



Inclusive Skating 10th Annual Report
Year to 30th of September 2021

Foreword from IS Founder and Board Chair Margarita Sweeney-Baird BEM

Welcome to the Tenth Annual Report of Inclusive Skating (IS)!

The tenth year of Inclusive Skating has been challenging due to the ongoing pandemic and rink closures. Despite these obstacles our community has persevered and taken advantage of the wider opportunities that Inclusive skating has developed.

The whole new world of digitally based activities and competitions has grown and developed since last year. Activities now include the Duke of Edinburgh Award Scheme and an ever increasing programme of coaching, judging, leader and volunteer development courses.

One of our most significant achievements has been the further development of our YouTube resource library, which can now be easily accessed by members of our community around the world. Our YouTube library is now approaching 2,000 videos.

Therefore, throughout this buzz of activity, Inclusive Skating once again owes a huge debt of gratitude to the volunteers, who have assisted in the development of Inclusive Skating. May I take this opportunity to thank the volunteers on behalf of all the skaters who have been able to benefit from even more opportunities. The volunteers, and this continues to include Torvill and Dean!, have generously given their time and professional skills and continue to celebrate and inspire our community.

Thank you one and all.

Competition Events

The British International Inclusive Skating Virtual Championships were successfully held in December 2020. IS ambassadors and British skating legends Torvill and Dean presented our community with their awards at the virtual presentation party.



Our community demonstrated resilience and poise by competing in this event with limited training time due to the lockdowns. To accommodate the disruption to many of the skater's training during the on-going Coronavirus Pandemic the rules were adjusted to allow video entry and to create new events.

Skaters who did not have the time on the ice to train their programs found the new element events popular. Skaters were also permitted to use in-line skates, roller skates and/ or ice skates and to participate at different levels in each concurrently. Many of the skaters have developed a wide range of new skills on and off the ice and were rewarded accordingly. Well done to all skaters! Given the popularity of these rule changes these new developments are incorporated into all future events.



Inclusive Skating was also delighted to welcome skaters from Sweden and Australia and, for the first time in addition to skaters from all four home nations - A sign of the growing popularity of Inclusive Skating.



The presentation party took place on zoom on Saturday 9th January 2021 Medals, lanyards and small gifts were posted to all the skaters. Congratulations to all skaters, and a huge thank you to IS ambassadors Jayne Torvill and Christopher Dean for continuing to support our community.

Workshop Events

Despite the ongoing pandemic, IS was able to hold inclusive sessions. Our community demonstrated passion and fortitude as we awaited the reopening of rinks. Many members of our community stayed engaged via our virtual events, activities, and courses.

The Time Capsule in Scotland is now operating as a Centre of Excellence and skaters from across Scotland and beyond are welcomed there. The Time Capsule also hosts filming for the badge program and the Safe Return to skating so the wider community are able to benefit from the resources being developed at the Centre of Excellence.

Although there were limited opportunities for in-person workshops, IS has used this time to lay the groundwork to establish future workshop opportunities, including opportunities abroad.

A large, light blue snowflake graphic is centered on the page. It has a complex, multi-armed structure with a central point and several smaller points extending from the main arms, resembling a stylized snowflake or a decorative geometric pattern.

New Activities

Inclusive Skating offered a pilot in-line session. It was wonderful to offer an opportunity to try out new skills and to experiment with in-line skating. We will use this pilot event to inform future preparations for more in-line offerings in the future!



Virtual Programming and E-Learning

IS continued to expand its offerings in the virtual space with a robust calendar of virtual activities including on ice activities, off-ice activities, choreography, Pilates and more. Special thank you to coaches: Paul Crocker, Suzanne Otterson-McDonald, Danielle Starkie, Jessica Ashby, Katie Kirby, Louisa Chatwin, and Ryan Southan.



