



How to get into Ice Skating For People with Hearing difficulties

Skaters / Parents / Coaches Resource Document

Prepared by: [Inclusive Skating](#)

This document will be continually updated as additional mentors and advisors become available.

3-3-2020



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The following information is taken from the Online Safety Course from Inclusive Skating as a guide of things to consider. You are not covered as a registered safety advisor until you complete the full course online - this is for your information only.

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Inclusive Skating Mentors & Resources¹



Inclusive Skating has a team of volunteers, mentors and coaches willing to provide dedicated support to those with hearing challenges.

Mentors for those with Hearing Impairment in the UK

Billy Mair, has worn cochlear implants since age 3 and is fluent in BSL sign language. He has won the British Inclusive Skating Championships and has represented Great Britain at numerous International events. Billy is an accredited Inclusive Skating Safety Advisor and coaches too. Billy has numerous coaching qualifications including an HNC in Sports Coaching. Billy's skating prowess has featured regularly in National Deaf Children's UK publications.

Billy's family are all willing to help too. Four of the family are IS Accredited Safety Advisors. They can be contacted on:

Billy - billy_mair@yahoo.com

Kathleen Mair (mum) Kathleen_mair@sky.com

Billy Mair Senior (Dad) Kathleen_mair@sky.com

Katie Mair (sister) Kathleen_mair@sky.com

Ann Stokes – Ann is a very keen coach volunteer who has skated for over 40 years. She has been involved with Inclusive Skating at local club, national and international level and was a coach with the Special Olympics skating team to Austria in 2017. Ann is level 2 BSL. Ann is also an Accredited Inclusive Skating Safety Advisor. Ann can be contacted on: annmccart@hotmail.com

Margarita Sweeney-Baird – Margarita is the Founder and Chair of inclusive Skating and can be contacted at all times to assist members of Inclusive Skating with mentoring and access. Contact inclusiveskating.event@gmail.com

¹ Inclusive Skating is leading the way to achieving inclusion for all in the sport of ice skating. It's an independent charity that is a member of the Sport and Recreation Alliance, Scottish Sports Association and the Welsh Sports association.

Who can join?

Skaters self-refer into Inclusive Skating so everyone is welcome. There's no test to participate. So those with hearing challenges are welcome too.

Inclusive Skating Beginner [membership](#) (£5) provides insurance and support. To join use the link above or go to the website and use the join us link

<https://inclusiveskating.org/memberships>

Each rink has different ice fee charges and booking arrangements. Unless there is a club ice fees must usually be paid directly to the rinks. Most skating ice session fees average £7 to £10 including skate hire.

Funding

Inclusive Skating has funding for 25 skaters in the UK with a hearing challenge to receive free beginner membership if they sign up before 1st July 2020. Sign up on the platform and/or contact inclusiveskating.event@gmail.com

Inclusive Skating has funding from the National Lottery for UK skaters to receive some free coaching with an accredited safety advisor if they sign up before 1 July 2020. Funds are limited so first come first served.

Contact inclusiveskating.event@gmail.com

Online Resources

1. On the website [Inclusive Skating.org](https://InclusiveSkating.org) search **Resources** section for all kinds of information on inclusive skating.
2. Take the Safety Course. The safety course is a free course about taking new athletes for lessons or just for skating safely. A proper risk assessment can meet the needs of anyone skating for the first time and regularly. The course is based on the [Safety Policy](#) – available to download for free

For further information on the **FREE** online [Safety course](#) - Click "Get Involved" > "Safety Course".

3. The IS Youtube channel contains a [playlist](#) of short safety and coaching videos
4. Further videos on basic skating skills with BSL are under development

British Rinks with Inclusive Skating clubs:

Where there is no identified contact at the rink (or the rink is not listed) please join Inclusive Skating to access support. [membership](#)

Time Capsule Ice Rink, Coatbridge, Scotland

Coatbridge, ML5 1DL

Rink Tel: 01236 449572

Rink E-Mail: timecaprecep@nleisure.com

<https://www.nleisure.co.uk/venues/time-capsule>

Club - ISkate Time Capsule Club – <https://www.iskatetc.com/contact-us>

The club usually operates on Sundays 6 pm to 7.30pm

Payment is at rink reception for ice cost and boot hire and there are additional charges for club membership and club coaching

Braehead Ice Rink

King's Inch Rd, Glasgow, G51 4BN

Rink Tel: 0141 886 8300

Rink E-Mail: braehead.arena@intu.co.uk

<https://www.braehead-arena.co.uk/>

Payment is at reception or online for ice cost and boot hire – Ice available during winter usually on Wednesdays from 5pm to 6.30pm

