

Preparation

Tier 1. Off Skate Skills Badge Program - wearing footwear (not skates)

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. Demonstrate how to 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
- 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 1. On Skate Skills Badge Program

Assessor Signature on Completion

Badge 1

- 1. Enter rink venue and go to registration
- 2. Participate in update provision of registration details
- 3. Participate in risk assessment update with activity leader

Badge 2

- 1. Go to side of rink and be in the rink environment
- 2. Touch skating boots
- 3. Touch balance frame

Badge 3

- 1. Put on skating boots
- 2. Put on safety equipment & clothing, e.g. helmet & gloves etc
- 3. Participate in safety briefing

Badge 4

- 1. Wear skating boots for a few minutes
- 2. Participate in adjustment of balance aid to height and needs of skater (where available/applicable)
- 3. Participate in meeting of coaches/volunteers & parents/carers

Badge 5

- 1. Move to barrier side of rink
- 2. Demonstrate how to enter rink surface safely
- 3. Be on rink surface for a few minutes using relevant support

Badge 6

- 1. Whilst on rink bend knees or move closer to rink
- 2. Whilst on rink stretch arms up or move arms closer to ceiling
- 3. Whilst on rink stretch arms out to side of body and/or touch balance frame

Badge 7

- 1. Move forward across rink surface for a distance of 1 metre.
- 2. Stop moving across rink surface safely
- 3. Demonstrate knowledge of how to get up from a fall

Badge 8

- 1. Move backward across rink surface for a distance of 1 metre.
- 2. Look to Left and rotate one quarter of circle in place or moving.
- 3. Look to Right and rotate one quarter of circle in place or moving

Badge 9

- 1. Move towards volunteer/ coach
- 2. Copy movement of volunteer/ coach or follow one instruction
- 3. Swizzles movement standing still

Badge 10

- 1. Consecutive movement rotating to right & then left 1/4 of turn.
- 2. Move forward or stroking across full width of rink
- 3. Gliding movement- holding still in position for 3 seconds

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

What's Next?

Level 1 Balance Facilitator, Harness and Frame (BHF) Free Skating Programme

1 minutes program with 4 elements
(Page 20 of Technical Handbook).

BHF Technical Element
Forward march or stroking (5 metres)
Backward wiggle or march (5 metres)
Forward two-foot glide (length of the body)
Backward two-foot glide (length of the body)
Forward gliding dip (length of the body)
Backward gliding dip (length of the body)
One foot forward snowplow stop (left or right).

Competitions & Events

All Inclusive Skating event information can be found in the Technical Handbook:
bit.ly/ISTechnicalHandbook

You can even enter the Virtual Worlds!
bit.ly/ISVirtualWorlds

Skater's can take part in Inclusive Skating events and competitions or even continue working through badges on-ice, in-line and off skates.

Further Badge Program

Commence the Tier 2. On Ice Skills Badge Program (optional)

Level 1 Synchro

Especially useful for wheelchair users and is available as duets, trios, quartets and teams.

Program - 1 minute 30 seconds +/- 5 seconds.
(Page 48 of Technical Handbook)

Level 1 Synchro Technical Elements
Circle
Straight line
Creative

Badge Program High Support Needs Tier 1



Name:

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<https://inclusiveskating.org>