



# **BC/YK Section Canskate Program Requirements and Delivery Standards** with COVID-19 considerations



As of June 18, 2021

## BC/YK Section Canskate Program Requirements and Delivery Standards

Skate Canada BC/YK Section Skating Clubs/Schools may begin to offer Canskate programming on or after Tuesday September 8, 2020. Skate Canada BC/YK Section Skating Clubs/Schools can begin the planning process, including discussions with facilities, to offer programming. All programming must meet the guidelines outlined in this document and by the facility.

Please direct any questions to [bcyksection@skatinginbc.com](mailto:bcyksection@skatinginbc.com)

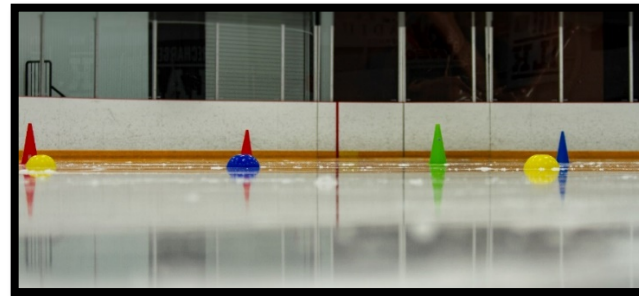
### COVID-19 Considerations

The following information has been constructed for Section use when working with clubs or skating schools who are returning to skating.

General COVID-19 Considerations:

- Ensure all Section and Provincial/Municipal government protocols are being followed.
- Instruct all clubs/schools to contact their facility to be advised of any municipal protocols.
- Pre-CanSkate and/or Stage 1 may not be offered at this time.
- Explore options to share ice with other Skate Canada programs to allow for fewer total number of skaters on ice or individuals in the building. Example: Families with skaters at more than one level can come to the rink at one time and have skaters skate at the same time. Consider assigning groupings so the “group” of skaters/families remain the same for a duration of time.
- Numbers of participants (skaters, coaches, program assistants, volunteers, etc) must not exceed 30 on or near the ice for Canskate programming. Total number of people in the arena(skaters, coaches, program assistants and volunteers) must not exceed 50 people. Facilities may also have their own limit on the number of participants.
- No Spectators are permitted for any skating activity.
- Ensure there is enough time for sanitizing and cleaning in between sessions.
- Refer to the Skate Canada Return to Skating Guidelines, and Skate Canada: BC/YK Section Return to Skating Guidelines.
- Clubs/Schools should feel comfortable with all measures before offering these programs. Consider delaying or staging program delivery to ensure all measures can be met.

# BC/YK Section Canskate Program Requirements and Delivery Standards



## CANSKATE (Learn to Skate) with COVID Considerations

### Name Tag Considerations:

- Sanitize before placing on Name Tag table before each session.  
OR
- Ask skaters to keep Name Tags (possibly return at end of session)

### Incentives:

- Scan colouring sheets, or send digital version to skaters
- Air high fives
- Sticker chart on bulletin board assigned to a PA or volunteer to update

### Requirements

A CSA approved hockey helmet required for all skaters up to and including Stage 5. Goalie helmets not acceptable.  
A minimum of one Skate Canada NCCP CanSkate Coach, In-training or higher, on the ice always, who is registered and in good standing.  
All coaches teaching the CanSkate program must be wearing skates or in a sled (sledge hockey).

All participants must be registered with Skate Canada.

All Skate Canada Guidelines and Skate Canada BC/YK Return to Skating Guidelines must be met for all CanSkate sessions during COVID-19.

All coaches and program assistants must wear a non-medical mask and gloves at all times. Gloves and masks should be changed in between sessions.

## BC/YK Section Canskate Program Requirements and Delivery Standards

	<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>Participants who are unable to arrive with skates on, and who do not tie their own skates, must have their skates and helmets put on outside the building before entering. Program Assistants and Coaches will be unable to aid in putting on / taking off skates.</p> <p>PPE must be provided by the club to coaches and Program Assistants.</p> <p><b>June 18, 2021-</b> When not on the ice all participants(skaters, coaches and volunteers) must remain 2 metres apart at all times.</p> <p><b>June 18, 2021-</b> Masks must be worn by all skaters, coaches and volunteers when not on the ice, including inside dressing rooms.</p>
	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
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>

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	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
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.</li> <li>All teaching aids must be sanitized before and after every session.</li> <li>Minimalize high touch areas as much as possible</li> <li>Avoid sharing props and teaching aids.</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. <b>Example:</b> Assign a coach or PA to a set of teaching aids to avoid additional exposure or risk. They will be responsible for all placement and cleaning of their assigned teaching aids.</li> </ul>
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 must be made of plastic or laminated for easy cleaning.</li> </ul>
Program Assistants	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 must wear a non-medical mask and clean gloves at all time.</li> </ul>

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<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 mandatory, virtual training for the PA's.               <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> <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>• Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.</li> </ul>

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<p>Session Format:</p> <p>Lesson Time</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>	<p>Lesson Time may be less than 30 mins as session times may need to be adjusted.</p> <p>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.</p> <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> <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>

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<b>Session Format:</b>  <b>Group Activity</b>	Use of full ice  Activities include skill enhancing development and speed development.	All minimum standards, plus:  Use of music to match activity.  Evidence of “challenge” skills  Use of continuous lanes or similar format.	<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>Session Format:</b>  <b>Cool Down</b>	Use of full ice.  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:  Use of slower music to support lowered heart rate.  Use of continuous lanes or similar pattern	<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 CanSkate 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> <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 non-medical mask and gloves.</li> <li>• PPE must be provided by the club to Coaches and Program Assistants.</li> </ul>
<b>Branding and Marketing</b>	Must advertise and refer to the program as CanSkate and use the official CanSkate logo.	All minimum standard, plus:  Use of Skate Canada CanSkate promotional tools, including marketing toolkit items.	<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>• Send out report cards via email versus a hard copy.</li> </ul>



