

KILLARNEY
SKATING CLUB



CANSKATE



Parent Handbook

teaching
CANADIANS
to skate since
1887



KCFSC CANSKATE: Parent Handbook

Welcome to Killarney Centre Figure Skating Club! This guide serves as an information resource for skaters, parents, and guardians attending our CanSkate programs.

We are proud to be a Skate Canada Member Club delivering quality programs for over 40 years in the Killarney Community. Please be sure to visit our website <https://www.killarneyskatingclub.com/> for information about schedules, registration, monthly calendar and other important updates.

Our Club

The Killarney Centre Figure Skating Club is committed to growing, developing and encouraging skaters of all levels and abilities to strive for success in a positive, supportive environment. We are a non-profit organization, directed solely by dedicated volunteers from our community. We provide a wide variety of programs including CanSkate, Pre-CanSkate, CanPower, CanFigure, CanAdult, Junior Enrichment Academy, and competitive figure skating. We have a program for everyone!

Our Coaches

Our Coaches are NCCP certified professional coaches trained by Skate Canada. Coaches must have personally achieved specific levels of Skate Canada tests before applying to train as a Coach. Coaches are required to register with Skate Canada every year as a Coach, must have valid First Aid certification and undergo an in depth security check on a regular basis that is administered through Skate Canada. There are several levels of certification that Coaches may take, depending on their desires and the types of skaters they teach.

CanSkate Director

Our current CanSkate Director, Victoria Sweeney, oversees our CanSkate, Pre-CanSkate, CanPower, CanFigure, and CanAdult programs. If you would like to contact her, please kindly direct your questions to kfscanskate@gmail.com.

Program Assistants

Program Assistants are homeclub skaters who volunteer to assist on CanSkate sessions. Program Assistants are not coaches but must complete PA training and are there to assist skaters and coaches. These skaters that have either graduated out of our CanSkate program or are a part of our competitive skating program.

These volunteers give their time to help the Coaches on and off the ice and can be identified by their blue vests. They assist with warm up and cool down, help the younger skaters where needed, can be a buddy to a nervous skater, help with set up by bringing out the teaching aids and toys and help put them away again. Our PAs are a great addition to making our CanSkate sessions successful! If you have any questions about our PA program please email info@killarneyskatingclub.com and we can direct this to our CanSkate Coordinator.

WHAT TO EXPECT ON CANSKATE

All KCFSC CanSkate sessions are broken up into the following:

1. Warm up (10 mins)

Skaters are invited onto the ice and immediately begin skating around the perimeter of the ice known as the “Fast Track”. Music is played from the overhead speakers as a coach leads the warm up. Skaters need to be listening and watching the coach leading the warm up for cues on what to do. PAs are available to help unsure skaters.

At the end of warm up the sound of a bell can be heard. Skaters may be called into the center if there are messages to relay, or they may be sent directly to their colour groups directly.

2. Lesson time: Circuits (30 mins)

There are 3 lessons of about 10 minutes each. Each lesson addresses a Skate Canada Fundamental Area: Balance, Control & Agility. Each Fundamental Area has increasingly more complex requirements as the skater progresses through the 6 Stages.

Skate Canada has trained all coaches on the desired requirements to pass each individual skill. Skaters will have a lesson based on their ability level with each of the stations. Assessment is weekly and ongoing for all skaters and progress reports will be provided at the end of the season.

Skate Canada requires coaches to teach their lessons with circuits. A circuit is a series of skills joined together without a break in skating. Skaters can start anywhere on the circuit and not miss doing a skill as they will skate on a repeating pattern.

The benefit is that there is over 90% movement on the part of the skater, allowing for greater practice time in each lesson through repetition. The coach can more easily assess and give feedback to a skater as there are more opportunities for the coach to see the skill being practiced.

CanPower, CanFigure, and CanAdult will have their 30 minute lesson time in their designated area on the ice.

Rotation between lessons:

At the end of a lesson, skaters will take a short break by skating around the Fast Track before returning to their group for a new lesson. At this time the skater will go to a different station on a different part of the ice.

