



Program Requirements and Delivery Standards with COVID considerations





Program Requirements and Delivery Standards

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COVID-19 Considerations

The following information has been constructed for clubs or skating schools who are returning to skating.

General COVID Considerations:

- Ensure all Section and Provincial government protocols are being followed.
- All clubs/schools must have had a meeting with their facility to be advised of any municipal and/or facility protocols.
- Please review the current Stage Skate Canada Manitoba is in in the Return to Play Protocol.
- 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.
- Refer to Skate Canada’s [Return to Skating Guidelines](#)
- Refer to Skate Canada Manitoba’s [Return to Play Protocols](#)

It is recommended that Clubs/Schools reach out to Skate Canada Manitoba when they have questions or want to review guidelines and measures to ensure that you are comfortable and ready to execute Skate Canada programs to at least their minimum standards.

Program Requirements and Delivery Standards

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 Requirements and Delivery Standards that must be adhered to by the club or skating school. They are:

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

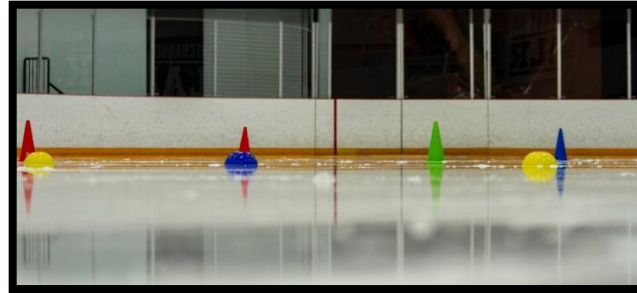
CLUB/SKATING SCHOOL CUSTOMIZED PROGRAMS: Programs that clubs, and skating schools create and design for their specific needs that fall outside of the “Skate Canada Programs”. These programs have identified Skate Canada Requirements only and must abide by the guidelines set out in the Skate Canada LTD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

Program Requirements and Delivery Standards



CANSKATE (Learn to Skate) with COVID Considerations Permitted in SCMB's Return to Play Protocols with Restrictions in Stage 2

Name Tag Considerations:

- Sanitize before placing on Name Tag table
- 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 Program Assistants (PAs) on the ice must be wearing skates or in a sled (sledge hockey) and be registered with Skate Canada. *

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

All requirements must be met for all CanSkate sessions during COVID-19.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. 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.	Generally, a smaller ratio to coach or PA is preferred.
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.	<ul style="list-style-type: none"> Educate skaters to use physical distancing protocols when passing skaters. Provide passing lanes in circuits. Provide a wide fast track area to allow for safe passing.
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"> Assign one individual to play music. Sanitize all music equipment before and after each use.
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"> Remove all teaching aids that are porous or made of cloth. Instruct skaters to NOT touch the teaching aids or props. All teaching aids must be sanitized before and after every session. Avoid sharing props and teaching aids. Designate individuals to set up teaching aids to restrict the amount of contact. Example: 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.
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"> All signs should be made of plastic or laminated for easy cleaning.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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"> • The use of PA's may not be required if the coach/skater ratio is low. • Modify PA roles to support physical distancing and hygiene. • PA's must be supplied with PPE for use while performing duties.
Program Assistant Training	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"> • Include training on hygiene, traffic flow and physical distancing measures established by the club/school. • Provide some virtual training for the PA's. Sample agenda: <ul style="list-style-type: none"> ○ Facility Guidelines ○ Hygiene/Sanitizing measures ○ On ice protocols/new roles ○ Strategies for physical distancing on ice ○ Strategies for demonstrations on ice ○ Importance of body language and verbal cues/feedback ○ Strategies for implementing the EAP for the session
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	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
<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. 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"> When rotating to a new station educate skaters to avoid touching props and teaching aids. Designate the coach or PA to move the group marker to the next station. <p>Circuit Strategies:</p> <ul style="list-style-type: none"> Consider starting skaters at different spots on the circuit for more physical distancing. Educate skaters to pass as necessary (standing behind/close to a skater not permitted). Educate skaters to avoid touching teaching aids and props. Provide a passing lane in the circuit. Use a large amount of ice for the circuit to encourage physical distancing. <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>Example of a shorter session: Warm Up: 5 mins Lesson Time: 2 x 10 mins Group Activity: 3 mins Cool Down: 2 mins</p>

