



Learn to Skate Skater & Parent Guide

Learn to Skate with the Derrick Skating Club

Pre-CanSkate is a program designed for skaters who are 3-5 years of age. This program introduces the fundamental skating skills such as balance and glide by using fun and interactive games and activities in a group format. Upon mastering the skills in this program, skaters will move into Skate Canada's flagship CanSkate program. Pre-CanSkate is a 30-minute class.

CanSkate is for skaters that are 5-15 years of age OR have completed the Pre-CanSkate program. No prior skating experience is required. This program will build on the fundamental movements of skating through an interactive group lesson format using circuits and a FastTrack. Skaters will progress at their own rate, through 6 stages of each Agility, Balance, and Control. The CanSkate program will prepare skaters for recreational, hockey, and/or figure skating. CanSkate is a 45-minute class.

Adult-CanSkate is for the young at heart that wish to develop their fundamental skating skills and movement through an interactive group lesson format using circuits and a FastTrack. Skaters are on the ice for 45 minutes. This class is for skaters 16 years of age and older. There is no age limit!

*All the above programs are designed to allow for repeat registrations while the skater progresses at their own rate. Skaters are grouped by age and skating level and can be moved at the coach's discretion to allow for the best skater development and safety.

The Derrick Skating Club also offers **Inclusive Skating** for skaters with physical and/or intellectual disabilities to support these skaters within our programs. If you would like to learn more about Inclusive Skating, please contact our office at derrickskating@telus.net.

Age requirements

We receive many requests to override our age requirements for Pre-CanSkate. Our coaches have skated with hundreds of little ones and we know that those under 3 years of age do not generally fair well. The ice surface is a big, cold and intimidating place when you are little. We strictly enforce that all skaters are 3 years of age at the start of their class. We wish for the experience of your skater to be a happy and positive one and that they will want to come back.

Coaches may graduate skaters from Pre-CanSkate to CanSkate prior to 5 years of age when it is determined that the skater can handle the additional 15 minutes of class time in maturity and skill level.

Graduating from CanSkate. What's next?

Our coaching team continuously monitors the progress of skaters and will use their discretion to move skaters into the appropriate level or program for their skill level, maturity and safety. Pre-CanSkaters may graduate to CanSkate and CanSkaters may graduate to our Introductory Figure Skating (IFS) Programs depending on the skater's interest.

Skater progress is individual, and all skaters are encouraged to reach their own milestones and successes along the way. Progress reports are distributed at the end of all sessions on the last class.



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Our coaches will look to have conversations with parents during the graduation process however, should you have any questions regarding your skater, please feel free to chat with your skater's coach after their class. We ask parents to refrain from interrupting coaches during lesson time. Reaching out to the office is another option if catching your skater's coach at rink side is not possible.

Skating Equipment

SKATES. Skaters who are in Pre-CanSkate, CanSkate or Adult-CanSkate may use hockey or figure skates.

We advise the purchase of skate boots with laces, not moulded plastic skates with buckles. Skates that have an adjustable fit are also not recommended.

Skates should be tied snugly with laces tucked away.

At the end of every skating session, please wipe your skater's blades dry. Please also ensure that your skater's skates are sharpened regularly, at least once per season.

You can also help your skater by ensuring their skate are comfortable and fit properly. Toes should be able to wiggle slightly, and the heels should be able to lift only slightly as well. We would recommend purchasing skates/helmets from United Cycle or Sport Chek. When purchasing skates, please ensure the skates are sharpened.

Hockey VS Figure skates? Either option is fine. There is no one option that is easier to first learn on. However, switching from hockey to figure can be a hard transition. So, if the family has any ideas of the skater being a figure skater, they should start with a figure skate with a toe pick!

HELMET. All skaters are required to have a CSA approved ice skating helmet. This means the **helmet MUST have the red/blue CSA sticker on it to be considered valid.** Skaters who come with a non-CSA approved helmet such as a bike helmet or a ski helmet will NOT be allowed on the ice.

Your skater's CSA approved helmet MUST fit snugly. It should not fall over their eyes and their foreheads cannot be exposed if they tilt their head back. If the helmet has movement, it is not a proper fit. Skaters who have an ill-fitting or damaged helmet may be asked to leave the ice at the discretion of the coach.

Please note that the glue from stickers can compromise the integrity of the helmet. We will only give stickers to skaters on their hands or their clothing and discourage placing them on the helmet.

CLOTHING. Please dress your skater in warm layers without being too bulky. Snow pants are a great option to help keep warm and dry (especially for little ones in Pre-CanSkate). Please also remember mitts/gloves are required for those little fingers!

Safety

Concern for the safety of all our skaters is of utmost priority. All parents/guardians are asked to treat our coaching team with respect always. Verbal abuse of our staff will not be tolerated.

*** Skaters and siblings are never welcome to sit on the boards, even with parental supervision.**



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- * Under no circumstances are parents/guardians allowed on the ice.
- * Parents/guardians must remain in the arena at all times during their skater's class in case of emergency (and to assist their little ones who may need a potty break during their class).
- * Parents/guardians are asked to view skaters from the stand. Players boxes must remain empty during class time in case of emergency.

Communication

We will use email to send all registered skaters pertinent information regarding their classes and upcoming changes. We try to only email you pertinent information to your skater's class. If you have opted out of our emails, please ensure you check our website for information. If you do not receive our emails, you may miss pertinent information. We ask you to re-consider to be able to keep you informed. All information will come from derrickskating@telus.net.

Dressing room assignments are posted on one of the following: the arena board, our notice stand, or dressing room doors. Please check our notice stand every session, as dressing room assignments can change weekly.

If you have any specific questions about your skater, please reach out to their coach if you can catch them rink side for a brief time or email the office. We are happy to answer any questions you may have.

Make Up Classes

It is the Derrick Skating Club's policy to maintain low coach to skater ratios in all groups on all sessions. To help maintain this policy, we are unable to offer makeup classes to skaters that miss a session due to illness, travel, etc.

Refund Policy

Fees are not refundable, except at the sole discretion of the Derrick Skating Club, and if given will be held in the form of a credit to be applied to future registrations. The Skate Canada fee of \$36 and the \$25 Administration fee will be retained in all cases.

Volunteer Requirements

There are NO volunteer requirements of our Learn to Skate families.

Fundraising Requirements

There are NO fundraising requirements of our Learn to Skate families.

Have questions? If you have any questions or concerns, we encourage you to speak with your skater's coach or email us in the office. We are happy to assist.