How does the skater know where to go for the next lesson?

Skaters have a colour sticker on their name badges after the first day. This sticker corresponds to a colour flag on the ice. Skaters look for and follow their colour flag to their new teaching area.

3. Cool Down/Group Activity (5 mins)

Skaters gather for a group/cool down activity. Each week, these activities will vary. This time gives the skater time to interact with their peers and practice what they have learned that day in new and fun ways before they go home.

WHAT TO EXPECT ON PRE-CANSKATE

All KCFSC CanSkate sessions are broken up into the following:

The First 5 Minutes – Off the Ice

Off Ice Warm Up is dedicated to gently warming up the muscles while practicing the moves they will be doing on the ice, such as “ Fall Down, Get Up “ and Marching steps.

On Ice Session

Skaters then move onto the ice surface. Each day is different as your child grows and learns new skills.

At the beginning of the season, emphasis is placed on learning to stand on their own and to learn to get up on their own. Once your child can stand, they will learn to walk forward and backward and learn to stop, jump and turn.

As your child begins to acquire these skills, you will see your child following a path drawn on the ice for that week. This path is called a circuit. Along the path, your child will practice different skills. These skills are a part of the Skate Canada Fundamental Skills called Balance (forward skating and balancing on one foot), Control (backward skating and stops) and Agility (jumps and turns).

The final few minutes are dedicated to Cool Down Activities. This may be participation in things like Action Songs, fun moves, or gentle stretching.

Things that can happen:

Your child may get moved from one group to another group to keep skaters of similar ability together. You will see this more often in the first few weeks as each child finds their own skill level.

Your child may cry and be less than happy. Encourage and “talk up“ skating at home. Often, this is your child’s first time alone. Remind them that you are right there off the ice and can see them. Sometimes the coaches or PAs will give you back your child for a few minutes, for them to settle down and reset. Encourage your child to return to the ice and try again.

Bathroom Break:

Yes, you just got the gear on and they have to go! Sometimes it is a real need and sometimes it is a way to take a break. Parents or guardians are asked to stay in the arena and be available at all times for bathroom breaks, hugs, reassurance and emergencies.

Food and Hydration:

We recommend that young children be fed and hydrated before and after the session.

First time skater?

Please take time to explain to your first time skaters that ice is slippery and that they most likely will fall and they will spend some time on the ice; reassure them that they will get taught how to get up off the ice and even if it takes a few classes they will learn how to get up and start skating. We have found children's expectations are important to how much they enjoy the lessons; please allow the coaches the space to work with your skater, they will motion for you in the stands if they need parental assistance.

First Day

First Day is always a bit chaotic. Please make sure you arrive 15 minutes prior to your scheduled time. When you arrive at the arena, please pick up and attach your skater's Name Tag to their outer clothing where it is easily visible. The Name Tag may have a color sticker on it, or it may not. Returning skaters may be pre-grouped into colors. Not to worry, by the end of the first day, all skaters will have color stickers on their Name Tags to show what group they are in. At the end of each session, name tags are removed and we keep them for you to pick up each week.

Please utilize the arena lobby or designated dressing rooms to put equipment on. Skaters must then wait at the on-ice doors, until the coaches invite them to take the ice.

At the end of Warm Up, all skaters will move to center ice. Pre-grouped skaters will move into their groups, new skaters will be assessed and moved into a color group suitable to their ability.

CanSkate groups are organized with several considerations in mind including skating ability, group size, age, etc. You will see some skaters being moved around throughout the first few weeks as we find the best balance of skaters for each group. After the first few weeks, skaters will remain in their designated group until the end of the season. Skaters may progress more quickly or slowly than others within their group – this is ok! Coaches will address individual needs of skaters within the circuit format.

If there is a time when you ever feel the need to speak with a coach, please choose an off-ice moment before or after the session. Alternatively, you are always welcomed to email Victoria, the CanSkate Director at kcfscanskate@gmail.com.

What happens if I think my skater is in the wrong group or I have questions during the session?

