



## **Badges, Skills and Tests Program**

2<sup>st</sup> Edition – June 2020

The Inclusive Skating Badge Skills and Test Program is part of the Inclusive Skating format and all the relevant Technical and Classification Handbooks, Rules, Safety Policy and general Policies apply.

### **Skills (“Badge”) Program**

There are several tiers that reflect Inclusive Skating functional classification and the Inclusive Paralympic classes. The tiers broadly reflect the required skating support, the technical ability, skill and the expected speed of skill acquisition. Most skaters should be able to complete at least one tier in a meaningful way.

1. **Tier 1** - Physically Facilitated and Intellectually Facilitated Skaters Skills Program – high skating support needs and most activities are performed with a facilitator.
2. **Tier 2** - Intellectually Independent Skaters and Visually Facilitated Skills Program - average skating support needs for Inclusive Skating and most activities are performed independently
3. **Tier 3** - Physically Independent and Visually Independent Skaters Skills Program – low skating balance support needs, activities are performed independently at a faster pace in a supportive environment.

Tier 1 is suitable for everyone because it also provides a protocol for a safe introduction to skating activities. Skaters with average skating support needs may progress very quickly through Tier 1 and may find that Tier 2 is the appropriate starting point for the award of certificates. Skaters with low skating support needs, previous skating experience on a different surface and sound knowledge of safe skating practice may choose to start at Tier 3 for the award of certificates.

The Off-ice activities are also useful as a tool to prepare for all skating activities. Certificates for off-ice activities have a trainer logo. The skating activities are available for ice skating and in-line/roller skating. Ice Skating certificates have an ice-skating boot and in-line/ roller certificates have an in-line skating boot.

Please select the appropriate program and progression pathway for each individual skater.

## Notes

1. Skaters should aim to complete 10 Skill badges and obtain certificates in one or more of the Tiers indicated.
2. Skaters should always choose the tier that meets their current technical ability. This tier may go up and down for skills, badges, tests and/or competitions.
3. Skaters may commence in the tier appropriate to their current technical skill level and move to the next tier to complete additional skill badges as they progress. For example, skaters may complete Badges in tier 1 and complete additional badges in tier 2 and tier 3.
4. Skaters may perform the skills or if they are not able to perform the skill they may also watch a video of the skill or activity being performed and demonstrate knowledge and/or understanding of the skill and/or activity. Skaters should perform the activity to the fullest extent that they are able to perform the skill. This may be independent or supported. Once a skater has reached their maximum potential then the skill is deemed to be performed.
5. On completion of a tier skaters may also progress to competition and/ or tests. Tier 1 progresses to Free Skating Balance, Frame and Harness Levels or synchro. Tier 2 progresses to Free Skating Level 1. Tier 3 usually progresses to Free Skating Level 2 (although some may choose to meet their needs by starting at Level 1).
6. Skills / Badges may be assessed by video using the system provided or be assessed by an Inclusive Skating Judge or Assessor. Skills assessed as being performed to a satisfactory standard are awarded a certificate.
7. A rink is any surface suitable for skating
8. Participation in activities may occur physically or by virtual means.
9. One-foot skills are performed on right foot and left foot separately.

## Entry system

Application to enter skills/ badges is available on the Inclusive Skating learning platform <https://inclusiveskating.moodle.tituslearning.com/>

## User accounts

A user account for the learning platform is available for everyone who is currently registered on the Inclusive Skating registration platform and has a separate e-mail address. A user account is set up on the learning platform using that e-mail. Certificates from the learning platform are sent to the person named on the learner user account and the e-mail registered. If you are on a family membership please add a separate e-mail address for each family member on the access management section of the registration platform. A new e-mail cannot be added on the profile or membership page. An additional e-mail can only be added on the access management section of the registration platform.