Virtual Activity Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29th February	1st March	2nd March	3rd March	4th March	5th March	6th March
Take part in our Virtual Video	Choreography with Katie at 4pm & Pilates, Jessica 7pm	Off ice skills with Danielle Starkie at 3:30	Choreography with Ryan Southan, 1pm On Board, 6pm	Off Ice Activities with Paul Crocker, 6pm	Off Ice HIT Suzanne, 2:30pm & Musical Interpretation 4pm	Take part in our Virtual Video YouTube Activities
7th March	8th March	9th March	10th March	11th March	12th March	13th March
Take part in our Virtual Video YouTube Activities	Choreography with Katie at 4pm & Pilates, Jessica 7pm	Off ice skills with Danielle Starkie at 3:30	Choreography with Ryan Southan, 1pm On Board, 6pm	Off Ice Activities with Paul Crocker, 6pm	Off Ice HIT Suzanne, 2:30pm & Musical Interpretation 4pm	Take part in our Virtual Video YouTube Activities
14th March	15th March	16th March	17th March	18th March	19th March	20th March
Take part in our Virtual Video YouTube Activities	Choreography with Katie at 4pm & Pilates, Jessica 7pm	Off ice skills with Danielle Starkie at 3:30	Choreography with Ryan Southan, 1pm On Board, 6pm	Off Ice Activities with Paul Crocker, 6pm	Off Ice HIT Suzanne, 2:30pm & Musical Interpretation 4pm	Take part in our Virtual Video YouTube Activities
21st March	22nd March	23rd March	24th March	25th March	26th March	27th March
Take part in our Virtual Video YouTube Activities	Choreography with Katie at 4pm & Pilates, Jessica 7pm	Off ice skills with Danielle Starkie at 3:30	Choreography with Ryan Southan, 1pm On Board, 6pm	Off Ice Activities with Paul Crocker, 6pm	Off Ice HIT Suzanne, 2:30pm & Musical Interpretation 4pm	Take part in our Virtual Video YouTube Activities
28th March	29th March	30th March	31st March	1st April	2nd April	3rd April
Take part in our Virtual Video YouTube Activities	Choreography with Katie at 4pm & Pilates, Jessica 7pm	Off ice skills with Danielle Starkie at 3:30	Choreography with Ryan Southan, 1pm On Board, 6pm	Take part in our Virtual Video YouTube Activities	Take part in our Virtual Video YouTube Activities	Take part in our Virtual Video YouTube Activities
Easter Break begins on 1st April and you can still take part in our Virtual Video YouTube Activities	Next event Thursday April 22nd 6pm - Off ice Activities Paul Crocker, 6pm					

Inclusive Skating expanded our Badge Programme. We now offer members of our community free downloadable booklets and certificates of achievement which can be printed off for personal use. You can access these useful resources [here](#).

Preparation

Tier 1. Off Skate Skills Badge Program - generally wearing footwear

- Badge 1**
- 1. Create profile on Inclusive Skating Platform, verify e-mail and go to membership registration
 - 2. Participate in the provision of registration details and complete registration on platform
 - 3. Participate in risk assessment with activity leader bit.ly/ISloginRegister
- Badge 2**
- 1. Identify location of suitable and safe environment for skating
 - 2. Ensure available skating boots are safe for your use
 - 3. Ensure suitable and safe balance support is available if required
- Badge 3**
- 1. Put on skating boots
 - 2. Put on safety equipment and clothing, e.g. helmet and gloves etc.
 - 3. Participate in safety briefing
- Badge 4**
- 1. Wear skating boots for a few minutes
 - 2. Participate in adjustment of balance aid and equipment to height and needs of skater
 - 3. Participate in meeting of coaches/volunteers and parents/carers to discuss meeting of needs
- Badge 5**
- 1. Move safely to barrier side of rink and remove any guards on skates
 - 2. Demonstrate how to enter Rink surface safely
 - 3. Demonstrate using relevant support either standing or whilst supported
- Badge 6**
- 1. Bend knees or move closer to rink surface
 - 2. Stretch arms up or move arms closer to ceiling
 - 3. Stretch arms out to side of body and/or touch balance frame
- Badge 7**
- 1. Demonstrate how to move forward for a distance of 1 metre
 - 2. Demonstrate how to stop moving safely
 - 3. Demonstrate knowledge of how to get up from a fall
- Badge 8**
- 1. Demonstrate how to move backward across rink surface for a distance of 1 metre
 - 2. Demonstrate how to Look to Left and rotate one quarter of circle in place or moving
 - 3. Demonstrate how to Look to Right and rotate one quarter of circle in place or moving
- Badge 9**
- 1. Move towards volunteer/ coach or follow one instruction
 - 2. Copy movement of volunteer/ coach or follow one instruction
 - 3. Swizzles movement standing still
- Badge 10**
- 1. Consecutive movement rotating to right and then rotating to left one quarter of turn
 - 2. Demonstrate how to move forward or stroking across full width of rink
 - 3. Demonstrate how to do a gliding movement- holding still in position for 3 seconds

