



CanSkate

ORIENTATION PACKAGE



TABLE OF CONTENTS

1	Welcome!	16-17	FAQs
2	CanSkate Overview	18	Next Steps
3	What is Pre-CanSkate?	19	Contact Information
4-6	Progress Reports		
7	Awards		
8	Session Format		
9	Program Assistants		
10-13	Required Equipment		
14	Where to Purchase Skates?		
15	Skater Progress		



WELCOME!

We are delighted to welcome you to our Pre-CanSkate and CanSkate programs, where the joy of skating begins!

Whether this is your first time on the ice or you are returning to continue your skating journey, we are thrilled to have you with us.

This CanSkate orientation package is your comprehensive guide to navigating our programs. Here, you will find everything you need to know about our Pre-CanSkate and CanSkate sessions, including what to bring, how sessions will run, and general guidelines to follow.

For First-Time Skaters

Starting something new can be both exciting and a little daunting. Our Pre-CanSkate program is specifically tailored to help our newest skaters take their first steps on the ice with confidence. Our friendly and experienced coaches are here to provide a supportive and fun environment where you can learn at your own pace.

For Returning Skaters

Welcome back! We are excited to continue developing your skating skills in our CanSkate program. Building your existing abilities, our structured lessons are designed to enhance your technique, increase your confidence, and bring you closer to achieving your skating goals.



CANSKATE OVERVIEW

CanSkate is Skate Canada's official learn-to-skate program and has been designed to address the development of skating skills and elements in preparation for all ice sports. Based on Skate Canada's long-term athlete development (LTAD) principles, CanSkate and Pre-CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity.

Silver Blades is proud to have all programs taught by professional coaches who are specially trained and certified through the National Coaching Certification Program (NCCP).

What can you expect?

The CanSkate's learning environment is enhanced through fun, music, teaching aids, props, along with praise and group/individual feedback from coaches. Lessons are given in a group format with a coach-to-student ratio of a maximum of 1:10. Badges, ribbons and other incentives are used to benchmark skaters' progress and reward effort and participation. The CanSkate program is organized into three Fundamental areas and divided into six stages of learning. The Fundamental areas are:

Balance: Focus on forward skills, pushing technique and edges.

Control: Focus on backward skills, stopping and speed elements.

Agility: Focus on turning and jumping skills.

Helmets are mandatory for CanSkate.



CanSkate Excellence Achieved Standard

WHAT IS PRE-CANSKATE?

Pre-CanSkate groups are a component of CanSkate. Participants who have never skated before or who are not confident with their balance on the ice are considered Pre-CanSkaters (regardless of age, however, age range is typically 4-6 years old).

Pre-CanSkaters work on the essentials needed to move safely and effectively on the ice, so that they can rotate to the different learning stations. There are eight basic skills designed to ready them for Stage 1.

Pre-CanSkate is not a program on its own. It is a readiness vehicle to prepare skaters for CanSkate. Once skaters are mobile, their group rotates to the different learning stations as well.

Helmets are mandatory for Pre-CanSkate.

****Note: minimum age is 4 years old by December 31 of the registration season.**

PROGRESS REPORTS

CanSkate progress reports are evaluation tools used by Skate Canada to track the development of skaters in the CanSkate program, which focuses on fundamental skating skills across six stages.

These reports document skaters' achievements, provide feedback on their strengths and areas needing improvement, and use a checklist to indicate which skills have been mastered. This structured approach helps skaters see their progress, set goals, and stay motivated.

Two progress reports are given out each skating season.

