

Learn to Skate Handbook

PreCanSkate - CanSkate



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Sanctioned by:





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Welcome to **FSC**



The Flamboro Skating Club is committed to growing, developing, and encouraging skaters of all levels and abilities to strive for success in a positive, supportive environment. We are a non-profit organization, directed solely by dedicated volunteers from our community.

We provide a wide variety of programs including PreCanSkate, CanSkate, Adult, and Adaptive CanSkate programs, the City of Hamilton's Start-to-Skate program, PreSTAR, and STAR Skate. We have a program for everyone!

We are proud to be a Skate Canada Member Club, delivering quality Learn to Skate programs for the past 40+ years in the Flamborough Community.

Please be sure to visit our club website www.flamboroskatingclub.com for information about schedules, registration, monthly calendar, and other important updates.



Coaches & Program Assistants

Coaches

All Flamboro Skating Club coaches are certified through the National Coaching Certification Program (NCCP) of the Coaching Association of Canada.

They must maintain certifications in first aid, background screening, and Respect in Sport training. These coaches guide skaters through foundational skills like agility, balance, and control, and are also role models who foster a positive and supportive environment.

Program Assistants

Program assistants (PAs) are individuals who have been trained by a CanSkate director to assist in the delivery of the CanSkate program.

Program assistants may be drawn from several different groups of people including:

- Current skaters at the club
- Former skaters
- Skaters from other sports (hockey, ringette, speed skating)

Program assistants are volunteers.

First Session

What to expect at your first session

1. Your first day is orientation day. During orientation, you will meet your coaches and get familiar with the rink, and learn how our session operates.
2. Please be sure to arrive 15 minutes early so that you can collect your skaters name tag and have enough time to prepare to enter the ice. It is recommended to arrive 15 minutes early for every session after your first.
3. During sessions parents are asked to be upstairs to watch their skaters. The rink level is for committee members, skaters and coaches.
4. Once the session has started, parent's/guardian's are to remain in the building.
5. Once skaters have exited the ice, parents/guardians are able to enter the ice level to collect their skater. Skaters will not be released from the exit arena until a parent/guardian has arrived.



Skater & Parent Policies

The Flamboro Skating Club has policies in place for both skaters and parents to follow to not only protect or coaches but our membership as well.

Please take the time to read the following policies that can be located on our website.

- Skater Code of Conduct
- Parent Code of Conduct

Our website: www.flamboroskatingclub.com

What to bring to the rink



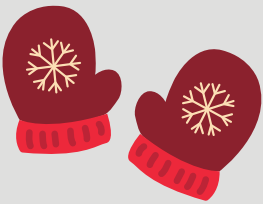
Skates & Skate Guards



Skate guards are a must. These protect the blades of the skates while skaters are walking around the arena. They will also allow for the length of the skate sharpening to last longer.

Skates that fit properly and are sharpened frequently.

Mittens or Gloves



Gloves or mittens (preferably waterproof) are mandatory while on the ice. (Note: nylon mitts are quite slippery on the ice and make it difficult to get back up, we suggest fleece mitts for young skaters)

Dress in layers



Warm clothing should be worn by all skaters, but overdressing should be avoided to prevent overheating and movement impairment. Splash pants and sweaters are recommended.

CSA Approved Helmets



Helmets

A properly fitted CSA approved hockey helmet is mandatory for all Learn to Skate/CanSkate participants (A face shield built-in is preferred for younger skaters).

Bike, skate board, motocross, ski, and all other helmets are NOT allowed on the ice. Skaters must have a CSA approved hockey helmet.

Helmets are required for PreCan & CanSkate
All helmets must be CSA Approved

The diagram illustrates the requirements for helmets. In the center is a circular CSA certification sticker with the text 'CERTIFIED HOCKEY HELMET', 'STD/NORME Z242.1', '55495', 'CSA', '2020', and 'CASQUE DE HOCKEY CERTIFIÉ'. To the top left is a pink helmet with a green checkmark, indicating it is approved. To the top right is a black helmet with a silver face shield and a green checkmark, also indicating approval. To the bottom left is a blue bicycle helmet with a large red 'X' over it, indicating it is not approved. To the bottom right is a blue helmet with a large red 'X' over it, indicating it is not approved. Below the central sticker, an arrow points to it with the text 'Look for this sticker'.

Helmets are required up to and including Stage 5

- Hats worn under helmets must fit snugly so they do not slide down.
- Long hair should be pulled back tightly and kept off the skater's neck so they do not overheat.
- Skaters with bangs should have them pulled away from their face so their vision isn't compromised while skating.