If you have any questions, please direct them to Francesca, the CanSkate Director. We will assess your skaters and provide an explanation as to placement or move the skater as needed. Skaters are grouped by ability. A reminder that some groups have more than one stage of skater in that group.

My child is on the ice, where do I go?

All children must have a designated adult that is in attendance. Once your skater is on the ice, we encourage all parents/guardians to sit in the stands or in the arena lobby. The players benches and penalty boxes are reserved for coaches, supplies, or first aid. We do not allow parents on the ice for insurance reasons.

What happens if I need to leave the arena?

A parent or guardian must be present in the arena or lobby at all times when their child is on the ice for emergencies, toileting, reassuring hugs, etc. In the rare event that you cannot stay for your child's session and do not have a substitute parent who can look out for your child, please inform Francesca, the CanSkate Director.

What do I do when my skater keeps wanting to come off the ice?

We need to establish why your child wants to keep leaving the ice. With your assistance, we will work on a plan to keep your child comfortable and on the ice for longer periods.

Can I take pictures?

We appreciate the importance of photo opportunities. When taking pictures of your child, please be respectful of the privacy concerns of others. We also request that you do not use flash photography

Am I able to request a refund if my skater doesn't enjoy themselves?

New experiences are scary and it is entirely understandable if your skater is reluctant to skate. We recommend that your skater attends a minimum of 3 consecutive sessions before requesting a refund. This allows ample time for the skater to adjust to the new environment. If there is a persistent issue, please speak with Victoria, the CanSkate Director. Please email registrar@killarneyskatingclub.com if you have any further questions regarding registration.

ATTIRE AND EQUIPMENT

SKATES

Skates that fit are a must- they are crucial to your skater's learning.

- Skates need to be fairly snug fitting, with good ankle support. The sign of a "broken" at the ankle "skate is one where there are creases in the boot just under or at the ankle.
- When buying used skates, watch they still have excellent ankle support and aren't starting to go soft in the ankles and the blades are nick and rust free.
- New skates always need to be sharpened before use, otherwise they will not be able to skate in them, as they won't have an edge.

Lacing Skates

- Skates need to be laced snugly for the best foot control inside the boot
- Start at the bottom set of laces and pull outward (not upward) with each set of laces
- You know they are tight enough when you can't get your fingers under the laces after they are tightened
- Remember to lace through all the holes and around all the hooks
- Do not tie extra laces around the back of the ankle or underneath the boot. Tuck extra lacing inside the skaters pants or cut down the laces and tie a knot in the end, so the laces can't come out of holes

Sharpening

- Blades should be sharpened before the first day and after about every 30-40 hours of skating, or if the skater has walked on concrete.
- On figure skates, do not remove the bottom pick. It is part of the design of the skate and essential for proper balance.
- Skate sharpening can be done at:
 - Vancouver: Cyclone Taylor (Oak St & 49th Ave)
 - 1005 W 49th Ave (Figure Skating)
 - 6575 Oak St (Hockey)
 - Burnaby: Scoff's Hockey Shop - 3738 Parker St (Parker St & Boundary Rd)

Care of the blades and skates

- Blades should be dried with a cotton terry towel or similar at the end of every session.
- Soaker cotton blade covers should be put on the blades to cover them and soak up any extra moisture to prevent rusting. Or, store the skates in clean old towels made into a bag big enough for the skates to fit into.
- Skates should be stored in the house (not the garage or trunk of the car) to prevent the blades rusting from the changes in temperature. Ideally, they should be open to the air and not left in a closed bag all week. (They smell better that way too!)
- What to do with stinky skates: open them to the air as much as possible, Lysol antibacterial spray or similar and/or a good running shoe deodorizer are good choices.



Skate Guards – are a must!

- Should be worn as protection of the blades when walking to and from the ice surface
- Should not be left on the blades when the skates are being stored
- Need to be available with the parents. If there is a Fire Alarm or other emergency, such as electrical failure, skaters must leave the ice and may be required to leave the premises promptly. Walking on concrete surfaces will make the blades unfit to skate on, possibly permanently. Immediate application of skate guards will enable you to safely evacuate your child from an unsafe situation in a safe and prompt manner.

