



SKATECanada
Shallow Lake Skating Club

SHALLOW LAKE SKATING CLUB
PARENT HANDBOOK
CANSKATE 2023 - 2024



Shallow Lake Skating Club
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INTRODUCTION

Welcome to the Shallow Lake Skating Club! We are so happy that you have become a part of our family. We are a small club with a lot of heart and it shows in the smiles at the rink. In Shallow Lake our focus is on making skating and learning to skate fun and safe all the while fostering a love of all things sport. Whether your child continues within the figure skating stream, the hockey stream or the ringette stream, we are sure to provide them with the basic skills necessary to learn and grow with all sports on ice. It is our aim to help all skaters reach their goals and to promote a healthy lifestyle.

This handbook was designed to help you navigate skating and our Club. We outline what to expect, what equipment you will need, as well as an overview of what we offer. As always, our doors are open and we welcome any questions you may have.

Happy Skating Everyone!

WHAT TO EXPECT IN YOUR FIRST SESSION

1. It may look a little chaotic, but don't worry, it is our own kind of chaos and everything will be running smoothly after the first couple of weeks.
2. Your child will receive their name tag with a sticker on it indicating which group they will be a part of. This may change as your child progresses through the program. Please have your skater wear their tag every week.
3. Prior to attending all sessions, please complete a Covid Self Assessment. If either skater or parent is feeling unwell, please stay home. We will miss you, but let's keep everyone as healthy as we can.

COVID-19 PROTOCOLS

The safety of our skaters is of the utmost of importance. *Before you leave for the rink* you should self-assess both the skater and the parent/caregiver. If you answer "yes" to any of the following questions PLEASE STAY AT HOME. If you answer "no" to any of the following questions, HAVE A FUN NIGHT AT THE RINK!

TAKE THE ASSESSMENT

While in the facility, some are still choosing to wear masks while in public facilities. Please be respectful of everyone's decision.

WHAT TO BRING TO THE RINK

All skaters should come prepared to skate safely and warmly. The following is a list of items that skaters should have for their skating sessions:

The Essentials:

1. A properly fitted CSA approved hockey helmet is **mandatory** for all CANSkater participants. A helmet with a built in face shield is preferable but not mandatory.
2. All skaters are encouraged to wear gloves or mittens (not hockey gloves) while on the ice. Nylon ones can be quite slippery and fuzzy mitts stick to the ice so we recommend a fleece style of mitten.
3. Warm clothing should be worn by all skaters but be sure not to overdress to avoid overheating and impairing movement
4. Skates that fit properly and are sharpened (for figure skates keep the toe pick on – it is an important part of the blade for balance)
5. Skate guards and a cloth to dry the blades

CSA Approved Helmets

Bike, equestrian, motocross, ski and all other helmets are NOT allowed on the ice. **Skaters must have a CSA approved hockey helmet.**



THINGS TO REMEMBER

- Hats worn under helmets must fit snug so as to not slide down
- Splash pants should be worn rather than snow pants. Snow pants are very bulky and restrict a skater's ability to move
- Jeans should not be worn. They are cold to wear and restrict movement
- Long hair should be pulled back tightly and kept off the face
- Hockey mouth guards are not to be worn. They are for hockey sessions only.

TYING SKATES & SKATE CARE

Skates must be properly sized, sharpened, and tied snugly. Follow the steps below to properly tie your figure or hockey skates

1. Begin by loosening laces halfway down so your child's foot can slide in easily. The heel should sit flat and toes shouldn't touch the end of the skate.
2. Starting at the front, pull each crisscrossed lace so the skate feels snug, but your child can still wiggle their toes. *Hockey skates can be loose at the toes, but figure skates should be snug all the way*
3. For hockey skates, lace up to the top holes and tie with a bow. Do not wrap the lace around the top of the skate. For figure skates, cross laces and loop around the eyelets pulling as you go. Tie at the top. Do not wrap the lace around the top of the skates.
4. Once laces are tied, have your child stand, then check to ensure that their ankles are well supported. The blades should stand perfectly upright when a skater is standing in a relaxed position.

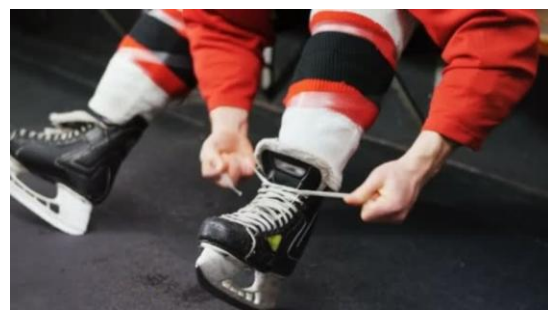
SKATE TYING TIPS

FIGURE SKATES: Skates should have minimal creases at the ankles to provide correct ankle support. *Laces should never be wrapped around the ankle or underneath the skate*

HOCKEY SKATES: Skates should be tied tightly as possible, especially over the instep and at the ankle to provide proper support. Make sure you lace the skates all the way to the top. *Laces should never be wrapped around the ankle or underneath the skate.*

SKATE SHARPENING

Skates should be sharpened on a regular basis (after about 25 – 30 hours on ice). We recommend Gord's Pro Shop in Port Elgin.