## **Tier 1. Physically Facilitated and Intellectually Facilitated Skaters Badge Program**

### **Badge 1**

1. Enter rink venue and go to registration
2. Participate in the provision of registration details
3. Participate in risk assessment with activity leader

### **Badge 2**

1. Go to side of rink and be in the rink environment
2. Touch skating boots
3. Touch balance frame

### **Badge 3**

1. Put on skating boots
2. Put on safety equipment and clothing, e.g. helmet and gloves etc.
3. Participate in safety briefing

### **Badge 4**

1. Wear skating boots for a few minutes
2. Participate in adjustment of balance aid to height and needs of skater (where available)
3. Participate in meeting of coaches/volunteers and parents/carers

### **Badge 5**

1. Move to barrier side of rink
2. Demonstrate how to enter rink surface safely
3. Be on rink surface for a few minutes using relevant support either standing or supported

### **Badge 6**

1. Whilst on rink bend knees or move closer to ice
2. Whilst on rink stretch arms up or move arms closer to ceiling
3. Whilst on rink stretch arms out to side of body and/or touch balance frame

### **Badge 7**

1. Move forward across rink surface for a distance of 1 metre
2. Stop moving across rink surface safely
3. Demonstrate knowledge of how to get up from a fall

### **Badge 8**

1. Move backward across rink surface for a distance of 1 metre
2. Look to Left and rotate one quarter of circle in place or moving.
3. Look to Right and rotate one quarter of circle in place or moving

### **Badge 9**

1. Move towards volunteer/ coach
2. Copy movement of volunteer/ coach or follow one instruction
3. Swizzles movement standing still

### **Badge 10**

1. Consecutive movement rotating to right and then rotating to left one quarter of turn
2. Move forward or stroking across full width of rink
3. Gliding movement- holding still in position for 3 seconds

## **Tier 2. Intellectually Independent/ Visually Facilitated Skaters Badge Program on skates**

### **Badge 1**

1. Stand unassisted on rink for 5 to 10 seconds
2. Knee dip standing still
3. March forward independently or with balance frame for 1 metre

### **Badge 2**

1. Fall and stand up assisted (or unassisted) safely
2. Swizzles movement standing still
3. March across rink for 3 to 5 metres or centre of rink unassisted

### **Badge 3**

1. Two-foot glide for 3 to 5 seconds
2. Swizzles movement while moving
3. Forward glide and bend knees

### **Badge 4**

1. Forward two-foot glide for 1 metre and wait until glide stops
2. Backward wiggle or March for 1 metre
3. Rotate one circle with marching feet in place

### **Badge 5**

1. Consecutive forward Swizzles (3 to 5 swizzles)
2. Two-foot glide rotating arms to right and holding for one quarter of circle or for 1 metre
3. Two-foot glide rotating arms to left and holding for one quarter of circle or for 1 metre

### **Badge 6**

1. March across full width of rink
2. Beginner snowplough stop
3. Consecutive two-foot glide rotating arms one quarter circle to left and then right

### **Badge 7**

1. Skate one circuit around full rink
2. Forward two-foot glide whilst moving and active stop
3. Forward glide and turn to backwards

### **Badge 8**

1. Forward gliding dip for Length of body
2. Forward one-foot glide (right and Left foot) for length of body
3. Beginner jump at standstill

### **Badge 9**

1. Two-foot glide for half circle clockwise and counter-clockwise
2. Backward march for distance of 3 to 5 metre or to centre of rink
3. Forward skating with push from right and left leg

### **Badge 10**

1. Two-foot turn from forward to backwards whilst moving
2. Backward swizzles whilst moving
3. Beginner jump whilst moving

### **Tier 3. Physically Independent and Visually Independent Skaters Badge Program on skates**

#### **Badge 1**

1. Forward march to middle of rink
2. From Standing position fall and get back up again safely and unassisted
3. Forward 2 foot glide and come to a standstill

#### **Badge 2**

1. Forward two-foot swizzles (5 consecutive)
2. Forward two-foot glide and bend knees
3. Forward two-foot glide and rotate arms clockwise and repeat counter clockwise

#### **Badge 3**

1. Forward march or skating across the full width of rink
2. Backward march for 1 metre
3. One half turn rotation on two-feet in place

#### **Badge 4**

1. Skate forward and two-foot turn to backwards
2. Forward gliding dip on 2 feet for length of body
3. Beginner two-foot bunny hop jump in place

#### **Badge 5**

1. Backward swizzles (5 consecutive)
2. Skate forward using both legs and one-foot Snowplough stop
3. Forward two-foot glide with lean into circle for one third of circle clockwise and counter clockwise

#### **Badge 6**

1. Forward one-foot glide in straight line Right and Left for 1 metre
2. Backward two-foot glide for length of body
3. Forward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise

#### **Badge 7**

1. Backward two-foot glide with one foot performing swizzles on circle clockwise + counter clockwise
2. Consecutive Forward two-foot curves left and right repeated 2 or 3 times
3. Forward skating full circuit of rink and two-foot snowplough stop

