment and arrival at the arena, must conduct daily health screening</li> <li>● Contact Tracing Logs must be completed for all participants, coaches, evaluators, volunteers, and spectators. See CSO-010 for additional information.</li> <li>● Physical distancing measures between the Evaluator and skaters, coaches and volunteers should be maintained at all times during the Assessment</li> <li>● Attention should be paid to ensure that the area where the Evaluator will be located has been sanitized prior to their arrival</li> <li>● Shadow or Solo dance format is preferred. Enhanced measures should be in place if Dance Partnering is used particularly in the event the dance partner is partnering multiple skaters during the assessment day</li> <li>● Alternative methods of payment other than cash should be utilized to manage the risk of contact transfer</li> <li>● Evaluators may provide results verbally provided the skater, however it is recommended that coach and evaluators maintain 2 meters distancing and/or wear face masks</li> <li>● Safe handling of documents (including assessment or summary sheets) to reduce shared contact between individuals should be considered. Electronic means should be used whenever feasible.</li> <li>● Shared food and beverages should be avoided</li> <li>● The Evaluator should provide their own clipboard, pens, pencils and/or blanket for use during the assessment if feasible</li> </ul>
Entry/Exit – sporting complex	<p>Individuals should continue to follow facility guidelines and use designated entry and exit doors in the arena and any guidelines to manage the flow of people into the building and comply with the permitted number of people permissible in the sporting complex according to provincial, municipal and facility guidelines.</p>

Item	Recommendation/Best Practice
Physical Distancing	<ul style="list-style-type: none"> <li>• Skaters should continue to maintain a physical distance of 2m with other skaters and coaches within the training environment wherever feasible (ie: freeskating, and individual training)</li> <li>• Coaching should be done using verbal cues as much as possible and should avoid physical contact with the skater unless medical attention is required</li> <li>• Avoid common touch of equipment or technology such as iPads / Dartfish / Music Equipment etc</li> </ul>
Spectators/Parents	All spectators are expected to follow facility guidelines with respect to physical distancing and may not exceed the maximum number of individuals gathered in an area in accordance with Provincial, Municipal and facility public health guidelines.
Personal Hygiene & Masks	<ul style="list-style-type: none"> <li>• Individuals should wash or sanitize hands upon entry to facility</li> <li>• Avoid touching door handles, gates, benches and all other common surfaces</li> <li>• Personal hygiene etiquette should be practiced at all times (cough / sneeze into arm or tissue, immediately place used tissues into the facility garbage bins (do not place on the boards)</li> <li>• All training clothes, gloves, water bottles, skates should be kept clean. It is recommended all items of clothing be immediately washed and skates /guards sanitized frequently</li> <li>• Face masks must be worn in accordance with current Provincial, Municipal and facility guidelines</li> <li>• It is strongly recommended that coaches &amp; program Assistants wear non-medical face mask while coaching programs where physical distancing is not maintained or for any age 11 &amp; under programming.</li> <li>• Skaters, coaches, and program assistants are not required to wear face masks indoors unless a requirement by Provincial, Municipal or facility guidelines.</li> </ul> <p><i>The wearing of Personal Protective Equipment (PPE) shall be in accordance with the more restrictive of provincial, municipal or facility guidelines and may vary as conditions change.</i></p>
Personal Items	<ul style="list-style-type: none"> <li>• It is strongly encouraged that skaters limit the amount of personal belongings brought to the facility</li> <li>• Food and personal items should not be shared</li> <li>• Guards and water bottles must be placed in designated, personal areas on the boards</li> <li>• Non-porous surfaces such as Zuca bags should be sanitized/disinfected frequently and fabric items such as backpacks and gym bags should be washed frequently</li> <li>• Tissues must be disposed of immediately into a garbage bin in the facility</li> </ul>
Dressing Rooms	<ul style="list-style-type: none"> <li>• It is recommended that physical distancing is maintained and social gatherings are avoided in dressing rooms.</li> <li>• Enhanced cleaning protocols should be maintained between training sessions and individuals using the space</li> </ul>
Music / Video / Mobile devices and Dartfish technology	<p>Clubs / Skating Schools should consider the following when determining a safe way to play music or use technology while following physical distancing:</p> <ul style="list-style-type: none"> <li>• Designating one person per session to play music</li> <li>• Providing access to music playing equipment in an open area (i.e. long cord to rink-side for use with iPods/phones)</li> <li>• Providing sanitizing wipes to be used in between each session or user of music equipment</li> <li>• Individual training tools (such as iPad / Dartfish) operated by one designated individual and not shared or be a common touch item.</li> </ul>

Item	Recommendation/Best Practice
Harness	<p>Clubs / Skating Schools should consider the following when using harnesses:</p> <ul style="list-style-type: none"> <li>● Skaters should strap themselves into the harness if they can do so <b>safely</b> on their own</li> <li>● The coach should wear a non-medical face mask at all times when the harness is in use.</li> <li>● Provincial Guidance requires regular hand hygiene and cleaning of high-touch surfaces in sports/activities that involve shared equipment. Shared equipment should be cleaned and disinfected between each use. <ul style="list-style-type: none"> <li>○ All non-porous/hard surfaces on the harness must be disinfected and/or sanitized before and after each use using a spray or wipe</li> <li>○ Material surfaces (fabric/nylon) including the harness belt should be thoroughly cleaned with soap and water between participants or be isolated for a period of 48 hours</li> <li>○ <i>It is recommended that the harness manufacturer be contacted if any product other than soap and water will be used on the harness belt. Disinfectants or products that contain bleach can damage the stitching in the belt and impact the design and strength requirements of the harness.</i></li> </ul> </li> <li>● The coach/skater should sanitize their hands before and after use</li> <li>● Coaches should be maintaining 2 meters distance from skaters whenever feasible. Physical contact should be avoided between the coach and skater during harness use, unless in the case of a medical emergency.</li> <li>● Harness lessons should allow for adequate time between lessons to clean and disinfect the equipment</li> <li>● Consider additional clean harness or chest straps to rotate skaters between harness lessons if multiple skaters in a day are to be accommodated</li> </ul>



# Appendix

## **CanSkate – Parent & Tot – Delivery requirements (with COVID-19 considerations)**

CanSkate – Parent & Tot can be used as an option for skaters who require hands-on assistance getting up and maneuvering on the ice. All CanSkate sessions (including CanSkate – Parent & Tot) must be delivered in accordance with the minimum delivery standards identified by Skate Canada.

