

April 2016

Dear CanSkate parents/guardians and skaters:

Welcome to the Riley Park Figure Skating Club CanSkate program! CanSkate lessons for Spring session begin Saturday, April 2 and end Thursday, June 23. During the spring session, we are sharing ice with the Kitsilano Figure Skating club. The lessons are on the ice at the same time; however each club's skaters are grouped separately and taught by club coaches. If you have any questions, please feel free to speak to a Riley Park volunteer, board member or coach, or email us at info@rpfsc.ca.

The CanSkate lesson:

As a Skate Canada member club, we teach Skate Canada's CanSkate (Learn to Skate) Program. The on-ice lesson is comprised of a warm-up, lessons, a group activity and a cool-down. During the lesson time, skaters will rotate through three circuits. Each circuit focuses on one of the fundamental areas: Balance, Control and Agility. While skating on the circuit, the skaters will learn new skills and practice skills learned in previous lessons.

Ribbons and Badges:

Ribbons, badges and report cards are used to benchmark a skater's progress and achievements throughout the skating season. Therefore, we are assessing skaters on a continuing basis. When a skater passes a fundamental area (Control, Balance or Agility) within a level, they will receive a ribbon for that skill. When the skater completes all three ribbons for a level (1 to 6), they will receive the corresponding level badge. It is possible for a skater to receive a fundamental area ribbon for the next level before completing all three fundamental areas for a badge. Report cards will be given at the end of the season.

Equipment:

Skaters are required to bring their own skates and helmets. CSA approved hockey helmets must be worn at all times (as per the Skate Canada Helmet Use Policy). Skaters should dress warmly and clothing should allow free range of motion. Gloves or mittens must be worn to protect the skater's hands if he/she falls, as well as for warmth.

Skates should be tied tightly to support the foot and ankle. Use the 2-finger test: if more than two fingers fit under the laces, the skates are too loose. If the skate laces are long, the ends should be tucked inside the skate or tied in a double bow. Dangling laces can get caught in the blades while skating and cause the skater to trip.

Name tags are provided for all the skaters and must be picked up from the check-in table before going on the ice. The parent volunteers use the name tags to do attendance. The name tags also indicate to the coaches and program assistants to which group each skater belongs during the session. The name tags are collected at the end of each class so that they can be prepared for the next week.

Parent/Caregiver presence:

CanSkate parents/care givers are to remain in the vicinity of the rink during your skater's full lesson so that you will be available to meet your skater at the rink entrance if they need to come off the ice. This is especially important for little ones who are unable to use the toilet by themselves as our volunteers are not allowed to accompany a child to the toilet. To maximize your skater's time on the ice, we suggest ensuring they have used the toilet prior to their lesson.

No photography or filming during lessons:

Our skaters expect privacy during our lessons. Therefore, there is no photography or filming during lessons. While we realize you want to capture your child's progress on film, we are unable to monitor who is being filmed, by whom, and the children who are part of the video or picture being taken.

If you have any questions about our programs, feel free to email us at info@rpfsc.ca.

Riley Park Figure Skating Club