Activity

Tier 2. On Skate Skills Badge Program

Assessor Signature on Completion

- Badge 1**
- Stand unassisted on rink for 5 to 10 seconds
 - Knee dip standing still
 - March forward 1 metre independently or with balance frame
- Badge 2**
- Fall and stand up assisted (or unassisted) safely
 - Swizzles movement standing still
 - March across rink for 3-5 metres or centre of rink unassisted
- Badge 3**
- Two-foot glide for 3 to 5 seconds
 - Swizzles movement while moving
 - Forward glide and bend knees
- Badge 4**
- Forward two-foot glide for 1 metre and wait until glide stops
 - Backward wiggle or March for 1 metre
 - Rotate one circle with marching feet in place
- Badge 5**
- Consecutive forward Swizzles (3 to 5 swizzles)
 - Two-foot glide rotating arms to R & holding for 1/4 of circle or for 1 metre
 - Two-foot glide rotating arms to L & holding for 1/4 of circle or for 1 metre
- Badge 6**
- March across full width of rink
 - Beginner snowplough stop
 - Consecutive two-foot glide rotating arms 1/4 circle to L & then R
- Badge 7**
- Skate one circuit around full rink
 - Forward two-foot glide whilst moving and active stop
 - Forward glide and turn to backwards
- Badge 8**
- Forward gliding dip for Length of body
 - Forward one-foot glide (right and Left foot) for length of body
 - Beginner jump at standstill
- Badge 9**
- Two-foot glide for half circle clockwise and counter-clockwise
 - Backward march for distance of 3 to 5 metre or to centre of rink
 - Forward skating with push from right and left leg
- Badge 10**
- Two-foot turn from forward to backwards whilst moving
 - Backward swizzles whilst moving
 - Beginner jump whilst moving

Certificates available to download on the website & learning platform with your name printed.

Duke of Edinburgh Award Scheme



Inclusive Skating is delighted to announce that we have become an Approved Activity Provider for The Duke of Edinburgh Award. DofE activities commenced in September 2021. Participants are given the opportunity to have their Volunteering, Physical and Skills activities with Inclusive Skating count towards their Bronze, Silver, and Gold Award.



The aim of this scheme is to help young people plan and undertake their own programme of activities which allows them to develop mentally, physically, and emotionally, becoming more motivated, disciplined, and balanced as individuals. Inclusive Skating offers the opportunity to take part in physical, skills and volunteering and offers a blended model of delivery with many activities available on location and on-line using the Inclusive Skating digital learning platforms. Location based activities are available at suitable ice, in-line, and roller-skating venues.

Additional information on how you can get involved can be found [here](#).

International

World Inclusive Skating Coaches' Seminar

In Autumn 2021, Inclusive Skating hosted an inaugural World Inclusive Skating Coaches' Seminar via Zoom. IS Trustee and Director of IS Australia Jean McGregor hosted the event. Approximately 10 coaches from Australia, Great Britain, Bulgaria and Sweden attended the two-hour session during which ideas were exchanged, questions asked and suggestions made. This seminar provided the opportunity for debate and mutual learning. Thank you to all coaches who attended the session; your participation helps all coaches to better serve our community. Moving forward we will likely hold 2 sessions to accommodate global time differences and scheduling conflicts. One major result of this inaugural seminar was the creation of a World Inclusive Skating Coaches' [Group on Facebook](#). This is a space where coaches can share their perspectives, seek guidance, and ask questions.