****Pages 5 and 6 show the progress report.****



PROGRESS REPORT

SKATER'S NAME

Silver Blades Skating Club

CLUB/SKATING SCHOOL

PRE-CANSKATE - OPTIONAL READINESS LEVEL

- ☐ Fall down & get up
☐ Balance on two feet

- ☐ Move forward
☐ Make snow

- ☐ Move backwards
☐ Two-foot twist

- ☐ 360° march
☐ Two-foot jump

Pre-Canskate ribbon awarded: _____

CANSKATE ELEMENTS

	BALANCE	CONTROL	AGILITY
STAGE 1	<input type="checkbox"/> Fall down & get up <input type="checkbox"/> Forward skating <input type="checkbox"/> Forward two-foot glide <input type="checkbox"/> Forward two-foot sit glide 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Snow slide steps <input type="checkbox"/> Backward skating <input type="checkbox"/> Backward two-foot glide 3/3 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Stationary 180° turn <input type="checkbox"/> Stationary two-foot jump <input type="checkbox"/> Forward skating perimeter of ice surface 3/3 check marks required. Ribbon awarded: _____
STAGE 2	<input type="checkbox"/> Forward sculling <input type="checkbox"/> Forward two-foot to one-foot glide <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Forward one-foot glide with speed 4/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop <input type="checkbox"/> Backward two-foot sit glide <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence 3/4 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot turn <input type="checkbox"/> Backward two-foot turn <input type="checkbox"/> Forward 180° glide turn <input type="checkbox"/> Forward two-foot jump 4/4 check marks required. Ribbon awarded: _____
STAGE 3	<input type="checkbox"/> Forward stationary blade push <input type="checkbox"/> Forward two-foot slalom <input type="checkbox"/> Forward circle thrusts <input type="checkbox"/> Walking crosscuts <input type="checkbox"/> Forward two-foot to one-foot curve glide 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward stop with speed <input type="checkbox"/> Backward sculling <input type="checkbox"/> Backward two-foot to one-foot glide <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward one-foot glide with speed 5/5 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot quick turn <input type="checkbox"/> Backward two-foot quick turn <input type="checkbox"/> Forward 360° step turn <input type="checkbox"/> Backward two-foot jump <input type="checkbox"/> Fast forward perimeter skating 5/5 check marks required. Ribbon awarded: _____
STAGE 4	<input type="checkbox"/> Forward crosscuts <input type="checkbox"/> Forward inside giant slalom <input type="checkbox"/> Forward outside giant slalom <input type="checkbox"/> Forward lunge <input type="checkbox"/> Forward spiral <input type="checkbox"/> Drop-down drill <input type="checkbox"/> Forward "V" start 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Backward stop <input type="checkbox"/> Backward circle thrusts or pumps <input type="checkbox"/> Backward two-foot slalom <input type="checkbox"/> Backward one-foot glide with curve <input type="checkbox"/> Sustained forward one-foot glide <input type="checkbox"/> Speed drill #1 5/6 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Backward 360° step turn <input type="checkbox"/> Forward to backward two-foot jump <input type="checkbox"/> Backward to forward two-foot jump <input type="checkbox"/> Two-foot spin <input type="checkbox"/> Two-foot sit spin 5/6 check marks required. Ribbon awarded: _____
STAGE 5	<input type="checkbox"/> Forward crosscuts figure-8 <input type="checkbox"/> Forward inside edges <input type="checkbox"/> Forward push/glide sequence <input type="checkbox"/> Inside spread eagle <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Running lateral crossovers <input type="checkbox"/> Forward perimeter skating with jumps 5/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward two-foot side stop <input type="checkbox"/> Backward stop with speed <input type="checkbox"/> Backward crosscuts <input type="checkbox"/> Backward inside giant slalom <input type="checkbox"/> Backward push/glide sequence <input type="checkbox"/> Backward spiral <input type="checkbox"/> Speed drill #2 6/7 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot turn <input type="checkbox"/> Forward 360° glide turn <input type="checkbox"/> Forward to backward one-foot jump <input type="checkbox"/> Forward power jump <input type="checkbox"/> One-foot spin <input type="checkbox"/> Alternating foot spin <input type="checkbox"/> Forward tight glide turns 6/7 check marks required. Ribbon awarded: _____
STAGE 6	<input type="checkbox"/> Forward power crosscuts <input type="checkbox"/> Forward outside edges <input type="checkbox"/> Forward one-foot slalom <input type="checkbox"/> Forward one-foot sit glide <input type="checkbox"/> Forward spiral (curve or straight line) <input type="checkbox"/> Forward crossover acceleration <input type="checkbox"/> Forward perimeter skating with crosscuts <input type="checkbox"/> Forward perimeter skating with stops 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward one-foot side stop <input type="checkbox"/> Forward two-foot side stop with speed <input type="checkbox"/> Backward outside giant slalom <input type="checkbox"/> Backward crosscuts figure-8 <input type="checkbox"/> Backward perimeter skating with crosscuts <input type="checkbox"/> Backward one-foot slalom <input type="checkbox"/> Backward one-foot spin <input type="checkbox"/> Speed drill #3 6/8 check marks required. Ribbon awarded: _____	<input type="checkbox"/> Forward C step <input type="checkbox"/> Backward C step <input type="checkbox"/> Two-foot multi turns <input type="checkbox"/> Rotating power jump <input type="checkbox"/> Backward toe-assisted jump <input type="checkbox"/> Backward 360 two-foot jump <input type="checkbox"/> Forward one-foot spin with spiraling edge <input type="checkbox"/> Forward two-foot reverse pivot turn 6/8 check marks required. Ribbon awarded: _____

STAGE BADGE PASSING CRITERIA

All three fundamental area ribbons **Balance**, **Control** and **Agility** must be awarded in order to receive a stage badge.