HELMETS

- CSA-approved helmets are MANDATORY for CanSkate.
- NO ski, snowboard, and/or bike helmets as they are not certified.
- Without CSA-approved helmets, entry onto the ice will be prohibited until the correct helmet is being used during out Canskate sessions.
- A helmet cage is recommended for the Pre-CanSkate program
- Check the expiry date and ensure they fit snug for maximum protection. A reminder that the chin strap must be done up properly, even when wearing a cage
- Skate Canada states that CSA-approved helmets are mandatory for skaters participating in Stages 1 – 5. Once Stage 5 has been achieved, the helmet may be removed at the discretion of the parent.

CLOTHES

- Warm clothing - we are all HAPPIEST when we are warm
 - Jacket or Warm Sweater
 - Waterproof/water resistant pants
 - Underlayers can add additional warmth
- Gloves (waterproof recommended) must be worn to protect fingers and ensure they are fitted correctly; no fuzzy gloves because they stick to the ice
- Knee pads and elbow pads are not recommended as they inhibit natural movement of the joints
- Pre-CanSkate Tip: Please remember children need to be warm to be happy and at first they will likely spend a fair bit of time on the ice, sitting, lying and trying to get up.

REGISTRATION INQUIRIES

Please direct all your registration related questions to our registrar, Juile, by emailing registrar@killarneyskatingclub.com.

INJURIES

All Skate Canada Coaches have First Aid Training, as specified by Skate Canada.

- If your child is injured, please wait. The coaches will assess the child on the ice and determine whether it is safe to move the child. Please be aware, you are not allowed to come onto the ice surface in your street shoes. You do not have insurance through Skate Canada in case of injury.
- If it is safe, we will move your skater to the First Aid bench area for continued treatment and then call for you to come to your child. Your love, comfort and encouragement at this time is greatly appreciated.
- An Incident Report form will be filled out and documented in order to keep track of the injured for future reference. It will also be sent to Skate Canada for further documentation to ensure that there is a record of the injury.

RINK EMERGENCIES, INCLEMENT WEATHER & CLUB COMMUNICATION

If there is loss of electricity, all skaters must immediately leave the ice surface until power and lighting is restored.

If there is a Fire Alarm, all skaters, parents and FSC personnel **must immediately evacuate the building** as directed by the City of Vancouver Staff and Fire Department.

Immediate application of skate guards will enable you to safely evacuate your child from an unsafe situation in a safe and prompt manner.

Put on your child's skate guards or carry your child out of the building as directed by Personnel. Do not stop to remove equipment. The safety of our parents/guardians, skaters and FSC team is our primary concern. Equipment can be replaced – you cannot.

Rink closures due to power outages or inclement weather: We will try our best to post updates on the club website and send you an email in advance, be sure to check our website before heading to the rink!

As per our club's terms of agreement, classes will not be rescheduled.

CANSKATE OVERVIEW

Killarney Centre Figure Skating Club (KCFSC), is a Skate Canada affiliated club and we are proud to offer CanSkate and SkateCanada programs.

