



Virtual/Online Training FAQ

The following Virtual Training FAQ document was created to help guide coaches and clubs/schools in adopting the use of this form of training in their club/school. This document was developed by the Section Coaches Representative, Sarah Murkin-Debeuckelaere, with contributions from coaches Dana McKee, Pam Parker, and Tanya Pilat. Thank you to everyone involved for sharing your experiences in Virtual Training!

Prior to setting up your first virtual/online training session make sure to visit Skate Canada's Safe Sport COVID-19 Virtual/Online Training Requirements page to ensure that you are compliant with all mandatory requirements needed to have insurance (<https://skatecanada.ca/covid-19-response/#virtualonlinetraining-requirements>). Make sure to visit Skate Canada's Safe Sport COVID-19 FAQ page as well for additional clarification on common questions (<https://skatecanada.ca/covid-19-response/#faq>)

What is Virtual/Online Training?

Virtual training is a coach, or insured presenter, led session that continues to develop and engage athletes off of the ice. It supplements on ice training (off-ice training) and allows skaters to connect and continue to train under the direction of a Skate Canada professional coach.

Who is virtual training for?

Virtual training is great for all levels of skaters from learn to skate to adult. Classes can be tailored to any level and can also accommodate a variety of levels in one session as needed.

Are coaches/clubs grouping skaters for virtual training?

Some coaches/clubs are grouping skaters by their programming (eg. CanSkate, STAR 1-5, Competitive, Synchro, Advanced CanSkate (Stage 4-6)) or there are semi private and private sessions occurring as well, or skaters of all different levels are on the same session.

Do skaters pay for virtual training sessions?

That is dependent on the coach and/or the club.

Some coaches/clubs are offering complimentary classes for their group programming (STAR 1-5, Advanced CanSkate, Boys Group, STAR 1, etc...) as the main purpose/rationale is to keep them engaged in the sport and interested while they are off the ice. Retention of these skaters is very important. The more opportunity to interact with coaches and feel part of the club at this time is essential, with so many families feeling a financial crunch some coaches/program coordinators/clubs



have opted to keep these classes free to any home club registered program skater, or to charge a small fee to encourage commitment (such as \$5.00 per session).

At some clubs, if skaters are not part of a group program, the opportunity for virtual classes may fall to their private coach or coaching team and fees are determined by those coaches.

Some clubs have a team of coaches working to provide training for Competitive skaters and have a fee associated with these sessions. For example at one club, the fee is mainly to ensure commitment to the classes not to provide a source of income for coaches. These skaters are participating in up to 10 classes per week at a charge of \$100 per month. Many of these skaters are still participating in online classes with a strength and conditioning instructor at an additional fee.

Are coaches being paid for virtual training?

Again, it is really dependent on the coach, the club and the purpose of the sessions.

As mentioned above, some skaters are paying the coach directly for the sessions. Some coaches are volunteering their time, specifically for the grass roots programming such as CanSkate or Junior STAR sessions.

Clubs and coaches should communicate about payment for these training sessions. If a club is requesting or requiring virtual sessions to occur then remuneration should be discussed if the coach expects payment.

Please be mindful that with many clubs having to issue refunds for programming, budgets could be tight at some clubs. Always communicate and agree upon the terms before services begin.

Are these virtual sessions in lieu of on ice sessions, for example online classes in lieu of a refund for on ice programming?

Most clubs are not offering virtual sessions in exchange or in lieu of on ice programming. Most clubs that are providing virtual training during the code red restrictions still plan on providing refunds for the time away from the on ice programming.

Are there resources available to help coaches with ideas for what to do in a virtual session?

There are currently no specific resources available. There are many options on YouTube with tutorials and ideas. The ISU had several classes for all disciplines available online last spring, and had some excellent presenters. A little bit of research will lead to a very large resource of ideas for coaches. Keep children engaged with fun games that are interactive, fun and challenge their listening and recall skills!



For CanSkate Classes, another strategy to try is to tailor them to match the on-ice program delivery they are already familiar with:

Warm Up
Review
Lesson
Fun Zone
Group Activity/Cool Down

Many coaches are currently offering virtual classes and reaching out to them to ask if you could join a class is a great resource. If you would like help finding a coach who is offering virtual classes please reach out to either Rosalyn Bauer (skate.admin@sportmanitoba.ca) or Sarah Murkin-Debeuckelaere (coach_skating@hotmail.com)

What do I need from skaters to get started in virtual training?

Skaters need to be able to have a good internet connection, they must be visible on the coaches' screen at all times. They also need parental/guardian permission to attend. Make sure to send session invitations to parents with minors participating.

Remember the rule of 2! If doing private sessions with a skater make sure the parent or guardian is also observing the class.

Skaters need to have a small space that is safe and clear of furniture or dangerous objects.

Coaches must remember to keep a record of all attendance at sessions.

Any equipment needed for classes should be communicated prior to classes (spinners, resistance bands, yoga mats etc.)

If fees are being charged make sure that they are clear and presented prior to starting sessions.

Will virtual/online training become something I am expected to continue to provide as a coach?

At this time, insurance is only available for virtual/online classes until August 31, 2021. After this date there will no longer be insurance coverage from Skate Canada. This could be extended in the future, but we will not know until closer to the spring/summer.

If the club is paying the coach for the classes taught for group programming it is a good idea to have it added to your coaching contract, which can easily be done. Make sure to consider who is responsible for expenses related to offering virtual/online training, for example the club could be responsible for paying for platform fees (Zoom, WebEx) if it is a club program.



Can I include skaters who I do not coach?

This should be the same as on ice protocol. If you are teaching another coaches skater you should have permission from the base coach before offering or teaching any sessions to the skater. Solicitation is serious and coaches should not put themselves in a situation where this could be seen as an issue. If another coach's athlete approaches you about participating in the class ask them to have their coach contact you before proceeding with any further discussion.

What Online platforms work the best for virtual classes?

All platforms have their pros and cons. A few different options available are Zoom, WebEx and Microsoft teams. Some platforms are free and some have a paid membership that gets you more access to options available. Research and some trial and error is probably best to figure out which platform works best for you. A reminder that publicly accessible broadcast tools such as Facebook Live or YouTube are not acceptable, the platform must be a controlled, multi screen video conferencing program.

Can I record my classes to allow skaters who missed a session to keep up?

No. All classes must be live and follow the safe sport rules required for insurance. Please visit <https://skatecanada.ca/covid-19-response/#virtualonlinetraining-requirements> to learn about all requirements.

What if I include a disclaimer stating that participating is at one's own risk and there is no insurance?

Skate Canada does not support pre-recorded sessions. If a coach still decides to go forward with the distribution of a pre-recorded session it would be at their own risk since pre recorded videos are not covered under the insurance program. Should parents decide to engage in legal proceedings following an accident, a disclaimer won't protect 100% the coach or the club the coach is working for.

Can I invite guest coaches to teach my virtual lesson?

Yes, you can reach out to other coaches to join your sessions and provide their insight to your skaters. This is just like asking them to work with your skaters on the ice.



Can I use other presenters (non Skate Canada coaches) in my sessions?

Yes, you can invite a presenter (such as a certified strength and conditioning specialist, certified yoga instructor, certified Zumba instructor, etc...) to work with your skaters as long as they have their own insurance coverage.

While many of our coaches have a variety of skill sets, Yoga, Dance, Drama etc... you can bring in guest presenter(s) to share new ideas that you may not feel confident in delivering. Other ideas for engagement include offering concept classes or approach an official to speak to skaters on specific topics etc.