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	Use the official Skate Canada CanSkate Report Card (min one per season)		
	<b>Minimum Delivery Standards</b>	<b>Advanced Delivery Standards</b>	<b>Minimum Standard to be met unless otherwise stated.</b> Strategies provided for meeting standard during COVID
<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>• Consider hosting virtual parent information meetings prior to the start of the season that can be recorded for future reference.</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>Sample agenda:</p> <ul style="list-style-type: none"> <li>• Facility guidelines</li> <li>• Club/school protocols</li> <li>• What to expect on and off the ice</li> <li>• Review EAP</li> <li>• Q &amp; A</li> </ul>
<b>Awards</b>	<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>• Designate one person to the task of stuffing envelopes and managing distribution.</li> </ul>
<b>Off Ice Classes</b>		Offer off ice class to CanSkate participants to increase physical	Provincial and Section guidelines and protocols must be followed for any off-ice classes.

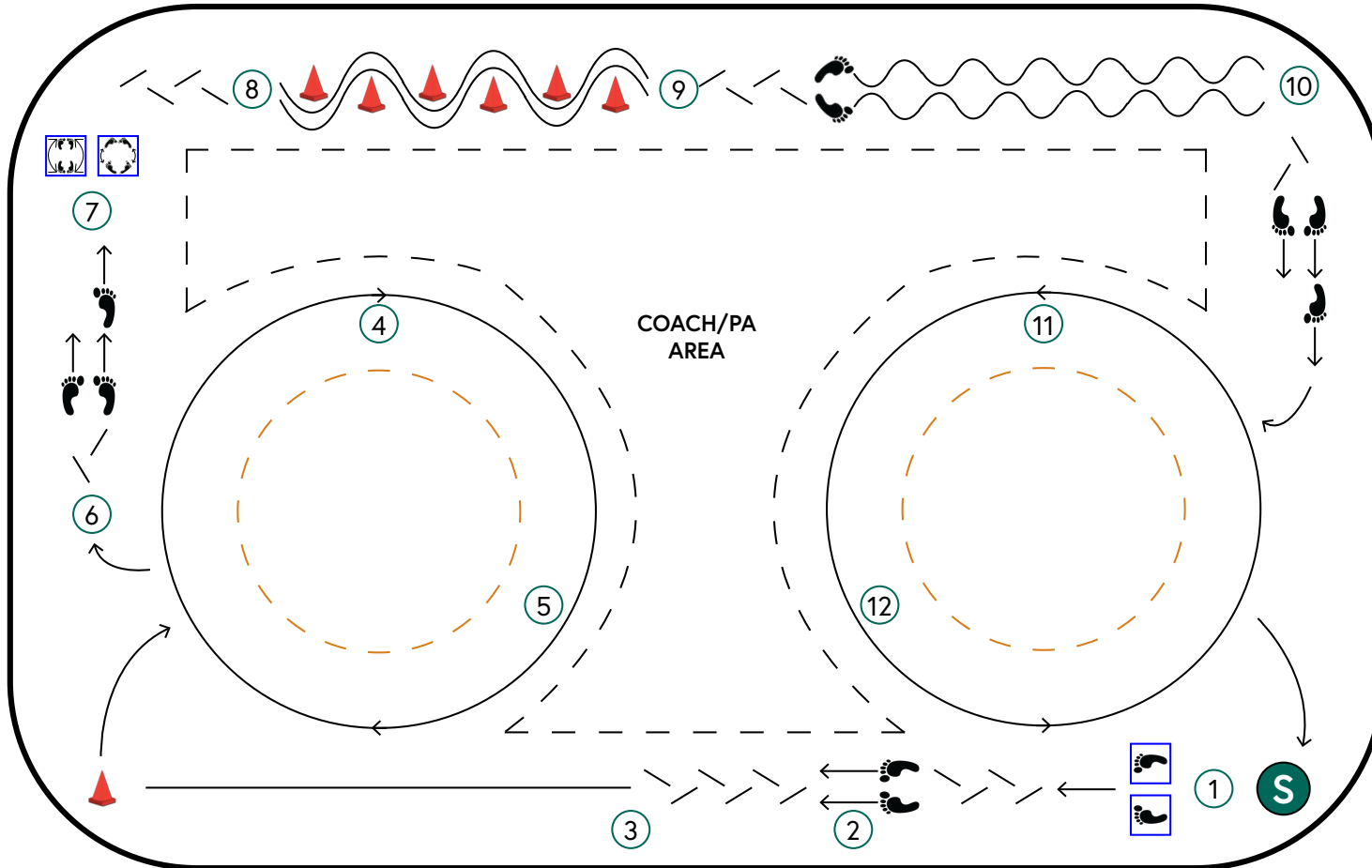
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		literacy and help prepare the body for the on-ice demands.	
	<b>Minimum Delivery Standards</b>		<b>Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID</b>
<b>Maximum number of skaters per session</b>	<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>Maximum number of 30 participants (including skaters, coaches, program assistants, volunteers, etc.) on or near the ice must be adhered to in all circumstances</p> <p>Total number of people in the arena(skaters, coaches, program assistants and volunteers) must not exceed 50 people as per Provincial Health Order.</p> <p>No Spectators are permitted for any skating activity.</p> <p>Facilities may also have their own limit on the number of participants.</p> <p>All clubs and skating schools to abide by Provincial and Section protocols for number of individuals permitted in a gathering.</p>

# BC/YK Section Canskate Program Requirements and Delivery Standards

## 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



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