THANK YOU SO MUCH TO
PARTICIPANTS & JEAN MCGREGOR
FOR LEADING THE SEMINAR



INTERNATIONAL
COACHES SEMINAR



News from Down Under

Inclusive Skating Australia continues to grow, spearheaded by the immense efforts of Jean McGregor. In June 2021, IS Australia held a spectacular showcase event. The delivery of this showcase was a challenge as lockdown measures were abruptly enacted for later that same day! 15 Skaters performed at the LLC and there was a social skate afterward. Luckily, skating has since returned and lockdowns have been lifted, but we are so proud of how the IS Australia community banded together to put on a fun and successful showcase despite the unanticipated challenges.



Swedish News

Margarita and Jean met several times with the Swedish team, advising and making suggestions on how to begin Inclusive Skating in their local area/s. Moving forward we hope that Inclusive Skating can offer more opportunities in Sweden. At the time of writing an Inclusive Skating team are preparing to travel to a Camp and workshop in Ostersund Sweden for a camp in July 2022.

Behind the Scenes

Trustees

As Inclusive Skating continues to develop, we were delighted to welcome three new Trustees during the year who bring a huge amount of experience and commitment to our work as well as strong international links. As we have a rotating trustee policy there is usually a place available on the Board on a regular basis so we welcome applications at any time.



Courtney O'Connor:

Prior to being elected to the board of trustees under the Young Trustee Program, Courtney was the very first Inclusive skater. She is a strong advocate for the community and contributes significantly to outreach and expansion efforts in Ireland and abroad. She also has formerly held popular music understanding and therapy classes through IS' virtual programming.



Jean McGregor:

Jean McGregor is an experienced coach based in Australia who has been working towards developing access to skating for all. She has held office on Australian skating bodies and has been closely involved in bringing about the establishment of IS in Australia.



Christopher Martin Davis

Christopher Martin Davis is based in London. Originally from the US he has been an international competitive skater, most recently for Bulgaria. He brings a background in communications and commercial partnerships and is strongly committed to full inclusion in sport.

Staff



Olivia Bell:

We were fortunate to receive funding through the government Kick Start (employment) scheme which enabled us to employ Olivia Bell as a part-time Development Officer for six months to pilot how such a post might be introduced on a longer-term basis. After the end of her very productive contract Olivia moved on to other things but IS is looking to how this experience of starting to employ staff can be taken forward.

Achievements (Not Already Listed)

IS Participation at the Scottish Club Sport Annual General Meeting

IS Founder and Board Chair Margarita Sweeney-Baird presented at the Scottish Club Sport Annual General Meeting and spoke about Inclusive Skating and how to achieve inclusion in practice. Margarita’s commitment to inclusion has contributed significantly to the greater discourse surrounding inclusion in sport and the pursuit of more equitable access and participation.



COVID-19 Safety Policies

Successfully implemented the return to activities in a COVID-safe manner with updated risk-assessment, safety protocols, and video resources.

Technical Developments

IS has updated the Technical Handbook with new improvements and clarifications. New events developed for lockdown are now firmly established on a permanent basis in the Technical Handbook.

Cyber Essentials Certificate



IS has gained further skills and certification for the protection of our community’s data and privacy.

CIMSPA and CPD Certification



IS has been granted accreditation for the Safety Advisor Course, and Assistant Coaching course. Since last year IS has trained up more than 60 advisors!

Funding and Donor Support

Inclusive Skating would like to thank the generous support of our donors.

The People's Project National Lottery Community Fund £50,000

Since 2019 this fund has helped us to and continue the delivery of our safety course and skate for all project, as well as to create and maintain our Moodle platform.

Foundation Scotland -Wellbeing Fund £10,000

This fund provided the funding for the coaching delivered on zoom sessions and has been fully delivered in 2020-2021

Recovery and Resilience Fund – £5,000

This fund has been fully delivered and provided in-line skates and an introduction to in-line skating for the top 30 Inclusive skaters in Scotland. This has been fully delivered.

