

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
- 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

Assessor Signature on Completion

Tier 2. On Skate Skills Badge Program

Badge 1

- 1. Stand unassisted on rink for 5 to 10 seconds
- 2. Knee dip standing still
- 3. March forward 1 metre independently or with balance frame

Badge 2

- 1. Fall and stand up assisted (or unassisted) safely
- 2. Swizzles movement standing still
- 3. March across rink for 3-5 metres or centre of rink unassisted

Badge 3

- 1. Two-foot glide for 3 to 5 seconds
- 2. Swizzles movement while moving
- 3. Forward glide and bend knees

Badge 4

- 1. Forward two-foot glide for 1 metre and wait until glide stops
- 2. Backward wiggle or March for 1 metre
- 3. Rotate one circle with marching feet in place

Badge 5

- 1. Consecutive forward Swizzles (3 to 5 swizzles)
- 2. Two-foot glide rotating arms to R & holding for 1/4 of circle or for 1 metre
- 3. Two-foot glide rotating arms to L & holding for 1/4 of circle or for 1 metre

Badge 6

- 1. March across full width of rink
- 2. Beginner snowplough stop
- 3. Consecutive two-foot glide rotating arms 1/4 circle to L & then R

Badge 7

- 1. Skate one circuit around full rink
- 2. Forward two-foot glide whilst moving and active stop
- 3. Forward glide and turn to backwards

Badge 8

- 1. Forward gliding dip for Length of body
- 2. Forward one-foot glide (right and Left foot) for length of body
- 3. Beginner jump at standstill

Badge 9

- 1. Two-foot glide for half circle clockwise and counter-clockwise
- 2. Backward march for distance of 3 to 5 metre or to centre of rink
- 3. Forward skating with push from right and left leg

Badge 10

- 1. Two-foot turn from forward to backwards whilst moving
- 2. Backward swizzles whilst moving
- 3. Beginner jump whilst moving

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

What's Next?

Level 1 - Free Skating Programme

1 minutes program with 4 elements
(Page 26 of Technical Handbook).

Level 1 Technical Elements
Forward march or stroking (5 metres)
Backward wiggle or march (5 metres)
Forward swizzles 2 foot (aka lemons or fishes) (5 metres)
Backward swizzles 2 foot (aka lemons or fishes) (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)
Forward one foot glide for length of body (left and right).
Two-foot jump or beginner bunny hop in place or moving
One foot forward snowplow stop (left or right).
Forward two foot curves left and right (length of body)

Level 1 - Compulsory Elements

3 Compulsory Elements in any order in isolation.

The skater has two opportunities to perform each element.

(Page 59 of Technical Handbook)

Level 1 Compulsory Technical Element
1. Forward swizzles for a distance of 10 metres
2. Backward swizzles for a distance of 10 metres
3. One foot forward snowplow stop (left or right).

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

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

Level 1 - Free Elements

3 elements selected from Level 1 Free Skating Program.

Can be performed off ice, in-line and/or on the ice (music is optional).

(Page 41 of Technical Handbook)

Further Badge Program

Commence the Tier 3. On Ice Skills Badge Program (optional)

Badge Program Average Support Needs Tier 2



Name:

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<https://inclusiveskating.org>