#### **Badge 8**

1. Skate backwards for 3 to 5 metres and turn to turn forwards
2. Forward one-foot glide for 1 metre on circle Left and right clockwise and counter clockwise
3. Forward skating with a full circuit of rink pushing on both right and left leg down length of rink

#### **Badge 9.**

1. Skate backwards for distance of 10 metres
2. Single forward crossover and step onto glide on 1 foot or 2 feet clockwise and counter clockwise
3. Beginner two-foot bunny hop jump whilst moving

#### **Badge 10**

1. Backward one-foot glide left and right for length of body
2. Backward gliding dip on 2 feet
3. Consecutive beginner forward cross overs clockwise and counter clockwise

## **Tier 1. Off Ice Skills Badge Program – wearing footwear (not skates)**

### **Badge 1**

1. Create profile on Inclusive Skating Platform, verify e-mail and go to membership registration
2. Participate in the provision of registration details and complete registration on platform
3. Participate in risk assessment with activity leader

### **Badge 2**

1. Identify location of suitable and safe environment for skating
2. Ensure available skating boots are safe for your use
3. Ensure suitable and safe balance support is available if required

### **Badge 3**

1. Put on skating boots
2. Put on safety equipment and clothing, e.g. helmet and gloves etc.
3. Participate in safety briefing

### **Badge 4**

1. Wear skating boots for a few minutes
2. Participate in adjustment of balance aid and equipment to height and needs of skater
3. Participate in meeting of coaches/volunteers and parents/carers to discuss meeting of needs

### **Badge 5**

1. Move safely to barrier side of rink and remove any guards on skates
2. Demonstrate how to enter Rink surface safely
3. Demonstrate using relevant support either standing or whilst supported

### **Badge 6**

1. Bend knees or move closer to ice
2. Stretch arms up or move arms closer to ceiling
3. Stretch arms out to side of body and/or touch balance frame

### **Badge 7**

1. Demonstrate how to move forward for a distance of 1 metre
2. Demonstrate how to stop moving safely
3. Demonstrate knowledge of how to get up from a fall

### **Badge 8**

1. Demonstrate how to move backward across rink surface for a distance of 1 metre
2. Demonstrate how to Look to Left and rotate one quarter of circle in place or moving.
3. Demonstrate how to Look to Right and rotate one quarter of circle in place or moving

### **Badge 9**

1. Move towards volunteer/ coach
2. Copy movement of volunteer/ coach or follow one instruction
3. Swizzles movement standing still

### **Badge 10**

1. Consecutive movement rotating to right and then rotating to left one quarter of turn
2. Demonstrate how to move forward or stroking across full width of rink
3. Demonstrate how to do a gliding movement- holding still in position for 3 seconds

## **Tier 2 Off Ice Skills Badge Program – wearing footwear (not skates)**

### **Badge 1**

1. Stand unassisted on 2 feet and hold for 3 seconds
2. Knee dip standing still and hold for 3 seconds
3. Two-foot glide position rotating arms one quarter of circle right and left

### **Badge 2**

1. Two foot standing and turn toes in and hold for 3 seconds
2. Two foot standing and turn toes out and hold for 3 seconds
3. Penguin walk forward for distance of 3 to 5 metres

### **Badge 3**

1. Swizzles movement (see Badge 2 skills 1 and 2 above) standing still
2. Pigeon toe backward walk for distance of 3 to 5 metres
3. Standing still and making circle with arms

### **Badge 4**

1. Starting position for forward stroking and press on inside edge of foot (right and left)
2. Standing wiggle rotation hips clockwise and counter clockwise
3. Rotate one circle with marching feet in place

### **Badge 5**

1. Stand on one foot upright for 3 seconds (right and left)
2. Stand on two feet and rise to balls of feet
3. Two-foot glide with lean to right side and left side feeling weight shift onto side of foot

### **Badge 6**

1. Forward pushing action and hold gliding position (right and left)
2. Beginner snowplough stop press on inside of both feet with knee bend
3. Consecutive two-foot glide with lean and rotating arms one quarter circle to left and then right

### **Badge 7**

1. Consecutive stroking action
2. Stand on one foot and rise to ball of foot (right and left)
3. Forward turn to backwards on 2 feet (clock wise and counter clockwise)