Skate Canada registrant requirements must be followed for CanSkate Parent & Tot registrants.

“Parent” (no age restriction) may include members of the skater’s household or members of their social circle that can be responsible for the skater.

Clubs must ensure that parents have sufficient skating level to be able to support their skater. Parents will be responsible for assisting their skater. Parents must be able to effectively skate on their own and support their skater if necessary.

Parents must wear a CSA approved helmet if their own skating level is below Stage 5 or equivalent.

You may not combine CanSkate Parent & Tot skaters and CanSkate skaters within a station. A hybrid format using the 3-station format is permitted for clubs to substitute one or two CanSkate Parent & Tot station groups for one or two CanSkate station groups.

Physical Distancing of 2 metres between coaches, program assistants and the skater/parent should be maintained at all times.

Physical Distancing of 2 metres between each skater/parent should be maintained at all times (avoid co-mingling between skater/parent registrants)



# Program Requirements and Delivery Standards with COVID considerations

## Skate Canada: Alberta-NWT/Nunavut Edition



## COVID-19 Considerations

### General COVID-19 Considerations:

- Ensure all Section and Provincial government protocols are being followed.
- Clubs/schools should contact their facility to be advised of any municipal or facility protocols.
- Physical distancing (zero or limited contact and a minimum of 2 metres physical distance) is strongly recommended at all times with the exception of dance/pair/synchro teams or dance partnering during assessments.
- The safety of athletes (and their ability to navigate one another) should be the primary driver of attendees and it must be communicated that the arrangement is subject to change at any time if not feasible / workable
- Clubs/Schools should feel comfortable with all measures before offering these programs.

**SKATE CANADA PROGRAMS:** Skate Canada has created and designed programs for a specific stage within the Long-Term Development (LTD) pathway. These programs have Skate Canada minimum Requirements and Delivery Standards that must be adhered to by the club or skating school and could impact your [Skate Canada insurance](#) if not followed. They are:

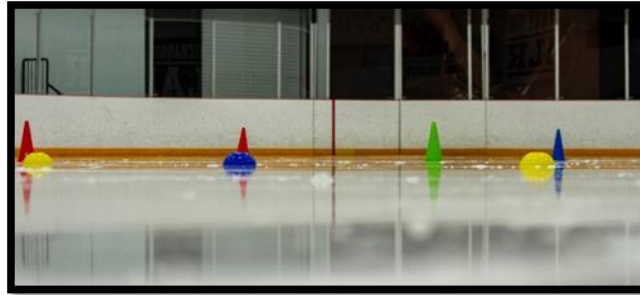
- **CanSkate** – Learn to Skate
- **CanPowerSkate** – Learn to Train (Hockey and Ringette)
- **STAR 1-5** – Learn to Train (Figure Skating)

**CLUB/SKATING SCHOOL CUSTOMIZED PROGRAMS:** Programs that clubs, and skating schools create and design for their specific needs that fall outside of the “Skate Canada Programs”. These programs have identified Skate Canada Requirements only and must abide by the guidelines set out in the Skate Canada LTD pathway for the identified stage of development. Club/Skating School programs may include:

- **STAR 6 – Gold: any discipline** (Learn to Train & Active for Life)
- **Competitive: any discipline** (Learn to Compete, Train to Compete, Learn/Live to Win)
- **Synchronized Skating** (Learn to Compete, Train to Compete, Learn/Live to Win & Active for Life)
- **Adult Skating** (Active for Life)
- **Adaptive Skating** (Active for Life)
- **Power Skating** (Learn to Compete and higher including Active for Life for Hockey or Ringette)

**Program Requirements:** Requirements that all Skate Canada Clubs and Skating Schools must abide by to offer and operate the program to be covered by Skate Canada insurance.

**Delivery Standards:** Standards set out by Skate Canada to ensure and support standardized, quality delivery of our programs.



## CAN SKATE (Learn to Skate) with COVID Considerations

**Name Tag Considerations:**

- Sanitize before placing on Name Tag table
- Once distributed, skaters will be asked to keep their Name Tag and bring with them to each session, sanitized
- Include in the club info package for parents to keep tag with skates so that it is not forgotten at home