Recovery Fund £5,000

This fund provided the funding for the Covid Response, providing adapted frames, Covid safety equipment including window masks, Covid training and has been fully delivered.

Weir Funding £10,000

This Fund provided the funding for the coaches to provide the on-line zoom sessions in 2020-2021.

The Core Costs Fund £10,000

This fund has been financing the core costs of the charity, including insurance, digital platforms etc.

The Clubs in Crisis £5,000

This is funding the development of the marketing materials and delivery of the Duke of Edinburgh Award Scheme.

Community Fundraising and Individual Donors

Inclusive Skating would like to express our deepest gratitude to our individual donors as well as our volunteers who participated in The Kilt Walk and London Marathon events.

Mary Ferrie, Margarita Sweeney-Baird, and Juliana Sweeney-Baird £6,446.31

Participated in the Virtual KiltWalk. Thank you for participating and thank you to all who contributed!



Grant Baxter, Lucy Baxter, and Margarita Sweeney-Baird – £1,194.26

Participated in the Glasgow Kiltwalk. Thank you for your participation and support!



Gordon Struthers – Over £400 Raised

Ran the Virtual London Marathon. Thank You to our Digital Trustee and Interim Treasurer!



Facebook – £417.89

- Annabelle Mansell ran a half marathon and raised £245.
- Claire Campos raised £158 through a birthday fundraiser.
- We would also like to thank those who donated anonymously.

Hannah Lee - £22.82

Terracycle - Hannah Lee continues to improve the environment and our “Green” credentials by recycling crisp packets and making donations to inclusive Skating. Thank you!

Walter Stewart –

Continued to contribute collections raised from the staff and customers of the Wheat Sheaf Bar in Falkirk to Margarita Sweeney-Baird’s KiltWalk. We would like to extend a huge thank you to all staff and customers for their donations and support.

Adam Jukes - £800

Raised from a virtual in-line skating competition which he ran. Thank you so much!

Callum Mills – £96.25

Raised from a swimathon organised by the rotary club of Mansfield. Thank you!

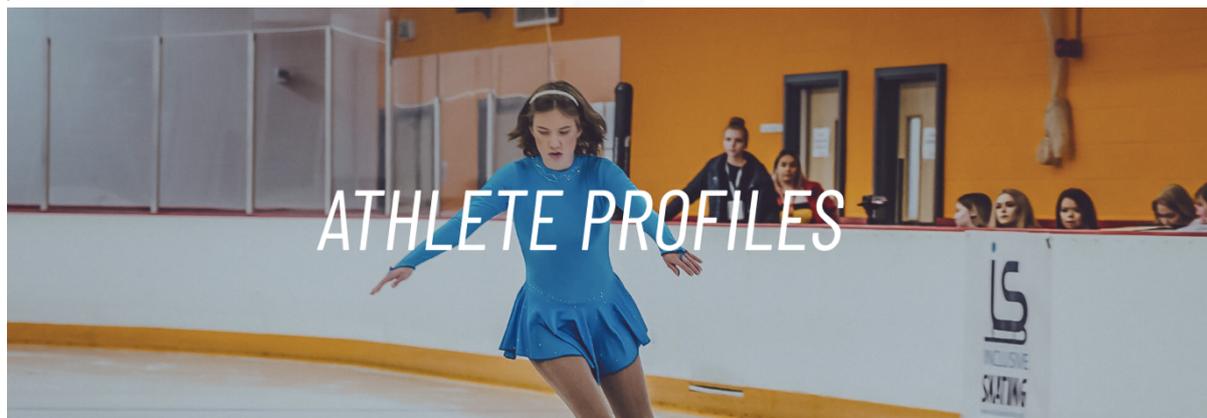
Anonymous Donors

Inclusive Skating would also like to thank all our anonymous donors. Your support is greatly appreciated!

Celebrating our Community

Athlete Profiles

This year we created a new section on our website dedicated to [Athlete Profiles](#). Here, we can celebrate the achievements of our community and highlight their backgrounds and credentials. Our members are exceptional human beings on and off the ice, so the opportunity to share their accomplishments is an exciting development. We continue to welcome athletes who wish to have a profile on our website.