Stage 1
Badge awarded:



Stage 2
Badge awarded:



Stage 3
Badge awarded:



Stage 4
Badge awarded:



Stage 5
Badge awarded:



Stage 6
Badge awarded:

COACH'S COMMENTS

COACH'S SIGNATURE

DATE

THE BEST START

CanSkate provides skaters with the best foundation for any ice sport, including figure skating, hockey, speed skating, ringette or for enjoying recreational skating as a life-long activity.



WHAT COMES NEXT?

STAR 1-5

Learn to figure skate program offering opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of skills, freeskate, ice dance, artistic and synchronized skating.

CANPOWERSKATE

Focuses on skating technique through balance, control and agility skills, to enhance the skating ability of hockey and ringette players.

AWARDS

The CanSkate program has 18 ribbons and 6 badges to recognize the skater's achievements. This allows skaters to receive incentives/recognition for their achievements on a more frequent basis.

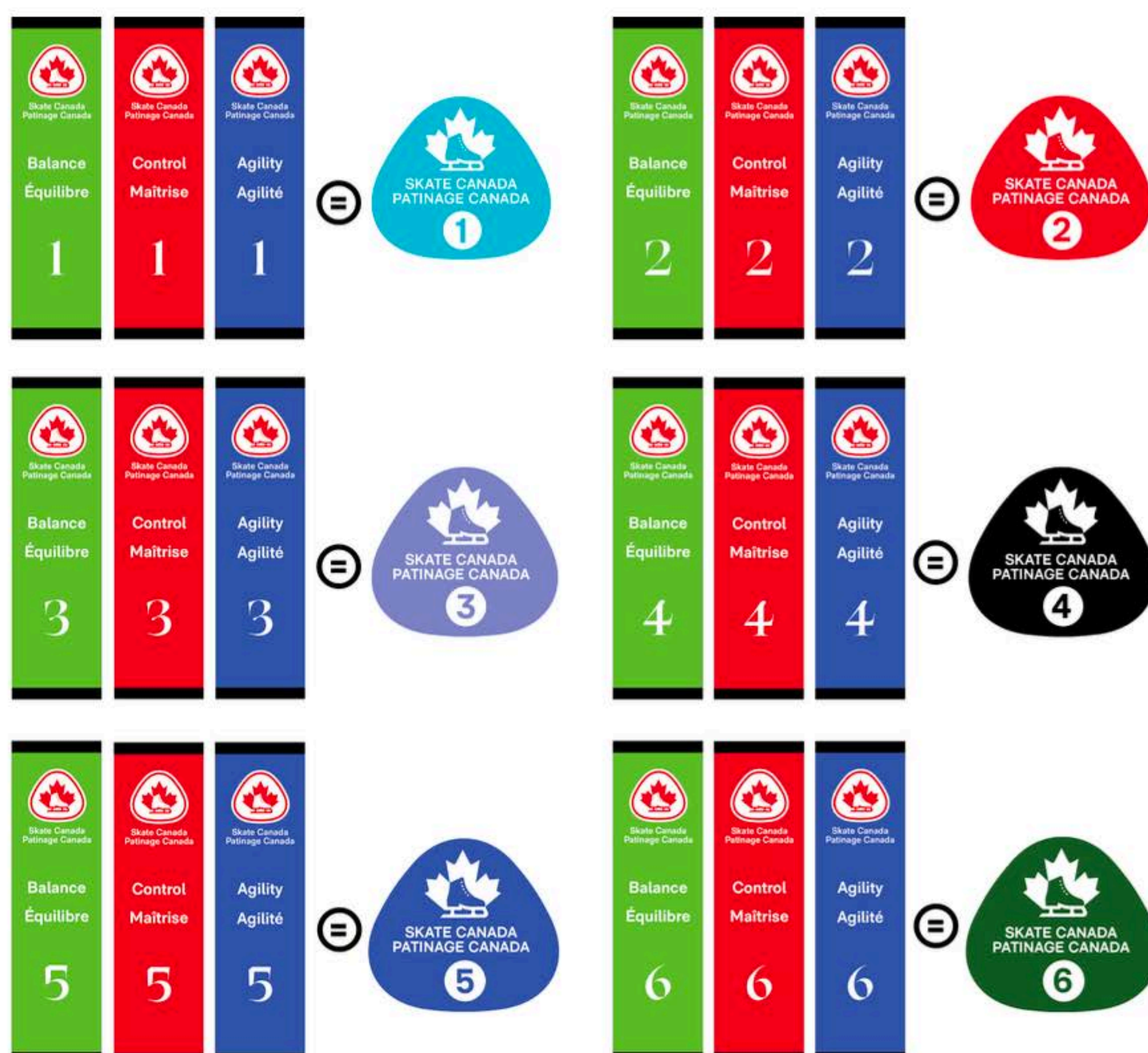
The awards consist of:

