



**Skate Canada  
Patinage Canada**

## **Modified Delivery and Sharing Ice Options for Programs**



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## Modified Delivery Options

### CanSkate or CanPowerSkate

The delivery of the CanSkate or CanPowerSkate program can be modified to meet the needs of various participants. This section will review the options available.

Programs may also share ice with other programs when appropriate. Examples of shared ice modifications are listed here as well.

### Pre-CanSkate

Pre-CanSkate is an option for skaters who are not ready or do not have the appropriate skill level for a CanSkate session. Pre-CanSkate includes skaters of **any age** and usually involves skaters with very little experience on the ice.

To help prepare skaters for CanSkate, Pre-CanSkate has eight identified skills designated to help improve mobility, comfort and confidence on the ice. These skills may be used as pre-requisites for the program.

Remember, skaters of any age may be “Pre-CanSkate”. Clubs and skating schools may have skaters designated as “Pre-CanSkate” who are “pre-school” age, 10-11 years of age, teenagers, etc.

Once skaters can move on their own and get up by themselves, they are ready to enter the CanSkate program and work on the skills in Stage 1 & 2, regardless of age.



Modified Delivery of CanSkate for: Pre-CanSkate	
Format	Delivery Modifications
<p><b>Option 1:</b> Integration into an existing group on CanSkate</p> <p>Good option for clubs/schools if they have 1-6 skaters to be integrated.</p>	<p>Stage 1 group would include Pre-CanSkate skaters. (Stage 1/Pre-CanSkate group)</p> <p>Assign extra PA's to this group to assist skaters with:</p> <ul style="list-style-type: none"> <li>- Moving from station to station</li> <li>- Moving around circuits</li> </ul> <p>Modify circuits to include the 8 designated Pre-CanSkate skills</p> <p>Skaters do not have to move around the fast track and may move directly from station to station.</p> <p>Skaters can work on all elements from the Pre-CanSkate and the Stage 1 content and seamlessly move to the Stage 1-2 content when ready.</p> <p>More visual teaching aids for the younger age groups.</p>
<p><b>Option 2:</b> A designated group on a CanSkate session</p> <p>Good option for clubs/schools if they have more than 7 skaters to be integrated.</p>	<p>Set up a designated area for the Pre-CanSkaters on the ice that ensures the remainder of the CanSkate session can move around the area freely.</p> <ul style="list-style-type: none"> <li>- Set up an area in the middle of the Fun Zone, or learning station (Balance, Agility or Control)</li> <li>- Ensure the other groups rotating to this area can move around this area freely (circuit or fast track goes around area)</li> <li>- Mark the designated area clearly with pylons</li> </ul> <p>As skaters progress through the 8 Pre-CanSkate skills, introduce them to the Stage 1 content.</p> <p>As skaters become more mobile, introduce rotation to them by having them move to different stations to work on different skills.</p> <p>Clubs/Skating Schools may assign 1 coach to be with this group for the entire session to accelerate learning, build trust and increase confidence.</p> <p><b>To integrate skaters who are moving on their own, clubs/schools can:</b></p> <ul style="list-style-type: none"> <li>- <b>Add skaters to an existing Stage 1-2 group</b></li> <li>- <b>Make the "Pre-CanSkate" group part of the session and follow the guidelines in Option 1</b></li> </ul> <p>If skaters are young, clubs/school may consider offering a 30 min program option to keep the attention and interest of the skaters.</p>
<p><b>Option 3:</b> Pre-CanSkate session</p> <p>Good option for clubs/schools if they have</p>	<p>This session would be run as a separate program at the club/school and must:</p> <ul style="list-style-type: none"> <li>- Be a minimum of 30 mins in length</li> <li>- Include a warm up, lesson time, group activity and cool down</li> <li>- Allow for progression through Pre-CanSkate skills and Stages 1-3.</li> <li>- Use circuits for teaching and practicing</li> </ul>