**Incentives:**

- Scan colouring sheets, or send digital version to skaters
- Air high fives

Sticker chart on bulletin board assigned to one PA or volunteer to update

<p><b>Requirements</b></p>	<p>A CSA approved hockey helmet required for all skaters up to and including Stage 5. Goalie helmets not acceptable.</p> <p>A minimum of one Skate Canada NCCP CanSkate Coach, In-training or higher, on the ice always, who is registered and in good standing.</p> <p>All coaches teaching the CanSkate program must be wearing skates or in a sled (sledge hockey).</p> <p><u>All participants must be registered with Skate Canada.</u></p> <p>All Program Assistants (PAs) on the ice must be wearing skates or in a sled (sledge hockey) and be registered with Skate Canada. *</p> <p>Operate and deliver the CanSkate program in accordance with the minimum delivery standards identified by Skate Canada.</p>	<p>All coaches and program assistants should wear a non-medical mask and gloves where physical distancing will not be maintained or for age 11 &amp; under programming. Gloves and masks should be changed in between sessions.</p> <p>Program Assistants and Coaches should avoid aiding skaters in putting on / taking off skates.</p> <p>Physical distancing should be maintained with skates on/off in the facility</p>
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<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Ratio	Minimum of 1:10 coach/PA to skater ratio	1:5 coach/PA to skater ratio including 1 coach for every 10 skaters.	A smaller ratio to coach or PA is recommended but may be determined by club or skating school.
Movement	Minimum of 90% movement throughout the session	Greater than 90% movement throughout the session <b>Note:</b> skaters receiving 1 on 1 attention does not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>● Educate skaters to use physical distancing protocols when passing skaters.</li> <li>● Provide passing lanes in circuits.</li> <li>● Provide a wide fast track area to allow for safe passing.</li> </ul>
Music	Age appropriate music for the entire session	Music that is fun, energizing and contains signals to indicate session segment changes. (ex. Fast track laps and station rotation)	<ul style="list-style-type: none"> <li>● Assign one individual to play music.</li> <li>● Sanitize all music equipment before and after each use.</li> </ul>
Teaching Aids	Use of teaching aids at each station, including marker/skill signs and pylons.	Use a variety of teaching aids that engages the skaters' learning and interest.	<ul style="list-style-type: none"> <li>● Remove all teaching aids that are porous or made of cloth</li> <li>● Instruct skaters to NOT touch the teaching aids or props. Skaters should not have shared contact of any teaching aid or prop</li> <li>● Minimize high touch areas as much as possible</li> <li>● All teaching aids should be sanitized before and after every session.</li> <li>● Designate 1-2 individuals to set up all teaching aids to restrict the number of people/contact and the amount of handling the teaching aids and props</li> </ul> <p>Example: Assign a coach or PA to set up all teaching aids to avoid additional exposure or risk. They will be responsible for all placement and cleaning of teaching aids.</p>
Station Identification	Use of Station Identification signs at each station	Fun Zone or Challenge station must be included in one of the three stations	<ul style="list-style-type: none"> <li>● All signs should be made of plastic or laminated for easy cleaning.</li> </ul>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<b>Program Assistants</b>	Use Program Assistants as required to meet minimum ratio. All Program Assistants on the ice must be in skates or a sled (sledge hockey PA).	Assign a Program Assistant to each group for supervision and assistance. Use additional Program Assistants as required to offer an effective and efficient program.	<ul style="list-style-type: none"> <li>● The use of PA's may not be required if the coach/skater ratio is low.</li> <li>● Modify PA roles to support physical distancing and hygiene.</li> <li>● PA's should wear a non-medical mask and clean gloves at all times</li> <li>● If contact with a skater is required consider assigning PA's or coaches to specific skaters to limit the contact between participants</li> </ul>
<b>Program Assistant Training</b>	Ensure Program Assistants are trained before assisting on the ice with a minimum of one training per season.	Offer multiple training and feedback sessions throughout the season to engage, support and monitor development of the program assistants.	<ul style="list-style-type: none"> <li>● Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>● Provide virtual training for the PA's. Sample agenda: <ul style="list-style-type: none"> <li>○ Facility Guidelines (if applicable)</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> <li>○ Strategies for implementing the EAP for the session</li> </ul> </li> </ul>
<b>Session Format:</b>  <b>Warm Up</b>	Use of full ice or Fast Track  Include forward and backward skating in both directions	All minimum standards plus:  Inclusion of deep knee bends  Evidence of increased heart rate in participants  Choreographed movements matching the music	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>



<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>A minimum of 30 mins lesson time.</p> <p>Rotation of three different learning or review stations.</p> <p>Use of circuits to teach and practice skills. A minimum 10 min. lesson to each group by a NCCP Skate Canada coach.</p> <p>Inclusion of the Fun Zone or Challenge station at one of the stations. May be grouped with a learning station.</p>	<p>All minimum standards, plus:</p> <p>Use of circuits designed to fill 1/3 of ice, maximizing ice coverage. Each station has a designated coach that stays at that station to ensure all skaters who visit that station have the same quality instruction on the topic of the day.</p> <p>Fast track laps to be done between every lesson rotation for skaters Stage 2 and up. (Stage 1 skaters may go directly to the next station)</p> <p>Fun Zone or Challenge station included with a learning station in a creative and engaging way.</p>	<ul style="list-style-type: none"> <li>● Lesson Time may be less than 30 mins as session times may need to be adjusted.</li> <li>● Whenever possible, providing three stations to rotate to is ideal. If session time needs to be reduced, a min of two rotations is permitted during COVID-19. <ul style="list-style-type: none"> <li>● When rotating to a new station educate skaters to avoid touching props and teaching aids.</li> <li>● Designate the coach or PA to move the group marker to the next station.</li> </ul> </li> </ul> <p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>● Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>● Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>● Educate skaters to avoid touching teaching aids and props.</li> <li>● Provide a passing lane in the circuit.</li> <li>● Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul> <p>Each group must receive a minimum of one 10-minute lesson.</p> <p>Minimum standard must be met for inclusion of Fun or Challenge station.</p> <p><b>Example of a shorter session:</b>  Warm Up: 5 mins  Lesson Time: 2 x 10 mins  Group Activity: 3 mins  Cool Down: 2 mins</p>