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
Session Format: Group Activity	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"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or have coach lead each group separately.
Session Format: Cool Down	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"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or have coach lead each group separately.
Quality Coaching	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"> - Individual feedback - Individual corrections - Individual challenges based on their level of development within their lesson and circuit, without stopping the entire group.	<ul style="list-style-type: none"> • Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19. • Avoid using “hands on” coaching
Branding and Marketing	Must advertise and refer to the program as CanSkate and use the official CanSkate logo. Use the official Skate Canada CanSkate Report Card (min one per season)	All minimum standard, plus: Use of Skate Canada CanSkate promotional tools, including marketing toolkit items.	<ul style="list-style-type: none"> • Consider moving posted material behind plexi-glass. • Consider increasing your virtual identity through social media and an up-to-date website. • Send out report cards via email versus a hard copy.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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>	<ul style="list-style-type: none"> • Consider hosting virtual meetings prior to the start of the season that can be recorded for future reference. • Send out information via email to parent. • Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations. <p>Sample agenda:</p> <ul style="list-style-type: none"> • Facility guidelines • Club/school protocols • What to expect on and off the ice • Review EAP • Q & A
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"> • Consider placing badges and ribbons in envelopes for each skater. • Designate one person to this task.
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 and Section guidelines must be applied.</p>

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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>	<p>Maximum number must be adhered to in all circumstances (no exceptions).</p> <p>All clubs and skating schools to abide by Provincial and Section protocols for number of individuals permitted in a gathering.</p>

Program Requirements and Delivery Standards



CANPOWER SKATE (Learn to Train for Hockey and Ringette) with COVID Considerations Permitted in SCMB's Return to Play Protocols with Restrictions in Stage 1		
Please check for current stage restrictions on participants numbers.		
Name Tag Considerations: <ul style="list-style-type: none"> Sanitize before placing on Name Tag table Ask skaters to keep Name Tags (possibly return at end of session)		
Requirements	<p>At least one Skate Canada NCCP CanPowerSkate coach on the ice always (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><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 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>	All requirements must be met for all CanPowerSkate sessions during COVID-19.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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.	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"> Educate skaters to use physical distancing protocols when passing skaters. Provide passing lanes in circuits. Provide a wide fast track area to allow for safe passing.
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	<p>If music is used:</p> <ul style="list-style-type: none"> Assign one individual to play music. Sanitize all music equipment before and after each use.
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"> Remove all teaching aids that are porous or made of cloth. All teaching aids must be sanitized before and after every session. Avoid sharing props and teaching aids. Designate individuals to set up teaching aids to restrict the amount of contact. <p>Example: 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.</p>
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"> The use of PAs may not be required if the coach/skater ratio is low. Modify PA roles to support physical distancing and hygiene. PA's must wear PPE while performing their duties.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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"> • Include training on hygiene, traffic flow and physical distancing measures established by the club/school. • Provide some virtual training for the PA's.
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. 	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.
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: <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>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"> • When rotating to a new station educate skaters to avoid touching props and teaching aids. <p>Circuit Strategies:</p> <ul style="list-style-type: none"> • Consider starting skaters at different spots on the circuit for more physical distancing. • Educate skaters to pass as necessary (standing behind/close to a skater not permitted). • Educate skaters to avoid touching teaching aids and props. • Provide a passing lane in the circuit. • Use a large amount of ice for the circuit to encourage physical distancing. <p>Each group must receive a minimum of one 10-minute lesson.</p>

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
Session Format: Development Time	Use of Development Time to enhance skills and speed.	All minimum standards plus: <ul style="list-style-type: none"> • Evidence of “challenge” skills • Use of continuous lanes or similar 	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or lead each group individually.
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)	All minimum standards plus: <ul style="list-style-type: none"> - Use of continuous lanes or similar pattern to increase range of motion and balance - Use of slower music to support lowered heart rate 	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physically distanced passing, use continuous lanes with staggered entry points or have coach lead each group separately.
Quality Coaching	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"> - Individual feedback - Individual corrections - Individual challenges based on their level of development within their lesson and circuit, without stopping the entire group.	<ul style="list-style-type: none"> • Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19. • Avoid using “hands on” coaching
Branding and Marketing	Must advertise and refer to the program as CanPowerSkate and use the official CanPowerSkate logo Use the official Skate Canada CanPowerSkate report card (min. 1 per session)	All minimum standards plus: <ul style="list-style-type: none"> - Use ALL Skate Canada CanPowerSkate tools and promotional materials 	<ul style="list-style-type: none"> • Consider moving posted material behind plexi-glass. • Consider increasing your virtual identity through social media and an up-to-date website. • Send out report cards via email versus a hard copy.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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>	<ul style="list-style-type: none"> • Consider hosting virtual meetings that can be recorded for future reference. • Send out information via email to parent. • Use tables, tape on the floor or pylons to identify spacing needed for face to face conversations. <p>Sample agenda:</p> <ul style="list-style-type: none"> • Facility guidelines • Club/school protocols • What to expect on and off the ice • Review EAP • Q & A
Awards	<p>Use official Skate Canada badges and award them at the end of each season.</p> <p>Maintain records of the skater’s progress</p>	<p>All minimum standards plus:</p> <ul style="list-style-type: none"> • Track and maintain records of skater’s progress digitally 	<ul style="list-style-type: none"> • Consider placing badges and ribbons in envelopes for each skater. • Designate one person to this task.
Off Ice Classes		<p>Offer off ice classes to increase physical literacy, awareness, and coordination</p>	<p>Provincial and Section guidelines must be applied.</p>