<p>more than 15-20 skaters to be integrated.</p>	<ul style="list-style-type: none"> <li>- Incorporate lots of teaching aids and props to help create interest and engagement</li> <li>- Use music throughout the session</li> <li>- Include more PA's to assist with skaters</li> </ul> <p>The beginning of the program may see all skaters in all group working on the Pre-CanSkate skills. As the program progresses, clubs and skating school will find that some skaters will progress quickly. Please adjust the groupings of the skaters accordingly. Example:</p> <p><b>Group 1:</b> Skaters working on Pre-CanSkate skills only</p> <p><b>Group 2:</b> Skaters working on Pre-CanSkate and Stage 1</p> <p><b>Group 3:</b> Skaters working on Stage 1 &amp; 2 (to be integrated onto a regular CanSkate session for their next program)</p> <p>Due to the nature of learning and attention Pre-CanSkater's need, it is strongly recommended that each group of skaters has a coach assigned to them with several Program Assistants to help.</p>
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## Pre-Power CanSkate

Pre-Power CanSkate is an option for skaters who are not ready to enter a CanPowerSkate session. The pre-requisite for CPS is Stage 4 in CanSkate, or equivalent skill set.

The CanSkate program is filled with fundamental “learn to skate” skills that will enable skaters to pursue the ice sport of their choice. Allowing skaters to wear the equipment required for their sport will better prepare them in their development.

Modified Delivery of CanSkate for: Pre-Power CanSkate	
Format	Delivery Modifications
<p><b>Option 1:</b> Integration into an existing group on CanSkate</p> <p>Good option for clubs/schools if they have 1-6 skaters to be integrated.</p>	<p>Skaters may be placed into the existing group structure on a CanSkate program at their appropriate skill level. Skaters would:</p> <ul style="list-style-type: none"> <li>- Wear full hockey/ringette equipment (no stick)</li> <li>- Be trained on all skills in the CanSkate program (figure skating specific skills could be omitted if desired)</li> </ul> <p>If available, group other “like minded” skaters together. Example, if there are 3 Pre-Power CanSkaters on the session, consider placing them all in one group to increase comfort level and assist coach in delivery of content.</p>
<p><b>Option 2:</b> A designated group on a CanSkate session</p> <p>Good option for clubs/schools if they have more than 7 skaters to be integrated.</p>	<p>Skaters may have their sticks for the lesson time of the session, when under a coach’s direction.</p> <p>Skaters may be placed into 1 or more designated groups on a CanSkate session. Skaters would:</p> <ul style="list-style-type: none"> <li>- Wear full hockey/ringette equipment and be able to have their stick during the lesson time portion of the session (under coach’s direction).</li> <li>- Rotate from station to station using circuits at each station</li> <li>- Be trained on all skills in the CanSkate program</li> </ul> <p>Coaches may adjust skills to match interest of group. For example:</p> <ul style="list-style-type: none"> <li>- Omit figure skating specific skills</li> <li>- Add more repetition of main focus</li> </ul>
<p><b>Option 3:</b> Pre-Power CanSkate session</p> <p>Good option for clubs/schools if they have more than 15-20 skaters to be integrated.</p>	<p>This session would be run as a separate program at the club/school and must:</p> <ul style="list-style-type: none"> <li>- Be a minimum of 30 mins in length (ideal 45-60 mins)</li> <li>- Include a warm up, lesson time, group activity/development time and cool down (simulates a CanSkate or CanPowerSkate session structure)</li> <li>- Allow for progression through the entire CanSkate content</li> <li>- Use stations and circuits for teaching and practicing</li> <li>- Incorporate of teaching aids and props to help create interest and engagement</li> <li>- Use music throughout the session</li> <li>- Include PA’s as required</li> </ul> <p>Skaters:</p> <ul style="list-style-type: none"> <li>- May wear full hockey/ringette equipment and skate with their stick.</li> <li>- Must do all skills contained within Stages 1-6. May omit figure skating specific skills</li> </ul>

## Adult/Teen CanSkate

Adults and Teens may need some modifications due to the nature of learning new skills as an older individual.

Reminder: All skaters in the CanSkate program, regardless of age, are required to wear helmets until passed Stage 5.