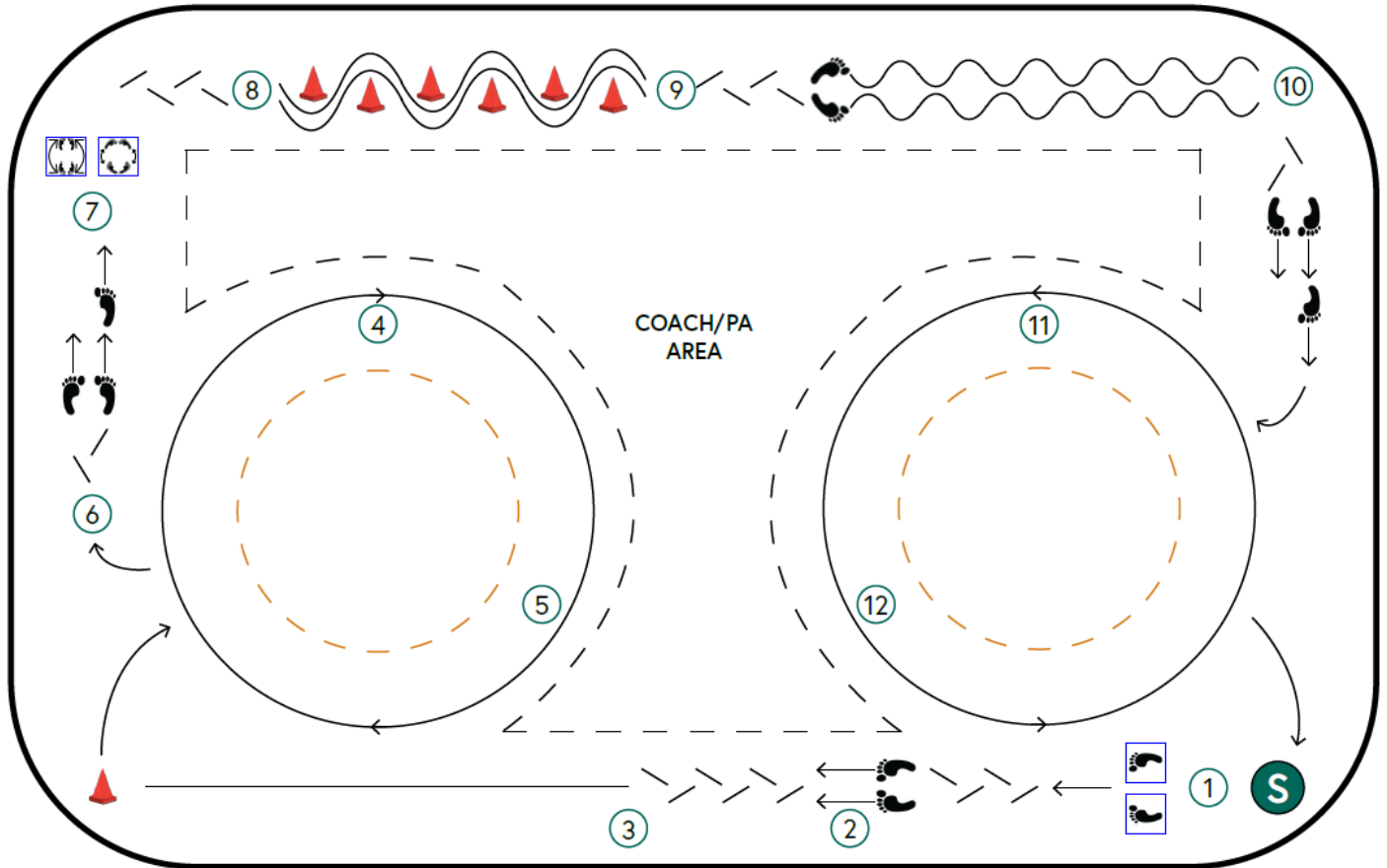
<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<p>Session Format:</p> <p><b>Group Activity</b></p>	<p>Use of full ice</p> <p>Activities include skill enhancing development and speed development.</p>	<p>All minimum standards, plus:</p> <p>Use of music to match activity.</p> <p>Evidence of “challenge” skills</p> <p>Use of continuous lanes or similar format.</p>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>
<p>Session Format:</p> <p><b>Cool Down</b></p>	<p>Use of full ice.</p> <p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p>	<p>All minimum standards, plus:</p> <p>Use of slower music to support lowered heart rate.</p> <p>Use of continuous lanes or similar pattern</p>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● If space permits, consider establishing a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually. The success of this strategy will depend on the number of registrants and may not be possible in all situations</li> </ul>
<p><b>Quality Coaching</b></p>	<p>Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.</p> <p>Coaches know and teach the standards of the skills as per the CanSkate Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development</li> </ul> <p>within their lesson and circuit, without stopping the entire group.</p>	<ul style="list-style-type: none"> <li>● Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>● Avoid using “hands on” coaching</li> <li>● Coaches who attend to injured skaters or skaters who are unable to get up after several attempts should be helped by a coach wearing PPE (mask &amp; clean gloves)</li> <li>● Coach and PA’s should maintain 2 metres physical distancing at all times with the skaters.</li> </ul>

<b>CanSkate</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<b>Branding and Marketing</b>	<p>Must advertise and refer to the program as CanSkate and use the official CanSkate logo.</p> <p>Use the official Skate Canada CanSkate Report Card (min one per season)</p>	<p>All minimum standard, plus:</p> <p>Use of Skate Canada CanSkate promotional tools, including marketing toolkit items.</p>	<ul style="list-style-type: none"> <li>● Consider moving posted material behind plexi-glass.</li> <li>● Consider increasing your virtual identity through social media and an up-to-date website. <ul style="list-style-type: none"> <li>○ Reinforce the additional measures taken by the club to ensure participant safety</li> </ul> </li> <li>● Send out report cards via email versus a hard copy.</li> </ul>
<b>Parent Information Sessions</b>	<p>Offer a minimum of one parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with CanSkate Coordinators and/or coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>● In-person information session</li> <li>● In-person progress update opportunities</li> <li>● In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.)</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>● Send out information via email to parent or hold a virtual meeting.</li> <li>● Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>