TAKING CARE OF YOUR SKATES (Figure or Hockey)

Step by Step Care for your skates courtesy of Jackson Ultima:

1. Wipe away ice and water after each skating session
2. Put on skate guards, plastic protector, going to and from ice.
3. Store between sessions without skate guards, preferably with soft cloth “soakers” to prevent rust and absorb condensation
4. Let skates dry out overnight removed from the bag
5. Sharpen regularly
 - Beginners – every 25 – 30 hours on ice
 - Novice’s – at least every two months
 - Elite – varies, from weeks to months

CANSKATE AND LEARN TO SKATE PROGRAMS

Our Learn to Skate (Parent & Tot, Pre-CANSkate and CANSkate) programs are designed to teach fundamental skating skills to people of all ages interested in ice sports such as hockey, ringette, and figure skating, as well as those wanting to skate for fitness and enjoyment for life



CanSkate

CURRICULUM

The CANSkate curriculum is based on six stages. Each stage contains three fundamentals: **Balance, Control, & Agility**. Each skater has the opportunity to achieve each fundamental with the incentive being a ribbon. When a skater has achieved the entire stage, they receive a badge. After each season the skater receives a report card that indicates their success.

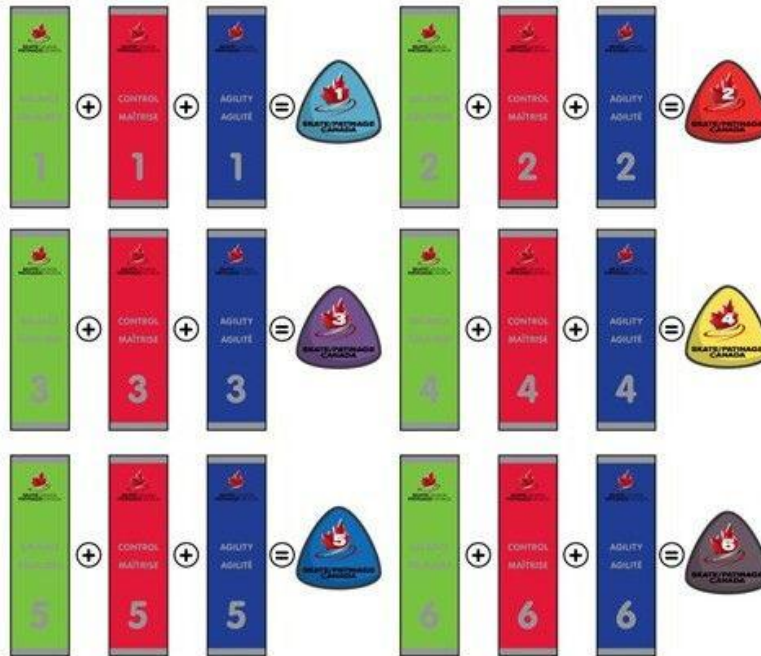
EQUIPMENT

You can view Skate Canada’s CANSkate Equipment video [here](#)

CANSkate Badges – How They Work

The CanSkate program focuses on the development of six fundamental movements: GO forward, GO backward, STOP, TURN, SPIN, and JUMP. These are organized into six stages of learning. The skills are arranged in progressions from very simple to more complex. Once the skills for each are mastered, a badge is awarded.

There are 6 stages in CanSkate, each of the stages has ABC (Agility, Balance, Control) skaters move on when each skill is achieved. These 3 areas are also important for Power Skating. Skating is the most fundamental skill required to play hockey or ringette, but often it is the least practiced skill in young athletes. Stick handling, shooting, checking, and even goaltending, while all different skills, have one thing in common, SKATING!



For additional information about CANSkate badges, please review our [CANSkate Skills Descriptions and Performance Standards](#) document.

ABSENCES

Reporting your skater's absence is of the utmost importance. If your skater is going to be absent, please contact us via email to let us know. It is our way of knowing that you and your family are safe and healthy. Our email address is shallowlakeskating@gmail.com

KEEPING IN TOUCH

Coach Kris is always available to speak to you about your skater whether it is for feedback or ideas however, if at all possible, please phone, email or text her as the session following CANSkate is very busy. She can be reached at 519-935-2320 (h) 519-377-3423 (cell) or akesdawson@gmail.com.

FAQ's

Q: Can I go on the ice with my skater?

A: Parents are only permitted on the ice if they have registered for the Parent & Tot program as they will have insurance through their registration. Our Skate Canada Certified Professional coach has many years of experience coaching young skaters and our program assistants are well equipped to take care of your child during their lesson. Should we have any issues we will most certainly ask you for assistance.

Q: My child is having a difficult time. What should I do?

A: We get it. Ice is cold, slippery and hard and can sometimes be frustrating. We know all kids learn at different rates and have different comfort levels. Please be assured in knowing that we are doing everything we can to help your skater have fun during the learning process. Skaters often get "stuck" at Stage 3 as all of the elements are performed backwards and it is the first time this is being introduced but we have a few tricks up our jackets to help your skater along.