- 18 ribbons (1 Balance, Agility and Control ribbon for each level).
- 6 badges (1 badge per stage).

To receive a badge, skaters must achieve all ribbons (Agility, Balance and Control) from the corresponding stage. The skill requirements for each Fundamental area are indicated on the report card.



Awards / Prix



SESSION FORMAT

Skate Canada professional coaches teach this 50 minute program, with the help of program assistants (PA's). Children are separated into colour coded groups based on their ability. Skaters have fun at various stations while working on the skills needed for the different badge levels. CanSkate lessons include a group warm-up and cool-down using the full ice.

- The first 10 minutes consists of a warm-up for all skaters lead by our program assistants. The skaters are then separated into their groups.
- Skaters, in their groups, proceed through three fundamental areas, each for 10 minutes, each with a different coach.
- The three fundamental areas are Agility, Balance, and Control/Challenge Zone and going around the perimeter of the ice is called the Fast Track.
- The Challenge Zone provides engaging activities and includes more props, teaching aids and visual impact than the regular teaching or review stations to help keep skaters' interest and motivation high.
- The session ends with a 10 minute cool-down led by program assistants and coaches.
- Professional coaches assess each skater's skill level during every group lesson, awarding ribbons promptly upon achievement.



PROGRAM ASSISTANTS

Who are Program Assistants?

Program Assistants (PAs) are current skaters at Silver Blades Skating Club who have been trained by a coach to assist in the delivery of a Skate Canada Program.

Program Assistants are easily recognizable by their Silver Blades Club jackets, making them approachable resources for skaters seeking guidance or assistance during sessions. Their involvement not only helps maintain a high standard of instruction but also fosters a supportive and collaborative community within the club.

What is the role of a Program Assistant?

- Assisting or leading warm-ups, group activities, or cool-downs.
- Assisting with the set-up of circuits and stations.
- Leading circuits and rotations.
- Demonstrating proper execution of skating skills.
- Aiding skaters who may have additional needs.
- Taking attendance.
- Providing general assistance to the coaches during the session.

REQUIRED EQUIPMENT

Helmets: At any age, helmets are mandatory to be worn in CanSkate up to and including Stage 5 for all events, competitions, ice shows, and any other special on-ice activities throughout the season.

Helmets worn must be a CSA-approved hockey helmet and must not be expired. A proper fitting helmet sits no more than 1 inch above the brow line, has straps that are shaped like a V around the ears, and has no more than 1 finger space under the chin.

Be sure skaters can see - all excess hair should be pulled back out of the way.

Incentive stickers should not be placed on a helmet as some adhesives may compromise the integrity of the plastic and void the manufacturer's guarantee. See the Helmet Use Policy on Skate Canada's Info Center for more information.

Approved Helmets

Must be CSA approved hockey helmet (with or without cage)



Not Approved

Ski/Bike/Multi Sport will not be accepted and you will not be allowed on the ice



CSA approved hockey helmets can be purchased at Canadian Tire or SportChek locations

REQUIRED EQUIPMENT

Equipment is a very important component for safety and success in skating for all levels. Please read through the following information carefully.

Skates: When looking for skates, whether hockey or figure skates, the following tips should be kept in mind:

- Fit well and provide ankle support.
- Fit around ankle should be snug and the top is a bit looser to allow the ankle to bend.
- Any extra lace should be tied or tucked in.
- Sharpen skates before use and continue to sharpen every few months.
- Use guards to protect sharpening when walking (off the ice).
- Wipe off snow after skating, and store on a soft towel.
- Never store skates with guards on as it creates rust.

Not Recommended: Poor ankle support, poor fit= less control.



