

Program Requirements and Delivery Standards

SKATE CANADA PROGRAMS: These are programs that Skate Canada has created and designed for a specific stage within the Long-Term Athlete Development (LTAD) pathway. These programs have Skate Canada Requirements and Delivery Standards that must be adhered to by the club or skating school. These programs 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: These are 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 LTAD pathway for the identified stage of development. Club/Skating School Programs may include:

- **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 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 and be covered by Skate Canada insurance.

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

SKATE CANADA PROGRAMS	
CANSKATE (Learn to Skate)	
Requirements	<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 at all times, 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>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada.</p>

Program Requirements and Delivery Standards

	Operate and deliver the CanSkate program in accordance with the minimum delivery standards identified by Skate Canada.	
	Minimum Delivery Standards	Advanced Delivery Standards
Ratio	Minimum of 1:10 coach/PA to skater ratio	1:5 coach/PA to skater ratio including 1 coach for every 10 skaters.
Movement	Minimum of 90% movement throughout the session	Greater than 90% movement throughout the session Note: skaters receiving 1 on 1 attention does not affect movement percentage, if the rest of the group is moving.
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)
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.
Station Identification	Use of Station Identification signs at each station (Fun Zone must be included in one of the three stations)	Use of official Skate Canada Station Identification Signs.
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.
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.
Session Format: Warm Up	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

Program Requirements and Delivery Standards

<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.</p> <p>A minimum 10 min. lesson to each group by a NCCP Skate Canada coach.</p> <p>Inclusion of the Fun Zone 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>When two groups are sharing a station, inside and outside circuits are being used to maximize ice usage.</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 included with a learning station in a creative and engaging way.</p>
<p>Session Format:</p> <p>Group Activity</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>
<p>Session Format:</p> <p>Cool Down</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>
<p>Quality Coaching</p>	<p>Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> - Individual feedback - Individual corrections

Program Requirements and Delivery Standards

	Coaches know and teach the standards of the skills as per the CanSkate Resource Toolkit and videos	<ul style="list-style-type: none"> - Individual challenges based on their level of development within their lesson and circuit, without stopping the entire group.
Branding and Marketing	<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>
Parent Information Sessions	<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"> - In-person information session - In-person progress update opportunities - In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.) <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>
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>

Program Requirements and Delivery Standards

Off Ice Classes		Offer off ice class to CanSkate participants to increase physical literacy and help prepare the body for the on-ice demands.
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"> - Promote a safe environment - Ensure all skaters have enough room to move freely around the ice and circuits - An organized flow of rotation - Proper coach/skater ratios <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>	
CANPOWERSKATE (Learn to Train for Hockey and Ringette)		
Requirements	<p>At least one Skate Canada NCCP CanPowerSkate coach on the ice at all times (In-training, Trained or Certified), who is registered and in good standing.</p> <p>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.</p> <p>All Program Assistants (PAs) on the ice must be wearing skates or in a sled and be registered with Skate Canada.</p> <p>Operate and deliver the CanPowerSkate program in accordance with the minimum delivery standards identified by Skate Canada</p>	
	Minimum Delivery Standards	Advanced Delivery Standards
Ratio	Minimum 1:30 coach to skater ratio. PA's recommended	1:10 coach to skater ratio
Movement	Minimum 90% movement during the entire session.	<p>Greater than 90% movement throughout the session.</p> <p>Note: skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.</p>

Program Requirements and Delivery Standards

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
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.
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.
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.
Session Format: Warm Up	Use of full ice Include forward and backward skating in both directions.	All minimum standards plus: <ul style="list-style-type: none"> - Inclusion of deep bends - Evidence of increased heart rate in participants.
Session Format: Lesson Time	A minimum of 30 mins of lesson time including: <ul style="list-style-type: none"> • 3 rotations to different learning stations • Use of circuits to teach and practice skills • A minimum 10-minute lesson to each group by a NCCP CanPowerSkate coach 	All minimum standards plus: 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.
Session Format: Development Time	Use of Development Time to enhance skills and speed.	All minimum standards plus: DEVELOPMENT TIME <ul style="list-style-type: none"> - Evidence of “challenge” skills - Use of continuous lanes or similar
Session Format: Cool Down	Evidence of gliding stretches to increase range of motion and lower heart rate, for example:	All minimum standards plus: <ul style="list-style-type: none"> - Use of continuous lanes or similar pattern to increase

Program Requirements and Delivery Standards

	Toe touch while gliding (hamstring stretch)	<p>range of motion and balance</p> <ul style="list-style-type: none"> - Use of slower music to support lowered heart rate
Quality Coaching	<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 CanPowerSkate Resource Toolkit and videos</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> - Individual feedback - Individual corrections - Individual challenges based on their level of development <p>within their lesson and circuit, without stopping the entire group.</p>
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"> - Use ALL Skate Canada CanPowerSkate tools and promotional materials
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"> - In-person information session - In-person progress update opportunities - In-person “next steps” touch base to guide skaters into next appropriate program (CPS, Figure Skating etc.) <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</p>
Awards	Use official Skate Canada badges and award them at the end of each season.	All minimum standards plus:

Program Requirements and Delivery Standards

	Maintain records of the skater's progress	<ul style="list-style-type: none"> - Track and maintain records of skater's progress digitally
Off Ice Classes		Offer off ice classes to increase physical literacy, awareness and coordination
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"> - Promote a safe environment - Ensure all skaters have enough room to move freely around the ice and circuits - An organized flow of rotation - Proper coach/skater ratios <p>Ideally sessions should not exceed 30 skaters.</p> <p>Clubs or Skating Schools who wish to offer programs with more than 30 skaters must receive Section permission.</p>	
STAR 1-5 (Learn to Train for Figure Skating)		
Requirements	<p>Ensure a minimum of one NCCP Regional Coach In-training coach or higher, on the ice at all times, who is registered and in good standing.</p> <p>All coaches teaching the STAR 1-5 program must be wearing skates.</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>	
Coach Directed Time	<p>Program designed to include the minimum expectations for coach directed time:</p> <p>STAR 1-2: 75%</p> <p>STAR 3-4: 50%</p> <p>STAR 5: 25%</p>	Program designed to exceed minimum expectations at all levels (STAR 1 through 5)
Movement	90% movement during all session time	<p>Greater than 90% movement throughout the session.</p> <p>Note: Skaters receiving 1 on 1 individual attention do not affect movement percentage, if the rest of the group is moving.</p>

Program Requirements and Delivery Standards

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
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
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.
Teaching Aids	Use of teaching aids as required	Use of a variety of teaching aids that engages the skaters learning and interest.
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 minimum standards plus: <ul style="list-style-type: none"> - Full ice surface is being used for the session and is available to all skaters in this program - Provide variety in programming format to keep the sessions motivating, challenging and inspiring to meet the needs of the skater's development
Session Format: Warm Up	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"> - Inclusion of deep bends - Evidence of increased heart rate in participants. - - Use of lanes or similar pattern to increase range of motion and balance.
Session Format: Lesson Time	All skaters are offered coach directed time in all disciplines on a weekly basis.	All minimum standards plus: <ul style="list-style-type: none"> - Provide a variety of formats for learning. This could include: Stations, Classes, Group lessons, Private/semi-private lessons

Program Requirements and Delivery Standards

	Evidence of Stations, Lanes, circuits etc. under coach direction	
Session Format: Cool Down	Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch) Cool down may also be included as a class or individual activity off the ice.	All minimum standards plus: <ul style="list-style-type: none"> - Use of lanes or similar pattern to increase range of motion and balance. - Use of slower music to support lowered heart rate
Quality Coaching	Coach ensures that each skater on the session receives one on one attention during the lesson time. Coaches know and teach the standards of the skills as per the STAR 1-5 Resource Toolkit and videos	All minimum standards, plus: Coach gives each skater: <ul style="list-style-type: none"> - Individual feedback - Individual corrections - Individual challenges based on their level of development within their lesson and training session. Introduce technology to enhance the learning environment for skill analysis
Assessment:	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 Results are submitted to Skate Canada in an appropriate and timely manner (once a month)	All minimum standards plus: <ul style="list-style-type: none"> - Results are filed within one week following assessment online -
Branding and marketing	Must advertise and refer to the program as STAR and use the official STARskate logo	All minimum standards plus: <ul style="list-style-type: none"> - Use ALL Skate Canada STAR/ tools and promotional materials

Program Requirements and Delivery Standards

	Use the official Skate Canada Assessment sheets	
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"> - In-person information session - In-person progress update opportunities - In-person “next steps” touch base to guide skaters into next appropriate step in their development <p>Offer several written sources of information about the program and other club opportunities (inf letter, website, bulletin board, etc.)</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"> - Off ice jump technique - Goal setting - Dance class – ballet, creative movement etc. - Flexibility - Nutrition, Hydration, Sleep - Etc.

Program Requirements and Delivery Standards

SKATE CANADA CLUB & SKATING CUSTOMIZED PROGRAMS Any club or skating school program higher than Learn to Compete, including Active for Life.	
<p>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)</p> <p><u>Please note:</u> These programs can appear on club or skating school schedules as programs, training or practice session or open ice.</p>	
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 on the ice at all times.</p> <p>At least one NCCP Skate Canada coach wearing skates, must be on the ice at all times.</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 LTAD.</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>
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>

Program Requirements and Delivery Standards

	Operate and deliver the program in accordance with the guidelines established in the Skate Canada LTAD.
--	---