Equipment Care



A

General Rule

Skates must be properly sized, sharpened, and tied snugly.

B

Figure Skates

Figure skates should have minimal creases at the ankles to provide correct ankle support. Laces should never be wrapped around the ankle or underneath the skates.

C

Hockey Skates

Hockey skates should be tied as tightly as possible, especially over the instep and at the ankle to provide proper support. Make sure you lace the skates all the way to the top. Laces should never be wrapped under the skates.

D

Skate Sharpening

Skates should be sharpened regularly. We recommend getting your skates sharpened at a professional skate shop such as **Ice & Nice**.

E

Skate Storage

Store between sessions without skate guards, preferably with soft cloth “soakers” to prevent rust and absorb condensation. Let the skates dry out overnight removed from the skate bag.

Skates – Lace up skates, hockey, or figure skates





Progress Reports & Awards

Awards

CanSkate awards recognize skaters for their enthusiasm and dedication to the program, particularly their progress and achievements in fundamental skating skills. These awards are often presented as ribbons, badges, or other incentives as skaters progress through the various levels of the CanSkate program.



Progress Reports

All participants enrolled in our program will receive a personal progress report outlining the elements they have achieved at the end of each CanSkate season.

Progress can also be viewed via your online profile in our Uplifter registration program: www.flamboroskatingclub.com.

1. Log onto your account
2. Select "my account" from the drop down menu by your name
3. Select "skaters" icon
4. Select the name of the skater you would like to view progress for
5. Select Evaluations
6. There is a report for each of the fundamental areas listed below – select the most recent date for each report to view progress.



Learn to Skate Programs



What is Learn to Skate?

Our Learn-to-Skate programs are designed to teach fundamental skating skills to people of all ages interested in ice sports such as hockey, ringette, and figure skating, as well as those wanting to skate for fitness and enjoyment for life.



PreCanSkate

PreCanSkate is a Skate Canada program designed for young children (typically 3-5 years old) who are new to skating or need to develop foundational skills. It's a 30-minute, group-based learn-to-skate program focused on building confidence and basic skills in a fun, energetic environment. Skaters learn to fall down and get up, balance, move forward and backward, and stop, preparing them to progress to the CanSkate program.



CanSkate

CanSkate is Skate Canada's flagship learn-to-skate program, designed to teach fundamental skating skills in a fun and engaging way for all ages and abilities. It's a structured program focused on developing balance, control, and agility on the ice, preparing participants for various ice sports like hockey, figure skating, and speed skating, or for recreational skating.

What's Next



PreStarSkate

PreSTARSkate is a figure skating program that bridges the gap between CanSkate and the more advanced STARSkate program. It focuses on developing fundamental figure skating skills, preparing skaters for the STARSkate disciplines (skills, freestyle, and ice dance) and helping them progress towards STAR 1 assessments. The program emphasizes a group lesson format with opportunities for independent practice and optional private lessons.



StarSkate

StarSkate is a Skate Canada program for skaters of all ages who have passed the preliminary levels of CanSkate and are looking to develop their figure skating skills in a structured and progressive way. It focuses on figure skating disciplines like ice dance, skating skills, free skate, and artistic skating, with opportunities for testing and competition. Skaters can progress through various levels via assessments and can choose to pursue synchronized skating, ice dance, or pairs skating after mastering the program.

Hockey

Skaters who have completed the CanSkate program can move into the hockey league programs with local organizations like Flamborough Minor Hockey.





FAQ

Can I go on the ice with my skater?

Parents are not permitted on the ice in any of our programs, except for our Parents & Tot program. This allows our coaches to have the complete attention of the skaters. Our Skate Canada certified professional coaches have many years of experience coaching young skaters and are well equipped to take care of your child during their skating session.

My child is having a difficult time learning to skate. What should I do?

Skating lessons are a fun and exciting way for young children to learn life skills such as overcoming challenges, but not all children feel comfortable on the ice right away. We suggest taking advantage of family public skates so parents and siblings can assist them in a relaxed and fun environment. It is also important to ensure that the skater's equipment does not hinder their ability to move.

How do I find out about my child's progress?

Learn to skate programs will have progress reports done every second month.

What happens if I miss a session or want to change a session?

Sessions will not be refunded or rescheduled if they are missed. Please refer to our Refund Policy on our website for more details.



Questions?

Parents or guardians who have questions about skaters progress or next steps can contact our club CanSkate Director via the email listed below.

Contact Information :

✉ fscanskatedirector@gmail.com

🌐 www.flamboroskatingclub.com

📍 27 Highway 5 W., Dundas, Ontario L9H 7L5