

Skate LaSalle Operations Guide – CanSkate

Version 1.3

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Overview:

- The CanSkate program curriculum is organized into three Fundamental Areas, divided into six stages of learning (Badges 1-6). The Fundamental Areas are:
 - Balance: Concentrating on forward skills, pushing technique and edges.
 - Control: Concentrating on backwards skills, stopping and speed elements.
 - Agility: Concentrating on turning and jumping skills, focuses on the development of six fundamental movements organized in six stages of learning.
- CanSkaters must be 3 years old by the following:
 - Fall Session: September 1st.
 - Winter Session: January 1st
 - Spring Session: April 1st
- Coaches and Program Assistants cannot take skaters off the ice for washroom breaks.
- All CanSkaters must wear a name badge.
- Only Coaches, Program Assistants and registered skaters may step on the ice.
- Concerns or questions regarding the session should be addressed to a Board Member or emailed to skatelasalle@gmail.com.
- Notify the club at time of registration via email (skatelasalle@gmail.com) once registered if the skater has any special needs.

What Comes After Canskate:

- Once your child has progressed through CanSkate and have passed stage 4, they can move into StarSkate which offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of dance, skills, free-skate and artistic skating.

Helmet Policy:

- CSA approved hockey helmets **must** be worn by all CanSkate skaters up to and including the completion of Stage 5.

Clothing:

- Skaters should wear clothing that allows for safe movement on ice.
- Layering for warmth is suggested.
- Snow pants and knee pads are not recommended as they can make moving and getting up a challenge for new skaters.
- Avoid wearing anything which could fall on the ice such as scarves, hairpins, loose headbands. Long hair must be tied back.

Skates:

- The type of skate your skaters uses is a matter of choice. Either figure skates or hockey skates are acceptable. Avoid plastic skates. Please ensure proper fit and well sharpened blades. New skates must be sharpened prior to going on the ice.

Parents and Guests:

- **A parent or guardian must remain in attendance in the stands or lobby during the entire session if the skater is 10 years old and younger.**
- Parents and guests are not allowed on the player side of the ice.
- Please stay in the stands or in the lobby area.
- Parents are not allowed on the ice surface. The club does not have insurance coverage for parents.
- If you need to speak to your child, get the attention of a coach or program assistant and they will get your skater.
- If you must speak with your skater's coach, try to meet with them between sessions so as not to distract from another skater who is receiving a lesson.

Dressing Rooms:

- Skaters can make use of the dressing rooms.
- Assigned dressing room numbers will be listed on the television screen in the lobby area.
- Dressing rooms must be kept neat and clean.

Doors:

- Skaters are not to enter the ice when the Zamboni doors are open.
- Please wait until the Zamboni doors are closed before stepping onto the ice.
- All other access doors to the ice surface must remain closed for the safety of the skaters and spectators.
- If you take your child off the ice for any reason, please ensure you close the doors immediately.

Missed Sessions:

- CanSkaters cannot make up any missed sessions.
- There are no refunds or make up days for missed sessions or ice cancellations due to weather or other circumstances out of the club's control.

Refunds:

- Refunds will be offered only prior to the fourth session scheduled for the skater. A request for a refund along with an explanation must be emailed to skatelasalle@gmail.com for review by the Board of Directors. The amount of the refund will be as follows:
 - Total amount less Skate Canada fee, administration fee and prorated amount of fees for remaining sessions.

- **Medical Refund:** a request must be submitted to skatelasalle@gmail.com within 30 days of injury or 4 weeks of missed ice time due to illness detailing the refund request along with a doctor's note. The amount of refund if any, shall be at the discretion of the Board. An administration fee will apply.

NOTE:

Serious violations of these published guidelines will be dealt with by the Club's Disciplinary Committee as per the Club's Disciplinary Policies and Procedures. The document is mandated by Skate Canada and can be obtained upon request.