<https://www.braehead-arena.co.uk/shop/public-skating/inclusive-skating>

additional charges for club membership and coaching at rink side

Club Contact – Margarita Sweeney Baird: inclusiveskating.event@gmail.com

Solihull Ice Rink

Planet Ice Solihull, 119 Hobs Moat Road, Solihull, West Midlands, B92 8JZ

Coach: Sarah Carter

Rink Tel: 0121 742 5561

Rink E-Mail: solihull@planet-ice.co.uk

Club: Solihull Inclusive Skating Academy provides monthly sessions for children and adults with any physical/learning disability or health condition to have fun

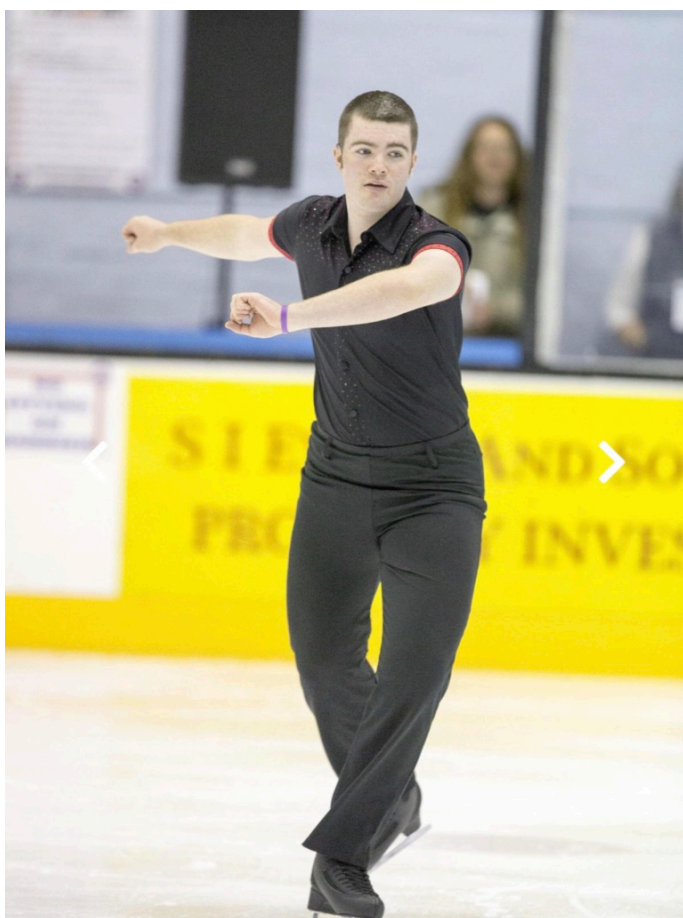
on the ice and develop skating skills in a safe environment. They provide many on ice assistants and cater for individual needs.

Contact name: Lisa Payton

Contact Email: lisap_sisa@yahoo.com

Club Website: <https://www.facebook.com/SolihullInclusiveSkatingAcademy/>

Here's a photo of Billy Mair skating at the Scottish Inclusive Skating International Championships 2019



Rinks with Inclusive Skating advisors and/or activities

Cardiff Ice Rink

Contact Tim Keeble tectim@hotmail.com

Viola Arena, Ice Arena Cardiff, Wales

Olympian Drive

Cardiff CF11 0JS

Tel: 02920789630

info@violaarena.com

Uttoxeter

Town Meadows Way,

Uttoxeter

Staffordshire

ST148AZ

Arena Tel: 01889 723 030

Rink Email: boxoffice@cinebowl-iskate.co.uk

Gosport

Contact: Paul Crocker

Forest Way

Off Fareham Road

Gosport

Hants

PO13 0ZX

Arena Tel: 02392 511 217

Rink Email: gosport@planet-ice.co.uk

Planet Ice Blackburn

Lower Audley Street,

Blackburn,

BB2 3DY

Arena Tel: 01254 668 686

Rink Email: blackburn@planet-ice.co.uk

Deeside Ice Rink

Chester Rd W,
Queensferry,
Deeside
CH5 1SA
Tel: 01352 704200

Belfast Ice Rink

111 Old Dundonald Rd, Belfast BT16 1XT
Tel: 028 9080 9100

Murrayfield

Riversdale Cres,
Edinburgh
EH12 5XN
Tel: [0131 337 6933](tel:01313376933)
Rink E-Mail: info@murrayfieldicerinkltd.co.uk

Planet Ice Rinks

Support to access Inclusive Skating at the following UK Planet Ice Rinks can also be made available by arrangement.

Contact inclusiveskating.event@gmail.com

Click on the [Planet Ice Rinks](#) link for more details about their general facilities and locations.

