



KWSC CANSKATE PARENT HANDBOOK

Operating in rinks across K-W



Kitchener-Waterloo Skating Club
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Inspiring a lifelong passion for excellence through skating

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INTRODUCTION

Welcome to the Kitchener Waterloo Skating Club! At the club, we strive to foster a lifetime pursuit of excellence in everything our members do today, and beyond their skating years. Learning to skate teaches not only sport-specific skills, but also empowers our skaters with life skills such as perseverance, goal setting, mental focus, an active and healthy lifestyle, problem-solving, a desire for personal achievement, and much more.

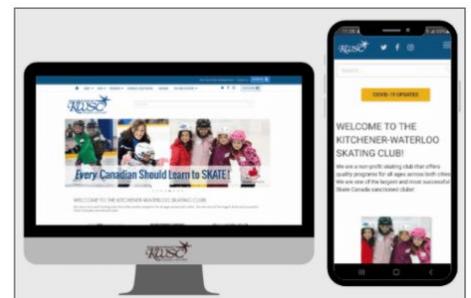
In this handbook, we've outlined what to expect during your first few sessions, what equipment you will need, as well as an overview of programs offered. If you have any questions, please don't hesitate to reach out - you can find our contact information in the *Keeping in Touch with KWSC* section.

Happy skating!

WHAT TO EXPECT IN YOUR FIRST SESSION

1. Your first day is orientation day. During orientation, you will meet your coaches and get familiar with the rink.
2. Please be sure to arrive 15 minutes early so that you can hear all of the information, there will be a lot to get through! *It is recommended to arrive 15 minutes for every session after your first.*
3. **Please Note:** Due to COVID-19 protocols, city staff may not allow latecomers to enter the building, so it's extra important to arrive on time. Additionally, there is no re-entry allowed once you've entered the facility. *(i.e. if you leave the building for whatever reason, you will not be allowed back into the facility)*
4. Once the session has started, if a parent/guardian leaves, they will not be allowed back into the building, so make sure you bring everything that you and your skater will need during the session.
5. Due to COVID-19 Protocols, health screening, hand sanitizing, and attendance will be mandatory at the beginning of every single session for skaters and parents/guardians.

For additional information about the Club, our policies, or our COVID-19 protocols, visit www.kwsc.org



COVID-19 SAFE RINK PROTOCOLS

Before you leave for the rink, you should complete the [KWSC Spectator Health Screening Tool](#). If you answer “yes” to any questions, please stay home and isolate.

While inside the facility, please follow these guidelines:

- Masks must be worn at ALL times while within the building (unless you are skating). Skaters can remove their masks right before they go on the ice but need to put masks back on when they get off the ice.
- Hand sanitizing must be done upon entering the rink.
- Only **ONE** parent/guardian is permitted for each skater. *If you require special requirements for an extra person in the rink please contact Brooke (Membership Services Coordinator).*
- When your skater is in their session, please remain outside in your vehicle or inside on your skater's chair in RIM Park or spread out along the rink in all other facilities (to ensure physical distancing)
- When skaters enter the rink to prepare for their session, they must sit in a chair. Regardless of if a skater comes prepared to get directly on the ice, a chair must be taken for distancing protocols and for any parent/guardian who attends with them.
- Please follow signage regarding the use of washrooms and only use washrooms permitted for use.
- All signage must be followed. Proper exiting, entering, and direction protocols must be adhered to at all times.
- Once the session has started, if a parent/guardian leaves, they will not be allowed back into the building.

For additional information on how to safely exit and enter our rink, please watch our Safe Rink Protocols video [here](#).



WHAT TO BRING TO THE RINK

Skating Equipment - The Essentials

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:

1. A properly fitted **CSA approved** hockey helmet is mandatory for all Learn to Skate/CanSkate participants (preferably with a face shield built-in and a face mask).
2. All skaters are encouraged to wear gloves or mittens (preferably waterproof) while on the ice. (*Note: nylon mitts are quite slippery on the ice and make it difficult to get back up, we suggest fleece mitts for young skaters*)
3. Warm clothing should be worn by all skaters, but overdressing should be avoided to prevent overheating and movement impairment.
4. Skates that fit properly and are sharpened frequently.
5. Skate guards and a cloth for wiping off your skates after use. Refer to “Skate Care” on page 6

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**. Our *KWSC Helmet Policy* can be found [here](#).



THINGS TO REMEMBER:

- Hats worn under helmets must fit snugly so they do not slide down.
- Splash pants should be worn to the rink rather than snow pants. Snow pants are very bulky and restrict a skater's ability to move.
- For young skaters, nylon mitts are **not** recommended. Fleece mittens are easier for skaters to push themselves up with if they fall.
- Long hair should be pulled back tightly and kept off the skater's neck so they do not overheat.
- Sessions cannot be refunded or rearranged if they are missed. (*See FAQ for additional details*)



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 looser at the toes, but figure skates should be snug throughout.*
3. For hockey skates, lace up to the top holes and tie with a bow. For figure skates, cross laces and loop around the eyelets pulling as you go. Tie at the top.
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 the skater is standing in a relaxed position.

Skate Tying Tips

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

HOCKEY SKATES: Hockey skates should be tied as 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 under the skates.**

Skate Sharpening

Skates should be sharpened regularly. Currently, skate sharpening is unavailable at the rink, however, we recommend getting your skates sharpened at a professional skate shop such as Sports Zone.