Modified Delivery of CanSkate or CanPowerSkate for: Adult/Teen	
Format	Delivery Modifications
<p><b>Option 1:</b> Integration into an existing group on CanSkate or CanPowerSkate</p> <p>Good option for clubs/schools if they have 1-6 skaters to be integrated.</p>	<p>Can be grouped with older skaters or at level, depending on Adult/Teen comfort level.</p> <p>Modify circuits to allow the adults/teens to work at their level, regardless of group level.</p> <p>Coaches have the discretion to omit skills that may be deemed too challenging or scary for them. Examples include:</p> <ul style="list-style-type: none"> <li>- Jumping elements (CanSkate)</li> <li>- 1-foot spin elements (CanSkate)</li> <li>- Some speed elements</li> </ul>
<p><b>Option 2:</b> A designated group on a CanSkate or CanPowerSkate session</p> <p>Good option for clubs/schools if they</p>	<p>Skaters may be placed into 1 or more designated groups on a CanSkate or CanPowerSkate session. Skaters would:</p> <ul style="list-style-type: none"> <li>- Rotate from station to station using circuits at each station</li> <li>- Work at their level throughout</li> </ul> <p>Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify circuits to meet the needs of the skaters</li> <li>- Omit skills that may be deemed too challenging or scary for them. Examples include jumping elements, 1-foot spins, some speed elements</li> </ul> <p>Other modifications include:</p>

have more than 7 skaters to be integrated.	<ul style="list-style-type: none"> <li>- Offering alternative activities in the Fun Zone area or Group Activity time (CanSkate). Options include: Fast Track laps, practice time to work on specific skills, etc.</li> </ul>
<p><b>Option 3:</b> Adult/Teen CanSkate or CanPowerSkate session</p> <p>Good option for clubs/schools if they have more than 15-20 skaters to be integrated.</p>	<p>This session would be run as a separate program at the club/school and must:</p> <ul style="list-style-type: none"> <li>- Be a minimum of 45 mins in length (ideal 50-60 mins)</li> <li>- Include a warm up, lesson time, group activity/development time and cool down</li> <li>- Allow for progression through the entire CanSkate or CanPowerSkate content</li> <li>- Use stations and circuits for teaching and practicing</li> <li>- Incorporate of teaching aids and props to help create interest and engagement</li> <li>- Use music throughout the session (optional for CanPowerSkate)</li> <li>- Include PA's as required</li> <li>- Session can be set up for group lessons, or individual rotation to learning stations.</li> </ul> <p>Coach(es) must be able to work with all skaters during lesson time. Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify circuits to meet the needs of the skaters</li> <li>- Omit skills that may be deemed too challenging or scary for them. Examples include jumping elements, 1-foot spins, some speed elements</li> </ul>



## Adult/Teen STAR 1-5

Adults and Teens may need some modifications due to the nature of learning new skills as an older individual.



Modified Delivery of STAR 1-5 for: Adult/Teen	
Format	Delivery Modifications
<b>Option 1:</b> Integration into an existing STAR 1-5 session	<p>Can be grouped with older skaters or at level, depending on Adult/Teen comfort level.</p> <p>Modify lanes during classes to allow the adults/teens to work at their level, regardless of group level.</p> <p>Coaches have the discretion to omit skills that may be deemed too challenging or scary for them. Examples include:</p> <ul style="list-style-type: none"> <li>- Jumping elements (CanSkate)</li> <li>- 1-foot spin elements (CanSkate)</li> <li>- Some speed elements</li> </ul>
<b>Option 2:</b> Adult/Teen STAR session  Good option for clubs/schools if they have more than 15 skaters to be integrated	<p>This session would be run as a separate program at the club/school and must:</p> <ul style="list-style-type: none"> <li>- Include a warm up, lesson time, group activity/development time and cool down</li> <li>- Allow for progression through the entire STAR 1-5 content</li> <li>- Use classes, stations and circuits for teaching and practicing</li> <li>- Incorporate use of teaching aids and props to help create interest and engagement</li> <li>- Use music throughout the session</li> <li>- Include PA's as required</li> <li>- Session can be set up for group lessons, or individual rotation to learning stations</li> </ul> <p>Coach(es) must be able to work with all skaters during lesson time.</p> <p>Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify circuits and lanes to meet the needs of the skater</li> </ul>

## Adaptive Skating



Adaptive skating is the term used to identify skaters with physical and/or cognitive disabilities or impairments. Adaptive skaters may be integrated into any Skate Canada program. Skills in the CanSkate, CanPowerSkate or STAR 1-5 program might have to be adapted to the individual skater based on the requirements of that skater. There may be skills that are omitted for a skater as it is not possible due to the disability or impairment. This is acceptable and is expected.

