

# Preparation

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

### 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](http://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

Assessor Signature on Completion

## Tier 3. On Skate Skills Badge Program

### Badge 1

- 1. Forward march to middle of rink .....
- 2. From Standing position fall and get back up safely & unassisted .....
- 3. Forward 2 foot glide and come to a standstill .....

### Badge 2

- 1. Forward two-foot swizzles (5 consecutive) .....
- 2. Forward two-foot glide and bend knees .....
- 3. Forward two-foot glide and rotate arms clockwise and then counter clockwise .....

### Badge 3

- 1. Forward march or skating across the full width of rink .....
- 2. Backward march for 1 metre .....
- 3. One half turn rotation on two-feet in place .....

### Badge 4

- 1. Skate forward and two-foot turn to backwards .....
- 2. Forward gliding dip on 2 feet for length of body .....
- 3. Beginner two-foot bunny hop jump in place .....

### Badge 5

- 1. Backward swizzles (5 consecutive) .....
- 2. Skate forward using both legs and one-foot Snowplough stop .....
- 3. Forward two-foot glide with lean into circle for 1/3 of circle clockwise and counter clockwise .....

### Badge 6

- 1. Forward one-foot glide in straight line Right & Left for 1 metre .....
- 2. Backward two-foot glide for length of body .....
- 3. Forward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise .....

### Badge 7

- 1. Backward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise .....
- 2. Consecutive Forward two-foot curves L & R repeated 2/3 times .....
- 3. Forward skating full circuit of rink and two-foot snowplough stop .....

### Badge 8

- 1. Skate backwards for 3 to 5 metres and turn to turn forwards .....
- 2. Forward one-foot glide for 1 metre on circle L & R clockwise and counter clockwise .....
- 3. Forward skating with a full circuit of rink pushing on both R & L leg down length of rink .....

### Badge 9

- 1. Skate backwards for distance of 10 metres .....
- 2. Single forward crossover and step onto glide on 1 foot or 2 feet clockwise & counter clockwise .....
- 3. Beginner two-foot bunny hop jump whilst moving .....

### Badge 10

- 1. Backward one-foot glide left and right for length of body .....
- 2. Backward gliding dip on 2 feet .....
- 3. Consecutive beginner forward cross overs clockwise & counter clockwise .....

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

# What's Next?

## Level 2 - Free Skating Programme

1.5 minutes program with 5 elements  
(Page 28 of Technical Handbook).

Level 2 Technical Element (at least 3 must be selected)
Consecutive forward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)
Consecutive backward one-foot swizzles (left foot and right foot, each for a distance of 5 metres)
Backward one-foot glide (left foot + right foot, each length of body)
Bunny Hop
T-stop (left or right).
Backward stroking for a distance of 5 metres
Two-foot turn gliding forward to backward (length of the body)
Two-foot turn gliding backwards to forward (length of the body)
Forward pivot (one circle)
Forward two-foot spin (at least 3 revolutions)
Forward two-foot turn on a circle (two-foot three turn) (clockwise and counter-clockwise, edges length of body)

## Level 2 - Compulsory Elements

3 Compulsory Elements in succession in the order specified  
The skater has two opportunities to perform the elements.  
(Page 59 of Technical Handbook)

Level 2 Compulsory Technical Element
1. Skater skates forward using stroking motion to a point approximately one-third the length of the skating area where the skater performs a forward to backward two-foot turn.
2. Skater skates backward using stroking motion to a point approximately two-thirds the length of the skating area where the skater performs a backward to forward two-foot turn.
3. The skater skates forward "using stroking motion" to the end of the rink where the skater performs a T-Stop.
4. Forward one foot glide for distance of 10 metres (left and 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.**

## Level 1 - Free Dance Program

1.5 minutes program with one of each of the following elements.  
(Page 48 of Technical Handbook)

Level 1 Free Dance Technical Elements
Pose (3 to 6 seconds)
Step sequence (straight line, basic F 3 turns, Fx rolls etc)
Spin (1 foot upright +/- or 2 feet)

## Level 2 - Free Elements

3 elements should be selected from the Level 2 Free Skating program with at least 2 Level 2 elements.  
Can be performed off ice, in-line and/ or on the ice (music is optional).  
(Page 41 of Technical Handbook)

## Competitions & Events

All Inclusive Skating event information can be found in the Technical Handbook:

[bit.ly/ISTechnicalHandbook](http://bit.ly/ISTechnicalHandbook)

You can even enter the Virtual Worlds!

[bit.ly/ISVirtualWorlds](http://bit.ly/ISVirtualWorlds)

## Badge Program Low Support Needs Tier 3



Name:

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<https://inclusiveskating.org>