



Canskate Information

INTRODUCTION TO THE PEACE RIVER SKATING CLUB

Welcome to the Peace River Skating Club!

The main objective of the CanSkate Program is to provide basic skating instruction in a group format to skaters of all ages.

It is important that you become familiar with our facility; we ask that skaters put their skates on in the dressing rooms rather than the recreation centre lobby. It is also important that an adult remain in charge of your skater while at our program. If this is not going to be you, please indicate this to us. It is important that we have someone responsible for your skater(s) in the building at all times in case of an emergency.

CanSkate is a nationally standardized program taught by Skate Canada Coaches. Skate Canada Coaches are trained through the National Coaching Certification Program. Coaches are assisted on the ice by figure skaters in our club called Program Assistants. Our PA's are specially trained to deliver the best quality CanSkate Program possible. The PA's and Coaches work as a team to ensure that your skater(s) have fun and achieve success on the ice.

Skaters progress at their own rate through CanSkate. We do not have "Testing Days" or "Badge Days", as soon as a skater achieves a skill, they get credit for it. As soon as a skater has achieved all the skills contained in a particular level, they receive the award for that level.

PROGRAM STRUCTURE AND AWARDS

The CanSkate program curriculum is organized into six progressive stages of learning. Each stage is broken down into three Fundamental Areas:

- Balance: Concentrating on forward skills, pushing technique, and edges
- Control: Concentrating on backwards skills, stopping and speed elements
- Agility: Concentrating on turning and jumping skills

The awards consist of:

- Three Fundamental Area ribbons for each stage
- Six stage badges

To pass a stage badge skaters must achieve all

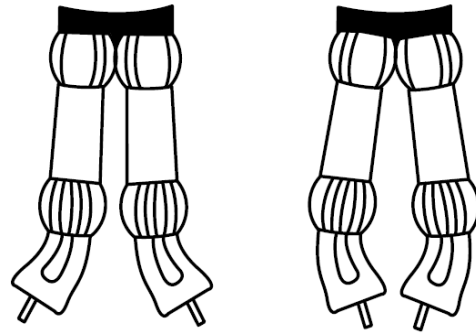
Fundamental Area ribbons (Balance, Control and Agility) from the corresponding stage. The skill requirements for each Fundamental Area are indicated on the report card.



SAFETY AND EQUIPMENT

Skaters attending our sessions will have more fun and advance faster if they are properly and safely equipped. This means making sure that:

- Skates fit comfortably
- There is room for toes to wiggle slightly
- Heels do not lift inside the skate more than $\frac{1}{4}$ inch
- An adult finger can fit in the top of the boot when done up.
- Excess laces are tucked or tied up so that they do not hang loose or drag on the ice

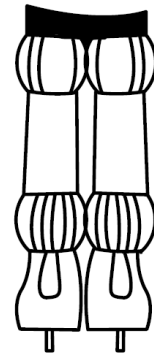


Poorly Equipped Skater

We recommend that first time skaters wear their skates around the house with skate guards on before the first CanSkate session so they can get used to the feel of the skates before stepping onto the ice.

EQUIPMENT CARE

To protect the skate blades, skate guards should be worn in any area that is not protected by rubber mats. At the end of every session the blades should be wiped with a dry cloth to prevent rusting. Skate sharpening should be done periodically. We recommend Jon Ruether in Fairview. You can contact him at 780-835-4311.



Properly Equipped Skater

HELMETS

A CSA approved hockey helmet **must** be worn by all skaters **at or below Stage 5** (please see PRSC and Skate Canada Helmet Policy for further details).

CLOTHING

Skaters should dress warmly for our sessions; however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. We recommend wearing mittens or gloves to keep skaters warm. In addition, if your skater decides to wear a skating dress, we recommend that they wear tights/leotards/leggings to keep their legs warm. Those wearing sweat pants may be more comfortable wearing long underwear underneath as it can get cold with just socks on.

SPECIAL ACTIVITIES

Here at our club, we conclude our season with a club carnival/ice show. We will have more information for you closer to that date. We also have Theme Days once a month where your skaters can dress up and have some fun!

We are excited about having you join the Peace River Skating Club and look forward to an excited skating season!