<i>CanSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
Awards	<p>Use official Skate Canada ribbons and badges for STAGES 1-6, in balance, control and agility.</p> <p>Ensure all rewards are given to skaters within one week of achieving.</p> <p>Maintain records of the skater's progress.</p>	<p>All minimum standards, plus:</p> <p>Award all ribbons and badges on the same day of achievement.</p> <p>Track and maintain records of skater's progress digitally.</p>	<ul style="list-style-type: none"> <li>Consider placing badges and ribbons in envelopes for each skater and place on a table for pick up by parent, while maintaining physical distance.</li> <li>It is recommended that badges are place in envelopes 48 hours prior to distribution to reduce the risk of contact transfer</li> <li>Designate one person to the task of stuffing envelopes and managing the distribution.</li> </ul>
Off Ice Classes		<p>Offer off ice class to CanSkate participants to increase physical literacy and help prepare the body for the on-ice demands.</p>	<p>Provincial, Municipal and Facility Guidelines must be followed</p>
Maximum number of skaters per session	<p>The number of skaters on a session must allow for the following:</p> <ul style="list-style-type: none"> <li>Promote a safe environment</li> <li>Ensure all skaters have enough room to move freely around the ice and circuits</li> <li>An organized flow of rotation</li> <li>Proper coach/skater ratios</li> </ul> <p>Ideally sessions should not exceed 50-60 skaters.</p> <p>Clubs or Skating Schools who wish to offer programs with more than 60 skaters must receive Section permission.</p>		<p>Smaller group sizes are recommended for age 11 &amp; under participants.</p> <p>Where multiple groups share the ice, provide separation between groups as much as possible and avoid crossover in participants or coaches between groups</p> <p>2 metres physical distancing should be maintained between all participants whenever possible</p>

CanSkate (B1 2-3) Diagram with COVID-19 CONSIDERATIONS

July 2020



CanSkate (B1 2-3) Diagram with COVID-19 CONSIDERATIONS

- Designed by Patinage Québec and Skate Ontario and endorsed by Skate Canada
- Created to assist clubs/skating schools to implement recommended COVID-19 safety protocols





## CANPOWERSKATE (Learn to Train for Hockey and Ringette) with COVID Considerations

### Name Tag Considerations:

- Sanitize before placing on Name Tag table
- Once distributed, skaters will be asked to keep their Name Tag and bring with them to each session, sanitized
- Include in the club info package for parents to keep tag with skates so that it is not forgotten at home

### Requirements

At least one Skate Canada NCCP CanPowerSkate coach on the ice always (In-training, Trained or Certified), who is registered and in good standing.

All coaches and program assistants must be in hockey skates or a sled (sledge hockey) and use hockey/ringette stick and gloves.  
A CSA approved hockey helmet required for all participants, use of hockey/ringette sticks and gloves.

All participants must be registered with Skate Canada.

All Program Assistants (PAs) on the ice must be wearing skates or in a sled and be registered with Skate Canada. \*

Operate and deliver the CanPowerSkate program in accordance with the minimum delivery standards identified by Skate Canada

All coaches and program assistants should wear a non-medical mask and gloves where physical distancing will not be maintained or for age 11 & under programming. Gloves and masks should be changed in between sessions.

Program Assistants and Coaches should avoid aiding skaters in putting on / taking off skates

Physical distancing should be maintained with skates on/off in the facility

<i>CanPowerSkate</i>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Ratio	Minimum 1:30 coach to skater ratio. PA's recommended	1:10 coach to skater ratio	A smaller ratio to coach or PA is recommended but may be determined by club or skating school
Movement	Minimum 90% movement during the entire session.	Greater than 90% movement throughout the session.  Note: skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>● Educate skaters to use physical distancing protocols when passing skaters.</li> <li>● Provide passing lanes in circuits.</li> <li>● Provide a wide fast track area to allow for safe passing.</li> </ul>
Music		Age appropriate music for the session that is fun, energizing and contains signals to indicate session segment changes ex. Fast Track laps and station rotation	If music is used: <ul style="list-style-type: none"> <li>● Assign one individual to play music.</li> <li>● Sanitize all music equipment before and after each use.</li> </ul>
Teaching Aids	Use of teaching aids at each station (minimum of marker/signs and pylons)	Use of a variety of teaching aids that engages the skaters learning and interest.	<ul style="list-style-type: none"> <li>● Remove all teaching aids that are porous or made of cloth</li> <li>● Instruct skaters to NOT touch the teaching aids or props. Skaters should not have shared contact of any teaching aid or prop</li> <li>● Minimalize high touch areas as much as possible</li> <li>● All teaching aids should be sanitized before and after every session</li> <li>● Designate 1-2 individuals to set up all teaching aids to restrict the number of people/contact and the amount of handling the teaching aids and props</li> </ul> <p>Example: Assign a coach or PA to set up all teaching aids to avoid additional exposure or risk. They will be responsible for all placement and cleaning of teaching aids.</p>

<i>CanPowerSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
Program Assistants	Use Program Assistants as required to meet minimum ratio	Assign a Program Assistant to each group for supervision and assistance. Use additional Program Assistants as required to offer an effective and efficient program.	<ul style="list-style-type: none"> <li>● The use of PA's may not be required if the coach/skater ratio is low.</li> <li>● Modify PA roles to support physical distancing and hygiene.</li> </ul>
Program Assistant Training	Ensure Program Assistants are trained before assisting on the ice with a minimum of one training.	Offer multiple training sessions throughout the season to engage, support and monitor development of the program assistants.	<ul style="list-style-type: none"> <li>● Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>● Provide virtual training for the PA's. Sample agenda:               <ul style="list-style-type: none"> <li>○ Facility Guidelines (if applicable)</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> <li>○ Strategies for implementing the EAP for the session</li> </ul> </li> </ul>
Session Format:  <b>Warm Up</b>	Use of full ice  Include forward and backward skating in both directions.	All minimum standards plus: <ul style="list-style-type: none"> <li>● Inclusion of deep bends</li> <li>● Evidence of increased heart rate in participants.</li> </ul>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>



