

Item	Rationale	Resources	Meets Standard	Advanced
Helmets		Helmet Policy Proper Equipment Video	CSA approved hockey helmet required for all skaters up to and including Stage 5	n/a
Minimum Coach requirement		Coach in “Good Standing” and NCCP Certification status	A minimum of (1) NCCP (in-training) Club Coach teaching on the ice	n/a
Coach/PA to skater ratio		<i>Example: 3 group session, (35 skaters)</i> 1 coach and 3 PA’s is the minimum requirement	1:10 coach/PA to skater ratio	n/a
Continuous Movement on a session	<p>Skaters learn best when they move!</p> <p>As the saying goes, “practice makes perfect”. Skaters must be given the opportunity to practice in a fun, dynamic and challenging environment. Circuits are a great tool for coaches to introduce to teach effective movement. Using the full ice surface for warm-ups, group activities and cool-downs also allows skaters the space they need to experiment with acceleration, length of stride and balance.</p>	<i>Example: 60-minute session</i> Movement required for 54 of the 60 minutes on the ice. You can assess this by watching one group. Any time the group is stopped (waiting behind a line of skaters, stickers, attendance, etc.), start a timer. Once moving again, stop the timer. The number at the end for the session will indicate the time not moving on the session.	Movement for 90% of session	Movement for 100% of session (Does not include 1-0n-1 coach time Ex. Pulling skater off circuit to work skill)

Music	<p>Helps create a warm and welcoming environment for skaters.</p> <ul style="list-style-type: none"> • Motivates and stimulates the senses, adds interest and fun. • Encourages the development of coordination, rhythm and musicality. • Ensures the session runs efficiently and on time. 	<p>Music Guidelines CS Manual – Sample Songs</p>	<p>Age appropriate music for the entire session</p>	<p>Music cues built in to guide station rotations and/or other segments of the session</p>
Teaching Aids/ Station Identification	<p>Teaching aids help make a CanSkate session welcoming and fun. They add colour, visual impact, interest and bring a three-dimensional effect to the ice. <u>Some of the benefits include:</u></p> <ul style="list-style-type: none"> • Stimulating the senses of sight and touch • Increasing skaters’ learning • Encouraging skaters to remember what skills to perform with each prop • Encouraging skaters to remember certain teaching points about a skill • Encouraging skaters to keep their eyes up as well as navigate their paths • Adding motivation and challenging development 	<p>Teaching Aids Video Teaching Aids Guideline Skills Signs</p>	<p>Use teaching aids (minimum of markers or signs and pylons) Use Station identification signage</p>	<p>Use multiple types of teaching aids (See ‘Teaching Aids Guideline’ for samples)</p>

Program Assistants				
Use of PA's	Program assistants are used to enhance the delivery of the CanSkate program.	Program Assistant Video Program Assistant Role	Use PA's as needed Meets minimum coach/PA ratio (1/10 ratio)	Extra PA's to enhance delivery <u>Examples:</u> 1 with each coach, 1 with each group, extra help for skaters who need extra assistance, etc.
Training	The CanSkate coach (or coaching team) is responsible for training the club's PA's prior to the first session.	PA Training Guidelines PA Training (ppt) PA Training Workbook PA Training Certificate PA Evaluation Form	PA's trained prior to each season	Mentoring program through the season (combined with evaluations, check-ins, and/or additional training)
Warm-up				
Warm-up	The warm-up is a time to welcome the skaters to the ice in a motivational, high energy environment.	Warm-Up	* Warm -up included in every session * Use full ice (fast track)	* Warm -up includes forwards, backwards, Counter-clockwise, Clockwise * Choreographed to music * Incorporate all major muscle groups and focus on warming up the joints in their full range of motion to promote flexibility * Add time frames where skaters can skate as fast as they can!

Lesson Time				
Minimum Lesson Time	Lesson time is essential for learning and practicing skills.	<p><u>Example: 35 skaters. 1 coach, 3 PA's</u> 3 stations (with 3 groups) - - 1 Coach led (Agility, Balance, or Control focus), - 1 PA led (Review circuit from last weeks lesson), - 1 PA led (Fun Zone) Minimum 10-min lesson rotation with 3 rotations.</p>	A minimum 10-minute lesson to each group by an NCCP (in-training) Club Coach (or higher)	<ul style="list-style-type: none"> * More than one coach on the session (increased lesson time) * Optimize teaching opportunities by ensuring there is skill focus * Target working with each skater every lesson
Use of Circuits	Skaters learning to skate need to be able to experience the feeling of the blade, balance, bend, lean, etc. Muscle memory relates to continuous repetition and the creation of motor pathways within the body. Once established, it allows for automatic reactions and movements, which improves performance since the athlete can then focus on more complicated aspects of the skill. Coaches can develop muscle memory through circuits, repetition and hands-on training.	<p>Circuits How to efficiently use a circuit Advanced use of Circuits Lesson Plans CanSkate Video Library PreCanSkate</p>	Use of circuits to teach and practice skills	<ul style="list-style-type: none"> * Using circuits, as designed, to maximize ice usage (1/3 of the ice) * Use of inside and outside circuits

