

Program Requirements and Delivery Standards

SKATE CANADA PROGRAMS: These are programs that Skate Canada has created and designed for a specific stage within the Long-Term Athlete Development (LTAD) pathway. These programs have Skate Canada Requirements and Delivery Standards that must be adhered to by the club or skating school. These programs 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: These are 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 LTAD pathway for the identified stage of development. Club/Skating School Programs may include:

- **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 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 and be covered by Skate Canada insurance.

Delivery Standards: Standards set out by Skate Canada to ensure and support standardized, quality delivery of our programs.

SKATE CANADA PROGRAMS	
CANSKATE (Learn to Skate)	
Requirements	<p>A CSA approved hockey helmet required for all skaters up to and including Stage 5. Goalie helmets not acceptable.</p> <p>A minimum of one Skate Canada NCCP CanSkate Coach, In-training or higher, on the ice at all times, who is registered and in good standing.</p> <p>All coaches teaching the CanSkate program must be wearing skates or in a sled (sledge hockey).</p> <p>All Program Assistants (PAs) on the ice must be wearing skates and be registered with Skate Canada.</p>

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	Operate and deliver the CanSkate program in accordance with the minimum delivery standards identified by Skate Canada.	
	Minimum Delivery Standards	Advanced Delivery Standards
Ratio	Minimum of 1:10 coach/PA to skater ratio	1:5 coach/PA to skater ratio including 1 coach for every 10 skaters.
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.
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)
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.
Station Identification	Use of Station Identification signs at each station (Fun Zone must be included in one of the three stations)	Use of official Skate Canada Station Identification Signs.
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.
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.
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

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<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.</p> <p>A minimum 10 min. lesson to each group by a NCCP Skate Canada coach.</p> <p>Inclusion of the Fun Zone 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>When two groups are sharing a station, inside and outside circuits are being used to maximize ice usage.</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 included with a learning station in a creative and engaging way.</p>
<p>Session Format:</p> <p>Group Activity</p>	<p>Use of full ice</p> <p>Activities include skill enhancing development and speed development.</p>	<p>All minimum standards, plus:</p> <p>Use of music to match activity.</p> <p>Evidence of “challenge” skills</p> <p>Use of continuous lanes or similar format.</p>
<p>Session Format:</p> <p>Cool Down</p>	<p>Use of full ice.</p> <p>Evidence of gliding stretches to increase range of motion and lower heart rate, for example: Toe touch while gliding (hamstring stretch)</p>	<p>All minimum standards, plus:</p> <p>Use of slower music to support lowered heart rate.</p> <p>Use of continuous lanes or similar pattern</p>
<p>Quality Coaching</p>	<p>Coach ensures that each skater in the lesson receives one on one attention on the circuit during the lesson time.</p>	<p>All minimum standards, plus:</p> <p>Coach gives each skater:</p> <ul style="list-style-type: none"> - Individual feedback - Individual corrections