

Skate Canada Reintegration Plan Overview

Skate Canada and the Canadian Sport Institute of Calgary have developed the following document as a guideline for coaches to help prepare their athletes for the re-integration back to the daily training environment (DTE) and the return to on-ice training as a result of a prolonged period off the ice due to the COVID-19 pandemic. The focus is on the health and well-being of the athlete as they transition back to training by ensuring proper physical, emotional and mental preparation to support the requirements of on-ice training

Return to Daily Training Environment (DTE) Plan

Objectives of Training should include:

- General athleticism as a training base
- Sport specific development (endurance, speed, power, flexibility, recovery)
- Skill acquisition / technical development
- Development and maintenance of a healthy body (nutrition & mental well-being)

It is important to understand that the training potential of work and consequently the training effect is determined to a large extent by the athlete's current fitness level. It is also important to recognize athlete individual differences. There will be variability on how athletes respond to training based on their recovery potential, exercise capacity, non-training stressors and stress tolerance.

Functional Milestone Progression



Approximate Timeline Progression



Daily Athlete Tracking (Workload Tracking, Wellness Tracking, etc.)

There will be individual athlete differences of progression throughout the timeline, however it is recommended that coaches allow for 6-8 weeks of focused training before returning to full on-ice programming. Based on the recommendations presented, it may be possible for the athlete to compete at their first competition 8-12 weeks from returning to the ice.