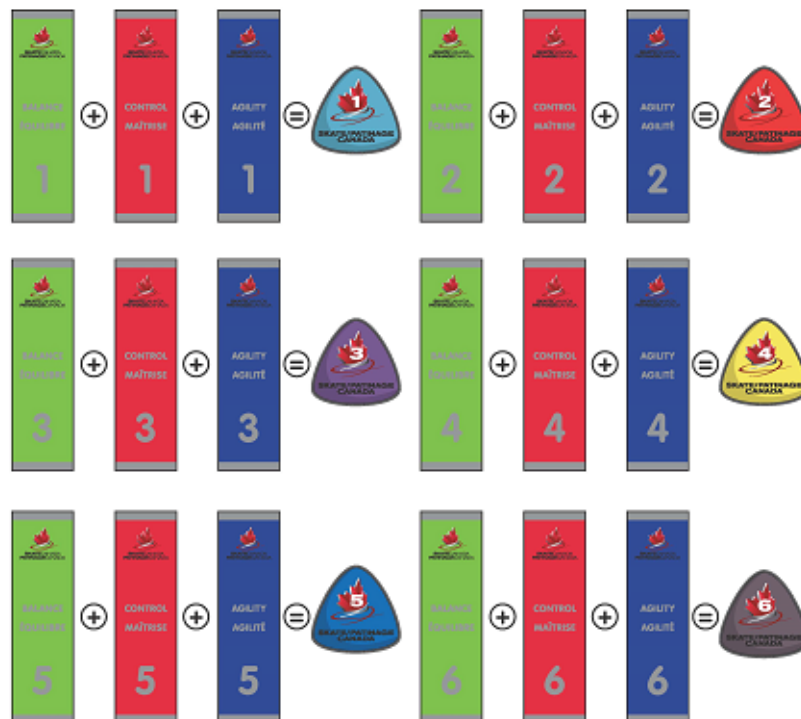
CanSkate is Skate Canada's flagship learn-to-skate program, designed for beginners of all ages. Conducted in a fun, friendly environment, the CanSkate program showcases a comprehensive series of balance, control and agility skills, using a nationally-tested and proven curriculum that supports skater success in developing stronger basic skills on the ice. On-ice activities require 90% movement – skaters are moving and learning using circuits and stations to practice skills.

Skaters progress at their own rate and coaches make sessions active using teaching aids, music and a wide variety of activities that create a fun environment and promote learning. Skaters are taught in a group lesson format by a NCCP certified professional coach, assisted by trained program assistants where the coach/assistant to skater ratio is 1:10. CanSkate is the feeder program to all other Skate Canada Skating Programs.

When you register for the CanSkate program at the KCFSC, you become a member of Skate Canada, the national sport governing body for figure skating in Canada. Membership benefits in the CanSkate program can include:

- 45 minute on-ice sessions for a program that promotes fun, fitness and participation
- Providing the best foundation for figure skating, hockey, speed skating, and ringette.
- Themed days where skaters get to dress up
- Badges, ribbons, and progress reports
- CanSkater of the Year award
- Opportunity to be talent-scouted
- Opportunity to participate in a positive healthy lifestyle activity

CANSKATE LEVELS



There are 6 stages in total for CanSkate.

Each stage is broken down into 3 Fundamental Areas, the ABC's: Agility, Balance, and Control.

CanSkate offers the ability for skaters to work on multiple stages at a time.

For each section the skater completes, they obtain a ribbon. To pass a stage, skaters are required to complete all Fundamental Areas ribbons from the corresponding stage. The skill requirements for each Fundamental are indicated on the progress report.

The Fundamental Areas are:

AGILITY: Concentrating on most turning and jumping skills

BALANCE: Concentrating on most forward skills, pushing technique and edges.

CONTROL: Concentrating on most backwards skills, stopping and speed elements.

OUR PROGRAM STRUCTURE

Aside from our CanSkate program, we also offer a few other learn to skate programs.