<i>CanPowerSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>A minimum of 30 mins of lesson time including:</p> <ul style="list-style-type: none"> <li>• 3 rotations to different learning stations</li> <li>• Use of circuits to teach and practice skills</li> <li>• A minimum 10-minute lesson to each group by a NCCP CanPowerSkate coach</li> </ul>	<p>All minimum standards plus:</p> <p>Use of circuits designed to fill 1/3 of ice, maximizing ice coverage or adapting the circuits to fill ½ or the full ice surface.</p>	<p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>• Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>• Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>• Educate skaters to avoid touching teaching aids and props.</li> <li>• Provide a passing lane in the circuit.</li> <li>• Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul> <p>Each group must receive a minimum of one 10-minute lesson.</p>
<p>Session Format:</p> <p><b>Development Time</b></p>	<p>Use of Development Time to enhance skills and speed.</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>• Evidence of “challenge” skills</li> <li>• Use of continuous lanes or similar</li> </ul>	<ul style="list-style-type: none"> <li>• Use perimeter of ice and encourage physical distancing.</li> <li>• Educate skaters on physical distancing measures.</li> <li>• Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>



<i>CanPowerSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
Session Format:  <b>Cool Down</b>	Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)	All minimum standards plus: <ul style="list-style-type: none"> <li>- Use of continuous lanes or similar pattern to increase range of motion and balance</li> <li>- Use of slower music to support lowered heart rate</li> </ul>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or have coach lead each group separately.</li> </ul>
<b>Quality Coaching</b>	Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.  Coaches know and teach the standards of the skills as per the CanPowerSkate Resource Toolkit and videos	All minimum standards, plus:  Coach gives each skater: <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development</li> </ul> within their lesson and circuit, without stopping the entire group.	<ul style="list-style-type: none"> <li>● Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>● Avoid using “hands on” coaching</li> </ul>

<i>CanPowerSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
Branding and Marketing	<p>Must advertise and refer to the program as CanPowerSkate and use the official CanPowerSkate logo</p> <p>Use the official Skate Canada CanPowerSkate report card (min. 1 per session)</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use ALL Skate Canada CanPowerSkate tools and promotional materials</li> </ul>	<ul style="list-style-type: none"> <li>● Consider moving posted material behind plexi-glass.</li> <li>● Consider increasing your virtual identity through social media and an up-to-date website.</li> <li>● Reinforce the additional measures taken by the club to ensure participant safety</li> <li>● Send out report cards via email versus a hard copy.</li> </ul>
Parent Information Session	<p>Offer a minimum of 1 parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with CanSkate Coordinators and/or coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>● In-person information session</li> <li>● In-person progress update opportunities</li> <li>● In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.)</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>● Host Virtual parent information session/meeting prior to the start of the season.</li> <li>● Send out information via email to parent.</li> <li>● Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>

<i>CanPowerSkate</i>	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Delivery Standards are to be met unless otherwise stated. The yellow shaded areas are COVID related strategies & recommendations
Awards	Use official Skate Canada badges and award them at the end of each season.  Maintain records of the skater's progress	All minimum standards plus: <ul style="list-style-type: none"> <li>Track and maintain records of skater's progress digitally</li> </ul>	<ul style="list-style-type: none"> <li>Consider placing badges and ribbons in envelopes for each skater and place on a table for pick up by parent, while maintaining physical distance.</li> <li>It is recommended that badges are placed in envelopes 48 hours prior to distribution to reduce the risk of contact transfer</li> <li>Designate one person to the task of stuffing envelopes and managing the distribution.</li> </ul>
Off Ice Classes		Offer off ice classes to increase physical literacy, awareness, and coordination	Provincial and Section guidelines and protocols must be followed for any off-ice classes.
Maximum number of skaters per session	The number of skaters on a session must allow for the following: <ul style="list-style-type: none"> <li>Promote a safe environment</li> <li>Ensure all skaters have enough room to move freely around the ice and circuits</li> <li>An organized flow of rotation</li> <li>Proper coach/skater ratios</li> </ul> Ideally sessions should not exceed 30 skaters.  Clubs or Skating Schools who wish to offer programs with more than 30 skaters must receive Section permission.		Smaller group sizes are recommended for age 11 & under participants.  Where multiple groups share the ice, provide separation between groups as much as possible and avoid crossover in participants or coaches between groups  2 metres physical distancing should be maintained between all participants whenever possible