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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>	All clubs and skating schools to abide by Provincial and Section protocols for number of individuals permitted in a gathering.

Program Requirements and Delivery Standards



STAR 1-5 (Learn to Train for Figure Skating) with COVID considerations Permitted in SCMB's Return to Play Protocols with Restrictions in Stage 1

Please check for stage restrictions.

Requirements

Ensure a minimum of one NCCP Regional Coach In-training coach or higher, on the ice always, who is registered and in good standing.

All coaches teaching the STAR 1-5 program must be wearing skates.

All participants must be registered with Skate Canada.

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

Operate and deliver the STAR 1-5 program in accordance with the minimum delivery standards identified by Skate Canada

All requirements must be met for all STAR 1-5 sessions during COVID-19.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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"> Consider more classes using full ice to support physical distancing versus group lessons. 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. Use Engaged Supervised Practice whenever possible. When teaching skaters, respect and educate physical distancing measures. Remind coaches to use demonstrations, key words, and diagrams/pictures to assist comprehension and acquisition during COVID-19.
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"> Educate skaters to use physical distancing protocols when passing skaters. Provide passing lanes in circuits or classes.
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"> Assign one individual to play music. Sanitize all music equipment before and after each use. To avoid using CD's, download music to an iPod or computer through email or shared online files.
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"> The use of PA's may not be required. Modify PA roles to support physical distancing and hygiene. PA's must wear PPE while performing duties.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated.
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"> • Strategies provided for meeting standard during COVID • Include training on hygiene, traffic flow and physical distancing measures established by the club/school. • Provide some virtual training for the PA's. <ul style="list-style-type: none"> Sample agenda: <ul style="list-style-type: none"> ○ Facility Guidelines ○ Hygiene/Sanitizing measures ○ On ice protocols/new roles ○ Strategies for physical distancing on ice ○ Strategies for demonstrations on ice ○ Importance of body language and verbal cues/feedback
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"> • Encourage skaters to bring their own teaching aids or props. • Remove all teaching aids that are porous or made of cloth. • All teaching aids must be sanitized before and after every session. • Avoid sharing props and teaching aids. <ul style="list-style-type: none"> ○ Designate individuals to set up teaching aids to restrict the amount of contact. <p>Example: 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.</p>

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
Session Format	<p>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.</p>	<p>All minimum standards plus:</p> <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 	<ul style="list-style-type: none"> • Educate skaters on physical distancing measures. • For disciplines that may involve contact (Synchro, Dance) <ul style="list-style-type: none"> ○ Have skaters perform skills beside each other maintaining physical distancing ○ Work on individual skating development • Use solo or shadow dance formats • Split up session into two groups and rotate: <ul style="list-style-type: none"> ○ Group 1: off – ice training ○ Group 2: on – ice training ○ Rotate • Use more class type instruction to allow for more skater spots to be available.
Session Format: Warm Up	<p>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.</p>	<p>All minimum standards plus:</p> <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. 	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Several strategies available: <ul style="list-style-type: none"> ○ Off ice warm-ups individually in designated areas. ○ Warm up the session as a class ○ Assign skaters individual on ice warm-up plans.