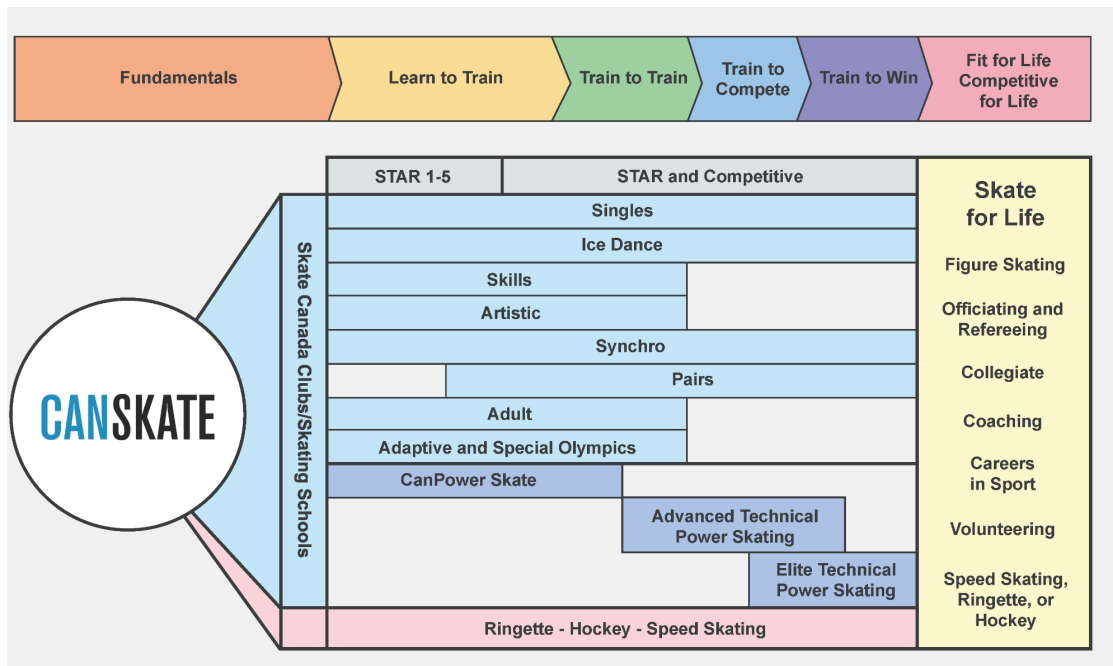
Pre-CanSkate is an introductory program into CanSkate designed for skaters 2.5 to 4.5 years old that have never skated before or have little skating experience. This program teaches skaters the fundamentals of Agility, Balance, and Control and includes skills like balancing on 2 feet, moving forwards and backwards, and making snow.

CanFigure is an introduction to figure skating aimed at recreational skaters who are 9 years of age and older. Participation in this program is by recommendation of the CanSkate Director.

CanPower is an instructional power skating program tailored towards hockey and ringette skaters aimed for skaters that have passed level 5 of CanSkate. Participation in this program is by recommendation of the CanSkate Director.

CanAdult is our CanSkate program for adults.

WHAT HAPPENS AFTER CANSKATE?



There are many options for what happens after Canskate:

Junior Enrichment Academy (JEA) is the next program for skaters looking to figure skate under the age of 9. Skaters are often scouted through the CanSkate program by recommendation of the CanSkate Director and are invited to an audition for assessment with the JEA Director.

CanSkate prepares all skaters with the basic skating skills for success in all ice sports like hockey, figure skating, speed skating and ringette. CanSkate prepares skaters to skate for life!

OTHER CANSKATE PROGRAMS OFFER AT KCSFC

CanAdult

CanAdult is our learn-to-skate program offered for adults (aged 18 and up). Simply put, this group instructed program is CanSkate for adults. Adult skating is growing in popularity and is a great way to learn to skate or advance your skills. Skaters of all levels are invited to learn the basic fundamentals of skating.

The session runs during CanSkate with a segmented portion of the ice during lesson time. If you have any questions or wondering if this program is fit for you, please email info@killarneyskatingclub.com.

CanFigure

CanFigure is an instructional skating program for figure skating development. Skaters entering the program are required to have completed CanSkate Stage 5 or have strong skating abilities and a coaches recommendation.

This program is tailored for skaters aged 9-16. If you are 17 and older and interested in this program, please send an email to info@killarneyskatingclub.com

CanPower

CanPower is a SkateCanada Hockey Skills Program tailored towards hockey and ringette skaters to improve their skating abilities for in-game application. Participation in this program is by recommendation of the CanSkate Director.

Skaters entering the program should have strong forwards and backwards skating skills in order to fully benefit from this program - we recommend level 5-6 in our CanSkate program. At the end of the term skaters are tested on a course where they are given a mark of bronze, silver, or gold. Their mark is dependent on the quality of the skill executed combined with the total time it takes to complete the set course.