## STAR 1-5 (Learn to Train for Figure Skating) with COVID considerations

<p>Requirements</p>	<p>Ensure a minimum of one NCCP Regional Coach In-training coach or higher, on the ice always, who is registered and in good standing.</p> <p>All coaches teaching the STAR 1-5 program must be wearing skates.</p> <p><u>All participants must be registered with Skate Canada.</u></p> <p>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada. *</p> <p>Operate and deliver the STAR 1-5 program in accordance with the minimum delivery standards identified by Skate Canada</p>	<p>All requirements must be met for all STAR 1-5 sessions</p> <p>Physical Distancing between participants and coaches is strongly recommended</p> <p>All coaches and program assistants should wear a non-medical mask and gloves where physical distancing will not be maintained or for age 11 &amp; under programming.</p> <p>Gloves and masks should be changed in between sessions.</p>
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<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Coach Directed Time	Program designed to include the minimum expectations for coach directed time: STAR 1-2: 75% STAR 3-4: 50% STAR 5: 25%	Program designed to exceed minimum expectations at all levels (STAR 1 through 5)	<ul style="list-style-type: none"> <li>● Consider more classes using full ice to support physical distancing versus group lessons.</li> <li>● Stations can also serve to keep skaters working while physical distancing on the ice. Be sure that all signs are laminated or in plastic page protectors.</li> <li>● Use Engaged Supervised Practice whenever possible.</li> <li>● When teaching skaters, respect and educate physical distancing measures.</li> <li>● Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> </ul>
Movement	90% movement during all session time	Greater than 90% movement throughout the session.  Note: Skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.	<ul style="list-style-type: none"> <li>● Educate skaters to use physical distancing when passing skaters.</li> <li>● Provide passing lanes in circuits or classes.</li> </ul>
Music	Age appropriate music for entire session including:  Pattern Dance music Program Music	Age appropriate music for the session that is fun, energizing and contains signals to indicate session segment changes	<ul style="list-style-type: none"> <li>● Assign one individual to play music.</li> <li>● Sanitize all music equipment before and after each use.</li> <li>● To avoid using CD's, download music to an iPod or computer through email or shared online files.</li> </ul>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Program Assistants	Use program Assistants as required  All Program Assistants on the ice must be in skates.	All minimum standards plus:  Program assistants are used to supervise stations, lead circuits and demonstrate skills	<ul style="list-style-type: none"> <li>● The use of PA's may not be required.</li> <li>● Modify PA roles to support physical distancing and hygiene.</li> </ul>
Program Assistant Training	Ensure Program Assistants are trained before assisting on the ice with a minimum of one training per season.	Offer multiple training sessions throughout the season to engage, support and monitor development of the program assistants.	<ul style="list-style-type: none"> <li>● Include training on hygiene, traffic flow and physical distancing measures established by the club/school.</li> <li>● Provide virtual training for the PA's.</li> </ul> <p>Sample agenda:</p> <ul style="list-style-type: none"> <li>○ Facility Guidelines</li> <li>○ Hygiene/Sanitizing measures</li> <li>○ On ice protocols/new roles</li> <li>○ Strategies for physical distancing on ice</li> <li>○ Strategies for demonstrations on ice</li> <li>○ Importance of body language and verbal cues/feedback</li> </ul>
Teaching Aids	Use of teaching aids as required	Use of a variety of teaching aids that engages the skaters learning and interest.	<ul style="list-style-type: none"> <li>● Encourage skaters to bring their own teaching aids or props.</li> <li>● Limit the number of teaching aid / props per skater and avoid aids that are porous or made of cloth.</li> <li>● "Used" prop / teaching aid drop off area should be identified so all may be sanitized</li> <li>● All teaching aids should be sanitized before and after every session.</li> <li>● Sharing props and teaching aids is not recommended between skaters in a session.</li> <li>● Designate an individual to distribute, set up, and sanitize teaching aids to restrict the amount of contact.</li> </ul> <p><b>Example:</b> Assign a coach or PA to teaching aids to avoid additional exposure or risk. They will be responsible for all placement, distribution and cleaning of teaching aids.</p>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Session Format	All sessions have a set plan for warm up and cool down whether it be in class form or a private plan for the skater. Skaters are provided instruction in all disciplines: Freeskate, Dance, Skills, Artistic and Synchronized Skating All disciplines must be offered on a regular basis in all STAR 1-5 programs and may vary in frequency and time allotment. Some disciplines may be trained daily, weekly, or monthly and still be considered regular	All minimum standards plus: <ul style="list-style-type: none"> <li>- Full ice surface is being used for the session and is available to all skaters in this program</li> <li>- Provide variety in programming format to keep the sessions motivating, challenging, and inspiring to meet the needs of the skater’s development</li> </ul>	<ul style="list-style-type: none"> <li>● Educate skaters on physical distancing measures.</li> <li>● Split up session into two groups and rotate: <ul style="list-style-type: none"> <li>○ Group 1: off – ice training</li> <li>○ Group 2: on – ice training</li> <li>○ Rotate</li> </ul> </li> <li>● Use more class type instruction to allow for more skater spots to be available (i.e. fewer coaches allows for more skaters)</li> </ul>
Session Format: <b>Warm Up</b>	Use of full ice. Include forward and backward skating in both directions. Warm up may also be included as a class or individual activity off the ice.	All minimum standards plus: <ul style="list-style-type: none"> <li>● Inclusion of deep bends</li> <li>● Evidence of increased heart rate in participants.</li> <li>● Use of lanes or similar pattern to increase range of motion and balance.</li> </ul>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● Additional strategies available: <ul style="list-style-type: none"> <li>○ Off ice warm-ups individually in designated areas.</li> <li>○ Warm up the session as a class</li> <li>○ Assign skaters individual on ice warm-up plans.</li> </ul> </li> </ul>

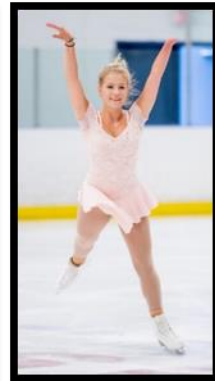


<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<p>Session Format:</p> <p><b>Lesson Time</b></p>	<p>All skaters are offered coach directed time in <b>all</b> disciplines on a regularly scheduled basis.</p> <p>Evidence of Stations, Lanes, circuits etc. under coach direction</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Provide a variety of formats for learning. This could include: Stations, Classes, Group lessons, Private/semi-private lessons</li> </ul>	<p>Group Lesson Strategies</p> <ul style="list-style-type: none"> <li>● Have coach utilize keywords, drawings/diagrams to enhance acquisition of skill</li> </ul> <p>Class strategies</p> <ul style="list-style-type: none"> <li>● Utilize perimeter lanes, continuous lanes, highway lanes</li> <li>● Use full ice for all skaters (open structure)</li> </ul> <p>Station strategies</p> <ul style="list-style-type: none"> <li>● All station signs should be laminated or in plastic page protectors</li> <li>● Limit number of skaters per station</li> </ul> <p>Circuit Strategies:</p> <ul style="list-style-type: none"> <li>● Consider starting skaters at different spots on the circuit for more physical distancing.</li> <li>● Educate skaters to pass as necessary (standing behind/close to a skater not permitted).</li> <li>● Educate skaters to avoid touching teaching aids and props.</li> <li>● Provide a passing lane in the circuit.</li> <li>● Use a large amount of ice for the circuit to encourage physical distancing.</li> </ul>