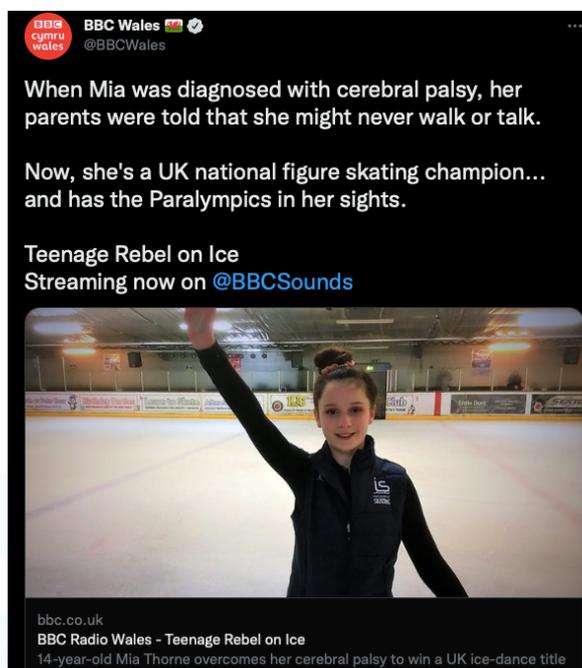
Nikki Sibeon

IS skater Nikki Sibeon has won the Woman in Sport category at the Chwarae Teg Womenspire Awards 2021. We are so proud of Nikki for this outstanding achievement as well as for her accolades in skating and in taekwondo! Well done!



Mia Thorne

IS skater Mia was interviewed for BBC Radio Wales. She spoke about the impacts of rink closures and about her experiences as an Inclusive Skater. We are so proud of how she represented our community and for her efforts to advocate for all people who have disabilities. Bravo!



Juliana Sweeney-Baird

IS skater Juliana was nominated as young Scotswoman of the year! This prestigious award is such an honour, and we are so thrilled for her! She is a valued member and wonderful advocate for our community. Congratulations!



Jenny Lee

IS skater Jenny Lee was featured in The Daily Telegraph! She shared the inspiring story of her skating journey. We are so proud of her achievement and are thrilled to have her in our Inclusive Skating community! Well done!

ICE-SKATING QUEEN DEFIYING MEDICAL EXPERTS

Jenny Lee is emulating her heroes Torvill and Dean after doctors feared she would never be able to walk or talk, writes Fiona Tomes

In her mother's words, figure skater Jenny Lee "can do things other people can't" on the ice. You might not think that is unusual, a supportive mum backing her daughter to the hilt, but given Lee could barely stand on one foot when she first took to the sport aged 11 and three years after losing her hearing, she has defied expectations.

Born with a brain abnormality which caused a weakness down one side of her body, Lee spent her early years lying down.

Neurologists were convinced she would never be able to walk or talk, or even feed herself. But as a measure of her determination to use physical activity to breathe in her lungs, she defied the experts by taking steps with a walking frame at just three years old.

"I just put my feet out position and got on with it," Lee, now 24, tells *Telegraph Women's Sport*, by reading my questions over Zoom beside her mum Helena. "I tried karate, tennis, badm, football. In the end, I settled on horse riding and ice skating. Sadly, they're two of the most expensive sports."

Before the coronavirus pandemic hit, Lee was competing against mainstream adult skaters at Bradford Ice Arena. But with many of the country's ice rinks remaining accessible only to elite skaters because of the ongoing Covid-19 restrictions, she has been boosting herself with online activities provided by Inclusive Skating, the 5,000-strong community which runs competitions and events for people with a range of learning impairments or other intellectual disabilities and additional needs all over the world.

That included winning gold in the pairs event with her long-time skating partner, Callum Mills, at last month's Virtual Inclusive Skating British International Championships, which saw skaters submit videos of routines in an online competition.

It was her latest accolade to add to an impressive haul of first and second place podium finishes at past championships organised by Inclusive Skating, which has supported her from day one.

