

# Welcome to the 2018/2019 CanSkate & Pre-CanSkate Programs at Riverview Skating Club!

CanSkate is Skate Canada's flagship learn-to-skate program, designed for skaters of all ages and abilities. The program focuses on fun, participation and basic skill development. Skaters will earn badges as they learn fundamental skating skills.

## NAME TAGS

Each skater will have a color coded name tag on the table by the main doors. Please ensure your child wears their nametag. At the end of each session nametags **must** go back into the nametag bucket on the table.

## CLOTHING

Skaters should wear clothing that is comfortable, warm and allows them to move freely. Make sure to layer clothes so they can remove or add a piece of clothing to suit changing temperatures and exertion levels. Don't forget the mittens, but no fuzzy mittens please as the fuzz sticks to the ice.

## HELMETS

All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure ALL CANSKATE, PRE-CANSKATE and ADULT/TEEN CANSKATE participants, up to and including Badge 6, wear a CSA APPROVED HOCKEY HELMET WHILE ON THE ICE. Your child's helmet must have this label. Bike and other sport helmets are not allowed

## ENTERING THE ICE

For Pre-CanSkate please bring your skater to the door that is labelled with the color on your skaters nametag. They will be helped onto the ice and taken to the station with the matching colored flag. For CanSkate all skaters with a blue name tag, they will enter in the first door and all other skaters will enter in the second door. Skaters with blue name tags will go directly to their station on the ice. All other skaters will complete a group warm up and then go to the station that matches the color on their nametag.

## SKATER'S RULES

- Skaters are not allowed on the ice until a Coach or PA is on the ice.
- Skaters are only allowed on the ice for the session for which they have registered
- It is mandatory for all skaters up to and including CanSkate Badge 6 to wear a well-fitted CSA approved hockey helmet. Helmets must fit and straps must be adjusted and in place.
- Riverview Skating Club is not responsible for the supervision of skaters once their session is over.
- Parents are not allowed on the ice during the session. If your child needs help a Coach or PA will offer assistance. If your child needs to leave the ice for any reason, the PA or Coach will bring your child to the arena door. Therefore, it is important for a parent or chaperone to stay in the arena. Coaches and PAs are not allowed to leave the ice surface.
- It is important to remind the children not to have any food or gum in their mouths during the lessons.
- For safety reasons, parents are requested not to open the doors. A Coach or PA will open the door.

- We encourage parents or chaperones to watch their children from the bleachers. Please refrain from watching at the rink boards or talking to your child or the Coaches during the session. This is very distracting for the children and disrupts the class.
- Falling is a part of learning to skate. Please inform your children to get up quickly after a fall to avoid further accidents or injury.

### **PROGRESS REPORTS**

Progress reports will be handed out three times a year, the end of December and the end of March and at the end of the Spring Session. These reports provide information to the skaters and parents about their skater's skill progression and the types of skills each skater must be able to perform to advance to the next stage.

### **CANCELLATIONS**

If there are any cancellations due to unforeseen circumstances (weather, power loss etc) there will be a notice posted on our facebook page as well as an e-mail sent out. Please note the CanSkate session on October 31<sup>st</sup> is cancelled.

### **Keeping you Informed**

Every month a calendar and newsletter will be distributed by email with information on the sessions, ice cancellations and upcoming events. These can also be found on the website. Our newsletter features a "Skater of the Month". If you think your skater is worthy of this award please send us a note to [riverviewskatingclub@gmail.com](mailto:riverviewskatingclub@gmail.com)



[www.riverviewskatingclub.ca](http://www.riverviewskatingclub.ca)

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