Recommended: Good support and fit= faster progress and good ankle support.



REQUIRED EQUIPMENT

Fit: Skates should fit snugly to the foot with no more room than one finger space between the back of the foot and the skate. If you prefer having an expert advise you on fit, figure skating stores such as Figure Skating Boutique and Esta have knowledgeable staff who can ensure a proper fit. Additionally, we recommend checking out [Silver Blades](#) for more information on skates.

Sharpening: New skates do not come sharpened. Skates should be sharpened after roughly 30 hours of ice time. The use of skate guards, not walking on cement, and wiping blades clean after each skate can make your sharpening last longer. Do not store your skates with guards on as rust can form on the bottom of the blades. Once home, skates should be air-dried. Sporting goods stores and arena pro shops are fine for sharpening hockey skates, but should not be used for figure skates. Figure Skates must be sharpened by a professional or they will be damaged.

Guards: Hard guards are for walking around when not on the ice and soft blade covers are for storage. Blades need protection!

Hard Guards



Soft Blade Covers

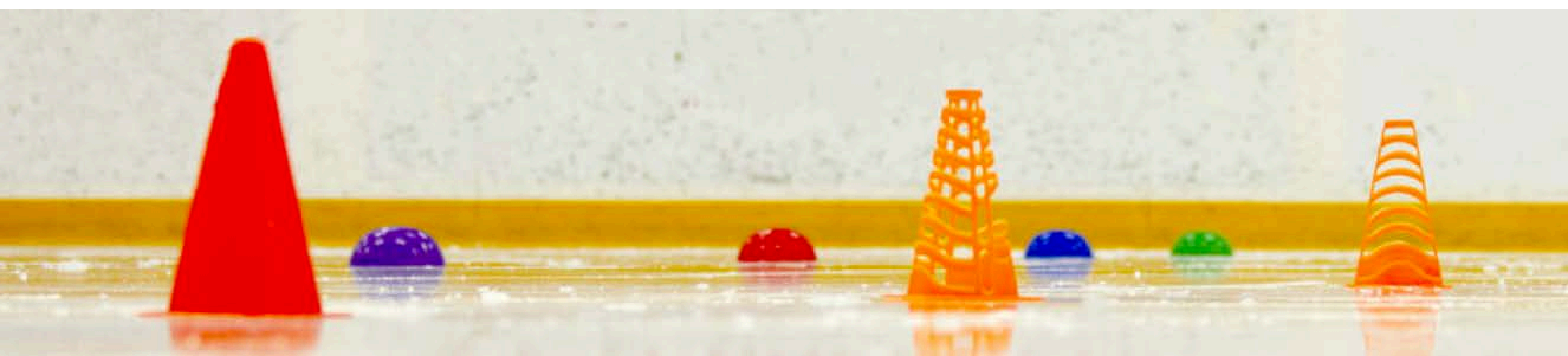


REQUIRED EQUIPMENT

Clothing:

- Should be warm, but not restrictive.
- Dress in layers.
- Ensure skates are secure, with nothing hanging down or touching the ice.
- Avoid wearing long scarves or pants that are too long.
- All skaters should wear mitts or gloves to keep hands warm and protected.

Note: Parents/guardians are asked to remain in the arena in case of skater injury/illness, or to take their skater to use the washroom. Coaches and PA's may not take skaters to the washroom.



WHERE TO PURCHASE SKATES?

Figure Skates

- Figure Skates are recommend for any skater looking to pursue a pathway in figure skating. Figure skates can be purchased from one of these professionals:



Figure Skating Boutique

Location: 109 Doncaster Ave, Thornhill, ON

Phone #: 1-866-957-0396

Website: www.skatingboutique.com



Esta Canada

Locations: Oakville, Burlington, and Richmond Hill

Phone #: 905-330-2126

Website: www.estacanada.ca

Hockey Skates

- Hockey Skates are recommend for any skater looking to pursue a pathway in hockey. Hockey skates can be purchased at sporting goods stores such as SportChek, Canadian Tire, Play Again Sports (gently used), and Newsons (gently used).

SKATER PROGRESS

At Silver Blades, we believe in celebrating every step of your skating journey. Our Pre-CanSkate and CanSkate programs are designed to ensure skaters progress at their own pace while having fun and building confidence on the ice.

For our youngest skaters in the Pre-CanSkate, progress is measured in small, joyful milestones. From learning to stand on the ice, to taking their first glides, each accomplishment is a step towards becoming a more confident skater.