Taking care of your skates *(Figure or hockey)*

Step by Step Care for your Ice Skates courtesy of [Jackson Ultima](#):

1. Wipe away ice and water after each skating session.
2. Put on skate guards, plastic protectors, 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 the skates dry out overnight removed from the skate 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

Learn to Skate

Our Learn-to-Skate 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. ***Please note:*** *Due to COVID-19 Safety Protocols, CanSkaters **must** be able to get up on their own without coach assistance. Coaches cannot assist skaters in getting/standing up.*

CanSkate/Learn to Skate Equipment

You can view Skate Canada’s CanSkate Equipment video [here](#), or refer to the ***Skating Equipment - The Essentials*** list at the beginning of this handbook.

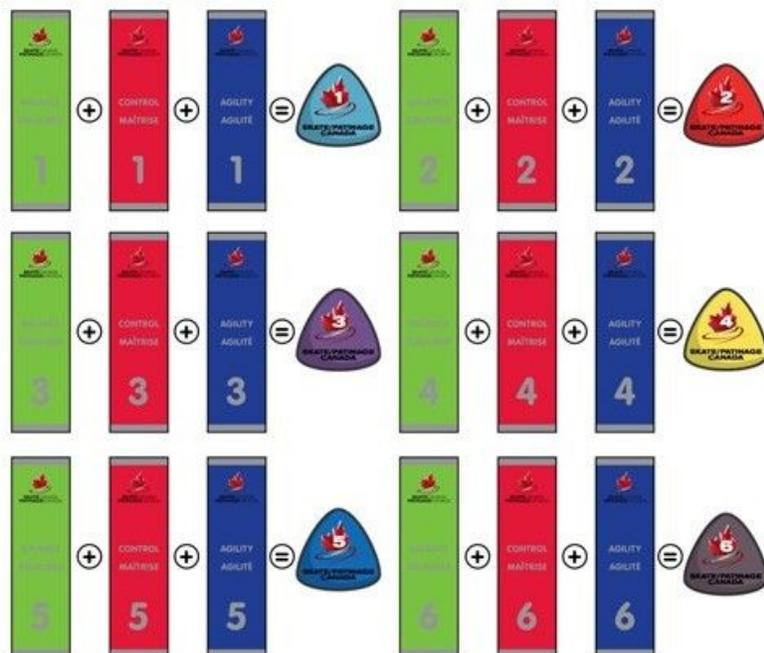
CanSkate Badges - How they work

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 practice 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. Stickhandling, shooting, checking, and even goaltending, while all different skills, have one thing in common, SKATING!

Please note that if skaters are not able to stand up without assistance, they will be transferred to a Parent and Tot program so that the parents can assist the skater. Once the skater can move independently, they will be transitioned back into their original program.

CanSkate Badges



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

ABSENCE REPORTING

Reporting your skater's absence is of the utmost importance. If your skater is going to be absent, please contact us to let us know. Every absence that is not reported before the session starts will be followed up to ensure it is not related to COVID-19. Absences can be reported to our Membership Services Coordinator via email (kwsc@kwsc.org).

KEEPING IN TOUCH WITH KWSC

Currently, the KWSC Office located within RIM Park is closed to the public due to COVID-19 protocols. Our Membership Services Coordinator is available by email or phone from 11:00 am – 5:00 pm on Monday, Wednesday, and Friday. Any emails or messages left on Tuesday or Thursday will be responded to the following day. Issues or questions related to skating technicalities will be forwarded to the Technical Director.

For regular updates, please go to our website (www.kwsc.org) and social media channels on Facebook ([Kitchener-Waterloo Skating Club](https://www.facebook.com/Kitchener-Waterloo-Skating-Club)), Twitter ([@kwskatingclub](https://twitter.com/kwskatingclub)), and Instagram ([@kwskatingclub](https://www.instagram.com/kwskatingclub)).

If you have any questions or concerns, please reach out to Brooke Jacobson, Membership Services Coordinator at kwsc@kwsc.org or phone us at 519-886-5972 ext. 229

Keeping in Touch with Coaches

If you'd like to get into contact with your skaters' coach, you should talk to the Coach In Charge (CIC) at the end of the skater's session. If you're not sure who to talk to, you can find photos of our CanSkate coaches on the following page.



CANSKATE COACHES

The following Coaches are registered professional coaching members of Skate Canada who are trained and certified in the National Coaching Certification Program (NCCP).



Treena Deakins



Cheryl Davidson



George Han



Lois Jefferies



Debby Norris



Leah Smeaton



Tammy Van Scheyndel



Karen Van Soelen-White

FAQ

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

A: Parents are not permitted on the ice in any of our programs, except for our Parents & Tot program. This allows our coaches to have the complete attention of the skaters. Our Skate Canada certified professional coaches have many years of experience coaching young skaters and are well equipped to take care of your child during their skating session.

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

A: Skating lessons are a fun and exciting way for young children to learn life skills such as overcoming challenges, but not all children feel comfortable on the ice right away. We suggest allowing your skater to have two sessions per week, as well as taking advantage of family public skates so parents and siblings can assist them in a relaxed and fun environment. It is also important to ensure that the skater's equipment does not hinder their ability to move.

Q: How do I find out about my child's progress?

A: You can speak to your CIC at the end of your skater's sessions. The clubs' Technical Director can also be contacted for specific skater progression information.

Q: What happens if I miss a session or want to change a session?

A: Sessions will not be refunded or rescheduled if they are missed. If you want to change the time of your session, a \$30.00 administration fee will be charged to your account.

All of our club policies, including these two can be found on our website at <http://www.kwsc.org/about/policies/>

For additional information, please visit our [Learn to Skate FAQ webpage](#).