Skate Canada is committed to providing adaptive athletes with program and competitive opportunities. Special Olympic athletes have the opportunity to progress through local, provincial, national and world competitions. Skate Canada works closely with Special Olympics Canada to create a domestic event structure for these athletes.

Skaters may have sensitivity to environmental factors such as loud music, smells, temperature etc. The sounds used for station rotation may have to be adjusted or the volume of the music may have to be quieter/louder depending on the skater. The skaters may have to be reminded often to keep mitts/gloves and jackets on during the session.

There are many behaviours that will have to be monitored by the coach(es). Communication with the parent/caregiver/support team/skater is key to success in the program. Where possible try to obtain as much information from the skaters' team prior to their first class. Many of these athletes are in the program for more than learning to skate. This is their form of socialization, community and fitness.

Reminder: All skaters in the CanSkate program, regardless of age, are required to wear helmets until passed Stage 5, however all skaters using a sled (sledge skater) MUST wear the following:

- CSA approved hockey helmet
- Hockey gloves

PLEASE NOTE: Extra PA's are recommended to either accompany the adaptive skaters or be available to support the adaptive group. Every situation is different, so please connect with the parent of the

adaptive skater to ask what accommodations would be best for their skater. Program Assistants may be used for:

- Leading skaters around the circuits
- Assisting skaters through the skills
- Physically assisting the skater to stand/glide
- Keeping the skaters focused on the task at hand
- Alleviating fears or anxiety – this may include holding the skaters' hand; being close to the skater



## Adaptive CanSkate and CanPowerSkate



Modified Delivery of Programs for: Adaptive Skaters CanSkate/CanPowerSkate	
Format	Delivery Modifications
<p><b>Option 1:</b> Integration into an existing CanSkate group</p> <p>Good option for clubs/schools if they have 1-3 skaters to be integrated.</p>	<p>Can be grouped with same aged skaters or at level, depending on comfort level.</p> <p>Modify circuits to allow the adaptive skaters to work at their skill level, regardless of group level.</p> <p>Coaches have the discretion to adjust skills to better suit the needs and capabilities of the sleds or skaters. Examples include:</p> <ul style="list-style-type: none"> <li>- Slaloms may have to have more space between pylons</li> <li>- Omit backward skating</li> <li>- All glides (2 feet and 1 foot) turn into straight glides or curves</li> <li>- Jump elements can be 360's, glides or tip over and get up, or assisted jumps</li> </ul> <p>In a situation where skaters have extra equipment to help them skate (walker or sledge), please educate the other members of the group to be respectful of the adaptive skater and their equipment.</p>
<p><b>Option 2:</b> A designated group on a CanSkate session</p> <p>Good option for clubs/schools if they have more than 4 skaters to be integrated.</p>	<p>Skaters may be placed into 1 or more designated groups on a CanSkate or CanPowerSkate session. Skaters would:</p> <ul style="list-style-type: none"> <li>- Rotate from station to station using circuits at each station</li> <li>- Work at their level throughout</li> </ul> <p>Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify circuits to meet the needs of the skaters</li> <li>- Omit or adjust skills as necessary or appropriate</li> </ul> <p>Other modifications include:</p> <ul style="list-style-type: none"> <li>- Offering alternative activities in the Fun Zone area or Group Activity time (CanSkate)</li> <li>- Wearing ear plugs or head phones to lower noise congestion</li> <li>- Assigning a PA to a skater for comfort or safety</li> </ul>