For skaters in the CanSkate program, they work through a series of levels, each with specific skills to accomplish. Our structured program follows Skate Canada's nationally recognized program, emphasizing balance, control, and agility.

Please do not worry if you feel your skater isn't making visible "progress." Rest assured, they are improving! Progress can vary week to week; some days, you might see significant leaps forwards, while other days the changes may be more subtle. However, the improvement from the first day to the end of the program will show. Trust the process, and you'll see how much they have grown and developed over time.

Our goal is to make learning to skate enjoyable and to motivate skaters with positive encouragement. Every skater will improve, whether it be speed, confidence, or a growing passion for the sport. We look forward to supporting and inspiring every athlete on their journey.

FAQ'S

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

If you have any questions, please direct them to Pam or Devinder, our CanSkate Co-Coordinator, at coordinator@silverblades.ca. We will assess your skater and provide an explanation as to their group placement or move the skater as needed. Skaters are grouped by ability.

What happens if I need to leave the arena while the session is in progress?

All skaters must have a designated parent/guardian/adult that is in attendance throughout the session for emergencies, injury, reassuring hugs, washroom breaks, etc. Guardians must stay in the arena for all skaters under the age of 12 years old. You can ask another parent/guardian present to mind your skater in your absence and advise your skater of whom is stepping in. Coaches and PA's cannot take skaters to the washroom.

What happens if my skater misses a session? Can my skater make it up on another session?

There are no make-up classes for missed sessions. We do not issue refunds for any missed sessions.

Can I request a refund if my skater wants to stop lessons?

You may request a prorated refund prior to Thanksgiving Day to info@silverblades.ca. After Thanksgiving Day, we do not issue refunds unless a medical note is provided.

Can I film or take pictures of my skaters on the ice?

Parents are not allowed to record another child that is not their own unless they have consent from the child's parent. Additionally, parents will not use technology or social media to disrespect or exploit others. While we understand the desire to capture your child's progress, we cannot monitor who is being filmed, by whom, or which children are included in the video or picture.

FAQ'S

How can I help my CanSkate skater progress faster?

One way to help your CanSkater progress faster is by having private lessons.

How it Works:

The 50 minutes CanSkate sessions are broken down into different components, ending with a 10 minute cool-down period. During these last 10 minutes, coaches will be available to teach private lessons. Private lessons are a good option if your skater is having difficulty with a particular skill, or just needs to master a few more skills to move to the next level. The cool-down will be coach-led, so skaters not opting for private lessons will still get a full session of skating instruction. Private lessons may commence anytime after Thanksgiving.

Where to Start:

If you would like your child to have private lessons, you will need to contact a coach directly. You can find out more about Silver Blades' coaches online or on the Coaches' Board at the arena. Coaches are as unique as the individuals they teach. Involve your skater in this decision. If you can, it's a good idea to observe the coaches during a session. This will give you a sense of their techniques/methods and their rapport with skaters. Shortlist your choices to one or two coaches, and then meet with them individually to assess their style/philosophy and also to understand their rates. It is important to find the right combination of expertise and personality in order for your young skater to enjoy his or her instruction and to work cooperatively with the coach to achieve goals. There are also practical considerations, such as coach availability and rates, that will impact your decision.

NEXT STEPS

Is your skater interested in pursuing figure skating?

Once your skater completes Stage 5 of CanSkate, they have the opportunity to join our Intro to Preliminary Program.

What is Intro to Preliminary?

Intro to Preliminary is for skaters who are working on Stage 6 CanSkate and will progress into our StarSkate Program at the Star 1-2 level. Intro to Preliminary offers rotating group lessons conducted by multiple club coaches for the entire session. Groups will be arranged by skating level. This option may be of interest to NEW Preliminary skaters who do not wish to start with private coaching immediately, do not want private coaching every session, or have a private coach that is not available on a day they wish to skate.

What is StarSkate?

StarSkate provides skaters with opportunities to develop essential figure skating skills in ice dance, free skate, interpretive skating, and skating skills. Skaters have the opportunity to take Skate Canada assessments through a nationally standardized assessment system, as well as enter competitions.



CONTACT INFORMATION

If you have any questions regarding our Pre-CanSkate and CanSkate programs, your skaters' progress or next steps, please do not hesitate to reach out.



416-233-8331



www.silverblades.ca



info@silverblades.ca



Silver Blades Skating Club Location:
50 Montgomery Rd, Etobicoke, ON M9A 4X1