

## WSC 2020/2021 CanSkate Welcome Letter

Hello and welcome to an exciting new skating season! Our CanSkate sessions begin on **Thursday October 22<sup>nd</sup>, 2020**. This letter will hopefully answer those frequently asked questions and give you some information as to what we have planned over the next few months! In particular, we hope to put your mind at ease when you read about the changes we have made to our program with respect to COVID-19 considerations.

### What should my child wear?

- **All skaters are required to wear CSA approved hockey helmets**
- Clothing – skaters should dress warmly; however, some items such as long drawstrings, scarves, dangling coat belts, etc. can be a hazard on the ice and should be avoided if possible. We recommend wearing mittens or gloves to keep skaters warm. As well as leggings or track pants with splash pants on top. Snowsuits are generally too restrictive.

### How do I know the skates fit?

1. There is room for toes to wiggle
2. Heels do not lift inside the skate more than ¼ inch
3. An adult finger can fit in the top of the boot when done up

### Skate Tips

- Before taking the ice please ensure excess laces are tucked or tied up so that they do not hang loose or drag on the ice
- At the end of every session the blades should be wiped with a dry cloth to prevent rusting
- Skate guards should be worn in any area that is not protected by rubber mats
- Skate sharpening should be done periodically

### Our CanSkate/Pre-CanSkate Program

We have 2 NCCP certified coaches; Beth and Denise, leading the program as well as several trained program assistants. Program Assistants are club skaters and parents that volunteer their time. They are essential to our program's success!

The main objective of our program is to teach the basics of skating for all ice sports. The CanSkate program contains six stages, which are broken down into three sub-categories; agility, balance and control. To pass each stage, a skater must be able to perform all of the skills in each of the three categories to the ***national standard***. The grouping of skaters in our program will be done within the first few weeks by our coaches and will be determined by skill level and age. Please be aware that there is the possibility of skaters being moved from group to group at times to even out numbers or to allow for skater development.

### Session Format

#### **CanSkate: 6:05 PM - 6:50 PM**

- 10 Minute Warm-up (on ice)
- Three 10 Minute group lessons Agility, Balance, & Control circuits
- 5 Minute Cool Down

## WSC 2020/2021 CanSkate Welcome Letter

### **Parent/Guardian Responsibility**

Once the session has begun we make an effort to close all doors to the rink and encourage our skaters to inform us if they need to leave the ice surface for any reason (i.e. washroom break). However, please note that **you are the primary supervisor** of your child(ren) while they are skating. With so many skaters on the ice, it is not possible to monitor all skaters, at all times. Your child(ren)'s whereabouts are your responsibility. Please remain near the rink side in case they need to exit the ice surface for any reason. Likewise, please notify someone if you pull your skater off for any reason. Your support with this will help us ensure all skaters are safe and accounted for.

### **Facility Information & COVID-19 Considerations**

**Please review all the info provided on our website with respect to the facility's COVID-19 policies as well as those provided by Skate Ontario.** Our session will still have the same general format – warm-up, 3 circuits, and cool down – however, we are running with much lower numbers as per the city's guidelines, which allows for social distancing on the session. Coaches and PAs will remain physically distant from skaters and are unable to assist using physical touch. Our circuits have been modified to allow skaters to begin the circuit at various starting points so that they can remain physically distant from each other. Coaches and PAs will move freely within the circuit but will also practice social distancing. Skaters and coaches are not required to wear masks once on the ice.

### **Special Dates**

#### **Theme Days**

- Halloween – October 29<sup>th</sup>, 2020
- Favourite Colour Day – November 26<sup>th</sup>, 2020
- Christmas Family Skate – TBD (may not run due to COVID-19 restrictions)
- Favourite Team Day – January 28<sup>th</sup>, 2021
- Valentine's Day – February 11<sup>th</sup>, 2021

#### **Report Cards**

- December 10<sup>th</sup>, 2020
- March 4<sup>th</sup>, 2020

#### **Important Dates:**

- Our last session before the holidays is December 17<sup>th</sup>, 2020
- Skating resumes on January 7<sup>th</sup>, 2021 after the holidays
- Our final session of the season is March 11<sup>th</sup>, 2021

We will communicate to parents via Email and Facebook throughout the season regarding important dates, reminders, and updates. Please "like" our page on Facebook: Woodville Skating Club. If you have any questions, please contact us via email or Facebook or in person at our CanSkate Welcome Table.

Looking forward to a great season!  
*Your Woodville Coaches & Executive*