	<p>In a situation where skaters have extra equipment to help them skate (walker or sledge), please education the other members of the session to be respectful of the adaptive skater and their equipment.</p>
<p><b>Option 3:</b> <b>Adaptive skating session</b></p> <p>Good option for clubs/schools if they have more than 10 - 15 to be integrated.</p>	<p>This session would be run as a separate program at the club/school and must:</p> <ul style="list-style-type: none"> <li>- Be a minimum of 45 mins in length (ideal 50-60 mins)</li> <li>- Include a warm up, lesson time, group activity and cool down</li> <li>- Allow for progression through the entire CanSkate or CanPowerSkate content</li> <li>- Use stations and circuits for teaching and practicing</li> <li>- Incorporate of teaching aids and props to help create interest and engagement</li> <li>- Use music throughout the session (optional for CanPowerSkate)</li> <li>- Include PA's as required</li> </ul> <p>Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify circuits to meet the needs of the skaters</li> <li>- Omit skills as necessary or appropriate</li> </ul> <p>Other modifications include:</p> <ul style="list-style-type: none"> <li>- A lower coach: skater ratio</li> <li>- Offering alternative activities in the Fun Zone area or Group Activity time (CanSkate)</li> <li>- Wearing ear plugs or headphones to lower noise congestion</li> <li>- Assigning a PA to a skater for comfort or safety</li> </ul> <p>In a situation where skaters have extra equipment to help them skate (walker or sledge), please educate the other members of the session to be respectful of the adaptive skater and their equipment.</p>



## Adaptive STAR 1-5



Format	Delivery Modifications
<p><b>Option 1:</b> Integrate with existing STAR 1 – 5 groups and classes</p>	<p>Can be grouped with same aged skaters or at level, depending on comfort level.</p> <p>Modify circuits and/or lanes to allow the adaptive skaters to work at their skill level, regardless of group level.</p> <p>Modifications may include:</p> <ul style="list-style-type: none"> <li>- Lower coach: skater ratio</li> <li>- Providing a personal PA to the skater for comfort and safety</li> <li>- Altering skills as necessary (connect with Skate Canada's Skating Development Department for guidance)</li> </ul> <p>In a situation where skaters have extra equipment to help them skate (walker or sledge), please educate the other members of the group to be respectful of the adaptive skater and their equipment.</p>
<p><b>Option 2:</b> Adaptive skating session</p> <p>This is a good option for clubs/schools with more than 10 – 15 skaters to be integrated. (sharing the ice options would also work)</p>	<p>This would be a session for adaptive skaters and would run as a separate program at the club/school.</p> <p>The session must:</p> <ul style="list-style-type: none"> <li>- Meet the delivery requirements and standards of the programs being offered</li> <li>- Have a warm up, lesson time, and cool down</li> <li>- Include PA's as required</li> </ul> <p>Coaches have the discretion to:</p> <ul style="list-style-type: none"> <li>- Modify lanes and circuits as needed</li> <li>- Omit or alter skills as necessary (connect with Skate Canada's Skating Development Department for guidance)</li> </ul> <p>Other modifications may include:</p> <ul style="list-style-type: none"> <li>- A lower coach: skater ratio</li> <li>- Providing a personal PA to the skater for comfort and safety</li> <li>- Wearing ear plugs or headphones to lower noise congestion</li> </ul>



## Sharing Ice Options

Clubs and skating schools may be in a position where the best option would be to have the CanSkate or CanPowerSkate program be shared with another compatible program. Some examples and strategies are:

Programs	Strategies and Format
<p>CanSkate/Pre-CanSkate</p> <p>CanSkate (45 mins) and Pre-CanSkate (30 mins)</p>	<p>Using Option 2 of the Modified Delivery Options for Pre-CanSkate, organize music as follows:</p> <p>8 mins:</p> <ul style="list-style-type: none"> <li>- CanSkate warm up on ice (using full ice)</li> <li>- Pre-CanSkate skaters could do an off ice warm up</li> </ul> <p>10 mins:</p> <ul style="list-style-type: none"> <li>- CanSkate skaters at their 1<sup>st</sup> rotation</li> <li>- Pre-CanSkate skaters entering the ice and going to their designated area to do their own on ice warm up</li> </ul> <p>10 mins:</p> <ul style="list-style-type: none"> <li>- CanSkate skaters move to their 2<sup>nd</sup> rotation</li> <li>- Pre-CanSkate skaters start their lesson time circuit</li> </ul> <p>10 mins:</p> <ul style="list-style-type: none"> <li>- CanSkate skaters move to their 3<sup>rd</sup> rotation</li> <li>- Pre-CanSkate skaters start their group activity and cool down, and prepare to exit the ice</li> </ul> <p>7 mins:</p> <ul style="list-style-type: none"> <li>- CanSkate skaters do their group activity using the full ice and then their cool down before exiting.</li> </ul>



CanSkate and  
CanPowerSkate  
(50 mins)

These programs would run parallel to each other in the same format.