Session Formats & Rotation	<p>It is important for skaters to rotate during the session.</p> <p>Benefits include:</p> <ul style="list-style-type: none"> * Experience of seeing multiple coaches (personalities and teaching styles) * Learning to skate in all areas of the arena * Ability for coach to be master of their circuit 	Stations	<p>Station rotations & session formats as per (or similar) to the recommended formats</p> <ul style="list-style-type: none"> * skaters rotate to lesson circuits 	<p>Designated master of each lesson circuit (to be able to adapt and change circuits efficiently for different levels)</p>
Group Activity				
Group Activity	<p>Adding fun to optimize learning! Group activity immediately follows the lesson time and is designed to provide additional practice opportunities in a fun and interactive way. It should also increase the heart rate, encourage speed, balance and control and challenge development. Group activities are to be done to music to encourage coordination.</p>	Group Activity & Cool-Down	<p>Include Group Activity</p>	<p>Use lanes, add challenges, make it fun!</p>
Cool-Down				
Cool-Down	<p>The cool-down is designed to lower the heart rate decreases the energy level and give skaters' bodies the opportunity to begin the recovery process before leaving the ice. (2-3min)</p>	Group Activity & Cool-Down	<p>Incorporate a Cool-Down into your session</p>	<p>Use continuous lanes or a choreographed song for Cool-Down. Incorporate long, slow glides, static stretches to promote flexibility such as gliding toe touches and drags.</p>

Fast Track				
Fast Track	Encourages speed and length of stride by using the full perimeter of the ice. Allows the skaters to increase their heart rates between stations. Allows coaches time to check off any skills mastered in the lesson before teaching the next group.	Fast Track	Incorporate Fast Track in your warm-up	Fast Track incorporated in between lesson time and during lessons (incorporated in lesson circuit).
Fun Zone				
Fun Zone	A station or area on the ice that is used for review or practice purposes. The Fun Zone should have more props, teaching aids and visual impact than the regular teaching or review stations to help keep skaters' interest and motivation levels high.	The Fun Zone can be incorporated into one of the fundamental areas (Agility, Balance, Control), or a review station.	Incorporate a Fun Zone	n/a
Awards/Incentives				
Badges/Ribbons	Participants earn ribbons and badges as skills are mastered. Incentives (stickers, colouring sheets, etc.) at the end of each session.	Awards & Incentives Awards & Incentives Guide Awards Poster	Use CanSkate awards Use incentives on each session	n/a
Timing of awards	Awards and incentives should be provided in a timely manner to reward and reinforce participation, good effort and/or mastery of skills.	Awards & Incentives Awards & Incentives Guide	Award CanSkate Ribbons and badges no more than 1-week following the mastering of the skills at that level	n/a

Off-Ice				
Skater progress tracking	Tracking the progression of skaters through the program.	Progress Sheets *Online registration methods also available	Maintain records of skaters' progress using CanSkate tools	n/a
Parent Communication	Connecting with the parents/guardians of participants is an integral key to the success of the CanSkate program. Regularly scheduled meetings/information sessions must be offered in conjunction with the program. It is important to ensure that all customers remain well-informed on items such as program objectives and benefits, session schedules, expectations, on-ice safety, equipment, rewards, coaching and club structure. Many parents come to a club program without any skating background or knowledge. The more they know, the more appreciation they will have of the quality of the program being offered and of the benefits that their skater is gaining from participation in skating.	Parent Info Session Guide Parent Meeting Agenda Customer Satisfaction Survey	Communicate regularly with parents/participants in person, email, or website. Minimum of (1) parent info session per term or session. (information sheets, equipment, safety, club policy information)	Ongoing communications - newsletters, emails - multiple parent meetings (during season, before and after)

Report Cards	<p>Report cards are an important communication tool between the coach and the parent/skater. They provide feedback on the progress of the skater—what the skater is doing well and what needs to be improved.</p>		<p>Communicate skater progress to parents using CanSkate report card at end of term or session</p>	<p>n/a</p>
Bonus!	<p>Beginning the introduction of activities that help to develop agility, coordination, balance, speed, flexibility, etc.</p>	<p>Long Term Athlete Development Model</p>		<p>*Off ice warm-up prior to hitting the ice *Off ice training component included in the program</p>

Resources:

[CanSkate Manual](#)

[Long term Athlete Development Model](#)

[Safe Sport Guide](#)