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
<p>Session Format:</p> <p>Lesson Time</p>	<p>All skaters are offered coach directed time in all 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"> - Provide a variety of formats for learning. This could include: Stations, Classes, Group lessons, Private/semi-private lessons 	<p>Group Lesson Strategies</p> <ul style="list-style-type: none"> • Outline physical distance from coach and skaters – mark an X on the ice for each skater • Have coach utilize keywords, drawings/diagrams to enhance acquisition of skill <p>Class strategies</p> <ul style="list-style-type: none"> • Utilize perimeter lanes, continuous lanes, highway lanes • Use full ice for all skaters (open structure) <p>Station strategies</p> <ul style="list-style-type: none"> • All station signs should be laminated or in plastic page protectors • Limit number of skaters per station <p>Circuit Strategies:</p> <ul style="list-style-type: none"> • Consider starting skaters at different spots on the circuit for more physical distancing. • Educate skaters to pass as necessary (standing behind/close to a skater not permitted). • Educate skaters to avoid touching teaching aids and props. • Provide a passing lane in the circuit. • Use a large amount of ice for the circuit to encourage physical distancing.

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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 	<ul style="list-style-type: none"> • Use perimeter of ice and encourage physical distancing. • Educate skaters on physical distancing measures. • Establish a wide fast track for physical distanced passing, use continuous lanes with staggered entry points or lead each group individually.
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	<ul style="list-style-type: none"> • Remind coaches to use demonstrations, key words and diagrams/pictures to assist comprehension and acquisition during COVID-19. • Avoid using “hands on” coaching • Harness use does not commence until Stage 2. Please see Return to Play Protocols for harness use requirements.

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	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated.
Assessment:	<p>Assess skaters when ready to ensure solid development.</p> <p>Establish an assessment procedure with coaches that outlines a clear process.</p> <p>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"> - Results are filed within one week following assessment online 	<ul style="list-style-type: none"> • Strategies provided for meeting standard during COVID • Establish a non-contact process to submit assessment fees (online, e-transfer, etc.) • Consider scanning assessment sheet to send to skaters digitally • Respect physical distancing measures throughout assessment • Submit all results to Assessment Chair electronically/digitally
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"> - Use ALL Skate Canada STAR/ tools and promotional materials 	<ul style="list-style-type: none"> • Consider moving posted material behind plexi-glass. • Consider increasing your virtual identity through social media and an up-to-date website.

Program Requirements and Delivery Standards

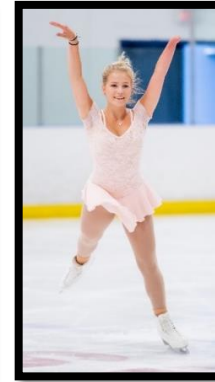
	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
Parent Information Sessions	<p>Offer a minimum of 1 parent information or interaction session per season.</p> <p>Offer a written source of information 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>	<ul style="list-style-type: none"> • Consider hosting virtual meetings that can be recorded for future reference. • Send out information via email to parent. • Use tables or pylons to identify spacing needed for face to face conversations. <p>Sample agenda:</p> <ul style="list-style-type: none"> • Facility guidelines • Club/school protocols • What to expect on and off the ice • Review EAP • Q & A

Program Requirements and Delivery Standards

	Minimum Delivery Standards	Advanced Delivery Standards	Minimum Standard to be met unless otherwise stated. Strategies provided for meeting standard during COVID
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. 	<p>Provincial and Section guidelines must be applied.</p> <ul style="list-style-type: none"> • Ask skaters to bring their own equipment (mats, jump ropes, etc.) • Use virtual platforms for mental training, session planning, goal setting, etc.

*PA's who are in attendance on the session solely to work with an Adaptive Skater directly, do not have to pay the Skate Canada registrant fee. The Adaptive skater must be a registered participant. The club/school should collect the name, contact information and date of birth of the PA. An example of this would be a skater has an assistant from school who is best able to assist the skater on a CanSkate session, but they are not a participant in the club/school in any other capacity. This aide would not pay the Skate Canada registrant fee, but the skater must be a registrant of the club.

Program Requirements and Delivery Standards



SKATE CANADA

CLUB & SKATING CUSTOMIZED PROGRAMS

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

Please consult with the Skate Canada Manitoba Return to Play Protocols for restrictions such as contact and participants numbers.

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.

Program Requirements and Delivery Standards

<p>Requirements: ON ICE programs</p>	<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>	<p>All requirements must be met for all sessions during COVID-19.</p> <p>Can refer to strategies outlined in the STAR 1-5 program for considerations.</p>
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Program Requirements and Delivery Standards

<p>Requirements: OFF ICE programs</p>	<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>	<p>All requirements must be met for all sessions during COVID-19.</p>
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