Example:

10 mins:

- Warm up to music, using full ice. Both groups of skaters to perform same actions/activities. Can use lanes or fast track.

30 mins:

- Lesson Time run as 3 x 10 min rotation with fast track laps between.
- Each group would work on their appropriate skill(s) for the day at the Balance, Control or Agility stations

8 mins:

- Development Time/Group Activity to music using lanes (full ice).
- Each group of skaters to work on appropriate skills for each interest group.

2 mins:

- Cool Down to be delivered using full ice. Same actions for both groups.

CanPowerSkaters would be able to have their sticks on the ice and have full equipment on. Safety precautions and expectations would need to be explained to all participants.





<p>CanSkate / CanPowerSkate and STAR 1 - 5 (60 mins)</p>	<p>All programs to be offered in a three-station format. The STAR program could be offered as a training session for specific focus areas including:</p> <ul style="list-style-type: none"> <li>- Spins</li> <li>- Jumps</li> <li>- Edges or Turns</li> <li>- Dance Steps</li> <li>- Synchro elements</li> </ul> <p>Examples include:</p> <p>8 mins</p> <ul style="list-style-type: none"> <li>- Warm up to music, using full ice.</li> <li>- Skaters to perform actions, skills or activities appropriate to their level</li> <li>- Use lanes or fast track</li> </ul> <p>45 mins:</p> <ul style="list-style-type: none"> <li>- 3 x 15 mins lesson time rotation for CanSkate or CanPowerSkate (Balance, Agility &amp; Control)</li> <li>- 3 x 15 min station rotation for STAR skaters. Ideas include: (Basic Spins, Variation Spins, Flying Spins), (Edges, Turns, Field Moves), (Basic Turns, Advanced Turns, Edges/Circles), (Forward Spins, Backward Spins, Combination Spins), (Dance Steps), (Synchro elements)</li> </ul> <p>5 mins</p> <ul style="list-style-type: none"> <li>- Group Activity or Development Time using full ice (ex: continuous lanes).</li> <li>- Creative movement lanes</li> </ul> <p>2 mins</p> <ul style="list-style-type: none"> <li>- Cool Down using full ice</li> </ul>
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<p>Adaptive session for all programs</p> <p>Good option for clubs with 15+ adaptive skaters</p>	<p>All programs to be offered in a three-station format. The STAR program could be offered as a training session for specific focus areas including:</p> <ul style="list-style-type: none"> <li>- Spins</li> <li>- Jumps</li> <li>- Dance steps</li> <li>- Edges or Turns</li> <li>- Synchro elements</li> </ul> <p>Examples include (for a 60-minute session):</p> <p>8 mins</p> <ul style="list-style-type: none"> <li>- Warm up to music, using full ice.</li> <li>- All skaters to perform actions, skills or activities appropriate to their level</li> <li>- Use lanes or fast track</li> </ul> <p>45 mins:</p> <ul style="list-style-type: none"> <li>- 3 x 15 mins lesson time rotation for CanSkate or CanPowerSkate (Balance, Agility &amp; Control)</li> <li>- 3 x 15 min station rotation for STAR skaters. Ideas include: (Basic Spins, Variation Spins, Flying Spins), (Edges, Turns, Field Moves), (Basic Turns, Advanced Turns, Edges/Circles), (Forward Spins, Backward Spins, Combination Spins), (Dance steps), (Synchro elements)</li> </ul> <p>5 mins</p> <ul style="list-style-type: none"> <li>- Group Activity or Development Time using full ice (ex: continuous lanes).</li> <li>- Creative movement lanes</li> </ul> <p>2 mins</p> <ul style="list-style-type: none"> <li>- Cool Down using full ice</li> </ul> <p>The coach: skater ratio should be kept low and the use of PA's is essential. There may be multiple skaters requiring a personal PA for safety and comfort.</p>
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