"The first time I took Jenny skating, everyone laughed at us," says Helena, pushing her face wide into a proud smile as she turns to her daughter. "To be fair, you did spend most of the first few weeks sat on the ice, trying to get up."

Lee bursts into a fit of giggles at



MYTH
Girls with intellectual disabilities don't skate

Special Olympics World Winter Games in Graz, Austria, where she finished fourth.

"Did you have a conversation with them?" I ask Lee, who momentarily flushes with excitement at retelling the scenario to someone new. Helena cuts in:

two girls who have impaired vision and her older sister, Hannah, who has a cardiac problem that increases her heart rate.

"One of the girls can only see half out of each eye, the other girl has no peripheral vision, so they can't tell where people are coming from

What is the Special Olympics?

Founded in 1968 by Eunice Kennedy Shriver to end discrimination against people with intellectual disabilities, the Special Olympics now reaches more than five million people in over 190 countries.

The Special Olympics World Winter Games is a major event put on by the Special Olympics, which alternates between summer and winter games, in two-year cycles.

Special Olympics Great Britain was set up in 1978, offering coaching and competition opportunities to people with intellectual disabilities in 28 sports. These programmes are run by over 4,000 volunteers.

rise age from the bullying she endured at her state comprehensive school, where she was told that she would never be long in sport because of her learning disability.

"It happened so many times," recalls Lee. "But I said to myself, 'You know what? I'm going to try figure skating. I'm going to prove them wrong. I wasn't prepared to listen to anybody who said I couldn't do something.'"

Competing at the 2017 Special Olympics opened new doors for Lee. She carried the flag at the closing ceremony, a fitting way for her to cap off a tournament that she had fundraised £2,500 to compete at.

"Jenny's Inclusive Skating journey has made her understand that competing at these big events isn't just going to be handed to her on a plate," says Helena.

"She's had to approach people and ask them if they wanted to buy tumbler t-shirts as part of her sponsorship, building up communication skills which have really boosted her confidence and made her more independent."

Lee now holds down two part-time jobs at a farm shop near the family home and in her local branch of McDonald's, where she is on her lunch because of the pandemic.

Next year, she will achieve the rare feat of competing for a second time at the Special Olympics, to be held in Kazan, Russia, this time in the pairs competition with Callum.

Helena lifts the duo to a



Down: Jenny Lee (left) and Callum Mills (right) at the Special Olympics World Winter Games in Graz, Austria, where they finished fourth.

"miniature Torvill and Dean", but there is something grander about Lee's journey in that she is fast becoming a skating icon for future generations of young people with intellectual disabilities. Indeed, "A few years ago, we had a few new people join our Inclusive Skating community," says Lee. "They came over and asked me if I was Jennifer Lee, they were asking all sorts of questions and even wanted my autograph."

Just as Lee has had to overcome many obstacles throughout her life,

Looking Forward

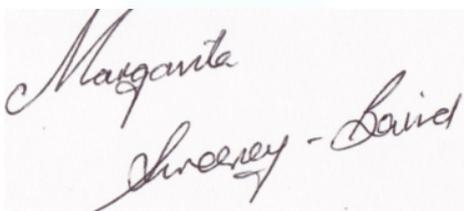
Moving forward Inclusive Skating aims to continue to provide world class events and opportunities to our community. We also aim to continue to expand internationally to increase participation in our sport worldwide.

In pursuit of these aims we are currently advertising for new trustees to join our team. Information regarding this role can be found [here](#).



We also continue to welcome new volunteers to join our team as well. Volunteers are fundamental to the successful delivery of our programming, and we are so grateful to each and every one of you. If you are interested in getting involved, please read about our recruitment [here](#).

Inclusive Skating is proud of our members for their efforts and achievements this year and is grateful to have such a robust community of support. We strive to continually improve, to better serve our community and look forward to seeing what we can achieve together in the upcoming year. Thank you to one and all.

A handwritten signature in black ink that reads 'Margarita Sweeney-Baird'.

Margarita Sweeney-Baird Founder and Chair of Inclusive Skating