### **Badge 8**

1. one foot landing position and hold for 3 seconds
2. Forward one-foot quarter turn (right and left)
3. Standing on two feet place weight to back of foot – preparation for back turn

### **Badge 9**

1. Backward march for distance of 1 metre
2. Standing on one foot lean weight to outside edges (little toe) and hold for 3 seconds
3. Standing on one foot lean weight to inside edges (big toe) and hold for 3 seconds

### **Badge 10**

1. Consecutive Forward skating with push from right and left leg and with gliding position
2. Stand on one foot with free foot extended in front (right and left)
3. Beginner 2 foot jump at standstill

### **Tier 3 Off Ice Skaters Badge Program – wearing footwear (not skates)**

#### **Badge 1**

1. Stand on 2 feet for 5 seconds
2. From Standing position fall and get back up again safely for skating activities and unassisted
3. 2 foot and rise to ball of foot and hold for 5 seconds

#### **Badge 2**

1. two-foot swizzles (5 consecutive)
2. two-foot glide position and bend knees and hold for 5 seconds
3. two-foot glide position and rotate arms clockwise half turn and repeat counter clockwise

#### **Badge 3**

1. Penguin position Consecutive Forward skating movements
2. Backward march for skating with toes turned in for a distance of approximately 1 metre
3. One half turn upper body rotation on two-feet in place right and left

#### **Badge 4**

1. Stand on two-foot, lift toes and rise to heel and hold balance for 5 seconds
2. Standing on one-foot upright with foot behind in straight line (Right and Left) and hold for 5 secs.
3. Standing on one-foot upright with foot in front in straight line (Right and Left) and hold for 5 secs

#### **Badge 5**

1. Standing on two feet place weight on to outside edge/ little toes and hold for 5 seconds
2. Standing on two feet place weight on to inside edge/ big toes - Snowplough stop - hold 5 secs.
3. Consecutive Forward two-foot glide position with lean into circle to right side and left side

#### **Badge 6**

1. Dip on 2 feet and hold for 5 seconds
2. Landing position with extended arms and legs (Right and Left)
3. Beginner two-foot bunny hop jump whilst moving

#### **Badge 7**

1. Standing on 2 feet lift one foot and cross in front (Right and Left)
2. Consecutive Forward two-foot curve action left and right repeated 2 or 3 times in quick time
3. Forward skating for 5 to 10 metres and two-foot snowplough stop

#### **Badge 8**

1. Stand and with weight on heel do a quarter turn to forwards (sideways) - back turn preparation
2. one-foot glide with lean and place weight onto outside edge/ little toes and hold for 5 seconds
3. one-foot glide with lean and place weight onto inside edge/ big toes and hold for 5 seconds

#### **Badge 9.**

1. Skating action for backward strokes right and left
2. Single forward crossover and step onto glide on 1 foot or 2 feet clockwise and counter clockwise
3. Beginner two-foot bunny hop jump in place or moving with landing position

#### **Badge 10**

1. Waltz jump and landing position
2. Extended spin preparation position to closed arms and one or two foot spin position
3. Consecutive beginner forward cross overs clockwise and counter clockwise



## Tests

Tests are available through a range of formats. All events have test entry availability and additional test events are available on a regular basis. Test results are private and are not included in the competition results.

Entry is by pre-recorded video entry on the membership platform. The relevant competition rules on competition video entry apply except that the video will not be published on the Inclusive Skating YouTube channel. Videos for tests are private and will not be published unless the skater and Inclusive Skating both agree to such publication. This activity is therefore particularly suitable for skaters who wish to participate in private and measure their own performance against the current published standards for Inclusive Skating worldwide.

Electronic certificates will be awarded and sent by electronic communication, such as e-mail. The skater will also receive a copy of the relevant detailed marking sheet with judge's marks where relevant. Skaters may repeat the test to achieve a higher score if they wish.

Tests may be taken in all free skating singles events covered in the Technical Handbook and the technical criteria remain the same.

Free Skating Test Results for single skaters will be judged according to the following criteria using the Championship score system for free skating.

Standard	Championship Score	Award
World Class	10.00 and over	Gold Star
Gold	7.50 and over	Gold
Silver	5.00 and over	Silver
Bronze	2.50 and over	Bronze
Skills/ Badge Program	Not applicable	Badge – Badges 1 to 10