<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
<p>Session Format:</p> <p><b>Cool Down</b></p>	<p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p> <p>Cool down may also be included as a class or individual activity off the ice.</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use of lanes or similar pattern to increase range of motion and balance.</li> <li>- Use of slower music to support lowered heart rate</li> </ul>	<ul style="list-style-type: none"> <li>● Use perimeter of ice and encourage physical distancing.</li> <li>● Educate skaters on physical distancing measures.</li> <li>● Establish a wide fast track for physical distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>
<p>Quality Coaching</p>	<p>Coach ensures that each skater on the session receives one on one attention during the lesson time.</p> <p>Coaches know and teach the standards of the skills as per the STAR 1-5 Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> <li>- Individual feedback</li> <li>- Individual corrections</li> <li>- Individual challenges based on their level of development</li> </ul> <p>within their lesson and training session.</p> <p>Introduce technology to enhance the learning environment for skill analysis</p>	<ul style="list-style-type: none"> <li>● Remind coaches to use demonstrations, key words and diagrams/pictures to assist comprehension and acquisition during COVID-19.</li> <li>● Avoid using “hands on” coaching</li> <li>● Coaches who attend to injured skaters or skaters who are unable to get up after several attempts should be helped by a coach wearing a face-mask</li> </ul>
<p>Assessment:</p>	<p>Assess skaters when ready to ensure solid development. Establish an assessment procedure with coaches that outlines a clear process. Skater receives result and assessment sheet on day of assessment</p> <p>Results are submitted to Skate Canada in an appropriate and timely manner (once a month)</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Results are filed within one week following assessment online</li> </ul>	<ul style="list-style-type: none"> <li>● Shadow or Solo dance format is preferred.</li> <li>● Enhanced measures should be in place if Dance Partnering is used particularly in the event the dance partner is partnering multiple skaters during the day</li> </ul>

<b>STAR 1-5</b>	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Branding and marketing	<p>Must advertise and refer to the program as STAR and use the official STARSkate logo</p> <p>Use the official Skate Canada Assessment sheets</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> <li>- Use ALL Skate Canada STAR/ tools and promotional materials</li> </ul>	<ul style="list-style-type: none"> <li>● Consider moving posted material behind plexi-glass.</li> <li>● Consider increasing your virtual identity through social media and an up-to-date website.</li> <li>● Reinforce the additional measures taken by the club to ensure participant safety</li> </ul>
Parent Information Sessions	<p>Offer a minimum of 1 parent information or interaction session per season.</p> <p>Offer a written source of information about the program and other club opportunities (Info letter, website, bulletin board, etc.)</p>	<p>Offer multiple opportunities for parents to connect with the coaches. This could include but is not limited to:</p> <ul style="list-style-type: none"> <li>● In-person information session</li> <li>● In-person progress update opportunities</li> <li>● In-person “next steps” touch base to guide skaters into next appropriate step in their development</li> </ul> <p>Offer several written sources of information about the program and other club opportunities (info letter, website, bulletin board, etc.)</p>	<ul style="list-style-type: none"> <li>● Host Virtual parent information session/meeting prior to the start of the season.</li> <li>● Send out information via email to parent.</li> <li>● Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations.</li> </ul> <p>A sample agenda for parent meeting is provided in the <a href="#">Skate Canada: Alberta-NWT/Nunavut Playbook</a></p>
Off Ice Classes	<p>Offer off ice classes to increase physical literacy, awareness, and coordination</p> <p>Note: Off ice classes can be used for Warm Up and/or Cool Down.</p>	<p>All minimum standards plus:</p> <p>Offer a well-rounded content in off ice training that include physical and mental training. Examples include:</p> <ul style="list-style-type: none"> <li>- Off ice jump technique</li> <li>- Goal setting</li> <li>- Dance class – ballet, creative movement etc.</li> <li>- Flexibility</li> <li>- Nutrition, Hydration, Sleep</li> </ul>	<p>Provincial and Section guidelines and protocols must be applied.</p> <ul style="list-style-type: none"> <li>● Ask skaters to bring their own equipment (mats, jump ropes, etc.)</li> <li>● Use virtual platforms for mental training, session planning, goal setting, etc.</li> </ul>



## SKATE CANADA

### CLUB & SKATING CUSTOMIZED PROGRAMS

Any club or skating school program higher than Learn to Train, including Active for Life.

**STAR 6 – Gold: any discipline** (Learn to Compete & Active for Life)

**Competitive: any discipline** (Learn to Compete, Train to Compete, Learn/Live to Win)

**Synchronized Skating** (Learn to Compete, Train to Compete, Learn/Live to Win & Active for Life)

**Adult Skating** (Active for Life)

**Adaptive Skating** (Active for Life)

**Power Skating** (Learn to Compete or higher, including Active for Life)

Please note: These programs can appear on club or skating school schedules as programs, training or practice session or open ice.

	<b>Delivery Standards</b>	<b>Minimum Delivery Standards are to be met unless otherwise stated.</b> The yellow shaded areas are COVID related strategies & recommendations
Requirements : ON ICE programs	<p>Ensure a minimum of one NCCP Skate Canada Regional Coach, In-training or higher, who is registered and in good standing.</p> <p>For Power Skating programs, ensure a NCCP Skate Canada CanPowerSkate coach is always on the ice.</p> <p>At least one NCCP Skate Canada coach wearing skates, must always be on the ice.</p> <p>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada.</p> <p>Ensure that safety precautions and guidelines have been established for all programs and all skaters have been informed.</p> <p>Operate and deliver the program in accordance with the guidelines established in the Skate Canada LTD.</p> <p>Any “non-Skate Canada” professional working with skaters at the boards, must do so under a Skate Canada’s Coach’s direction and supervision. The Skate Canada Coach will then take full responsibility for the safety of the skaters in this situation.</p>	Can refer to strategies outlined in the STAR 1-5 program for considerations.
Requirements : OFF ICE programs	<p>Ensure the off-ice class is being instructed by a Skate Canada member or a professional that carries their own insurance.</p> <p>Ensure that safety precautions and guidelines have been established for all programs and all skaters have been informed.</p> <p>Operate and deliver the program in accordance with the guidelines established in the Skate Canada LTD.</p>	Provincial, Municipal and Facility Guidelines must be followed