See below for rink phone, postcode and rink e-mail contact

Planet Ice Altrincham

Rink Phone 0161 926 8782, Postcode WA15 8EW altrincham@planet-ice.co.uk,

Planet Ice Basingstoke

Rink Phone 01256355266 Postcode RG226PG basingstoke@planet-ice.co.uk

Planet Ice Blackburn

Rink Phone 01254668686 Postcode BBD3DY blackburn@planet-ice.co.uk

Planet Ice Cannock

Rink Phone 01922419594 Postcode WS110XE cannock@planet-ice.co.uk

Planet Ice Coventry

Rink Phone 02476630693 Postcode CV13AZ boxoffice@planet-ice.co.uk

Planet Ice Gillingham

Rink Phone 01634388477 Postcode ME80PU gillingham@planet-ice.co.uk

Planet Ice Gosport

Rink Phone 02392511217 Postcode PO130ZX gosport@planet-ice.co.uk

Planet Ice Hemel Hempstead

Rink Phone 08458725799 Postcode HP24JS hemel@planet-ice.co.uk

Planet Ice Leeds

Rink Phone 01133979700 Postcode LS110EY leeds@planet-ice.co.uk

Planet Ice Milton Keynes

Rink Phone 01908540020 Postcode MK91DL mk.boxoffice@planet-ice.co.uk

Planet Ice Peterborough

Rink Phone 01733260222 Postcode PE38YN pet.boxoffice@planet-ice.co.uk

Planet Ice Solihull

Rink Phone 01217425561 Postcode B928JN solihull@planet-ice.co.uk

Planet Ice Uttoxeter

Rink Phone 01889723030 Postcode ST148AZ boxoffice@cenebowl-iskate.co.uk

Planet Ice Widnes

Rink Phone 01514207930 Postcode WA80TA widnes@planet-ice.co.uk

Appendix A:

BEFORE YOU GO SKATING GUIDE

Preparation

1. **Protective Clothing** - Wear protective clothing, cover all limbs and do not have any loose clothing. Wear gloves and use protective gear and padding. Knee, elbow and chin protection can be particularly useful. Wrists are particularly at risk during off ice/ in line skating so wrist protection should not be ignored. Novice skaters and those with episodic loss of consciousness should wear a helmet at all times. Speed skating has specially designed helmets that should be worn at all times by everyone. Figure skaters often use an ice halo as a popular alternative but you should ensure that this type of head protection is suitable for you and provides you with adequate protection. You should ensure that the protection used meets your needs and ensures your safety at all times. Consider having layers of clothing so that you can remove layers as you warm up and exercise. Change clothes after skating. Socks and wet clothes can trap moisture and result in frost bite or other cold injuries
2. **Emergency Plan** - you and your skating leader must have an emergency care and evacuation plan for the skater and the associated persons. Ensure that the leader and volunteer activities supporters have sufficient information to deal with any situation where the parent/ carer is incapacitated for whatever reason too. Inclusive Skating recommends that skaters and their parents and carers register on the Inclusive Skating platform, provide all necessary information, and select the relevant affiliated club or association wherever possible. This ensures that the relevant information is stored confidentially on the platform and is available in an emergency and as and when required.
3. **Carer Presence** is required. Carers should provide all personal care needs for the skaters. They may be especially important for skaters with additional communication needs.

Appendix B:

Individual Risk Assessment

1. **The skater should do their own risk assessment first** - Skating is risky. A skater may fall and bumps and bruises can occur so only go skating if those risks are acceptable. The parent and carer must do their own risk assessment of their skater before they go skating. Risk assessment is not the sole responsibility of the activity leader. The skater and their parent/ carer understand the additional challenges of the condition best so they should use their own judgement first. To assist in this process carers may wish to use the risk assessment forms, the Inclusive Skating Safety Policy and further information that is available on the Inclusive Skating website.
2. **Disclose all risks** - Make sure that skaters, parents and carers disclose all relevant information to the coaches and volunteers.
3. **Store the risk information securely and confidentially** - Inclusive Skating recommends that skaters and their parents and carers register on the Inclusive Skating platform, provide all necessary information, and select the relevant affiliated club or association wherever possible. This ensures that the relevant information is stored confidentially on the platform and is available in an emergency and as and when required. The membership platform is available to all Inclusive skaters world-wide.
4. **Create a culture of disclosure**- The skater may be at risk if there is no awareness of the additional risks posed by their challenges. Encourage an environment where disclosure of the skater's challenges is possible and that a proper risk assessment can be conducted. It may be daunting to disclose challenges. The skater and their parents and carers may be concerned that they will be denied access. Remember that many risks can be managed. So, seek to manage and mitigate the risks wherever possible. A supportive environment is likely to lead to a culture where risks and challenges are disclosed and then managed appropriately.
5. **Risks must be acceptable** - The parent and carer should discuss their own risk assessment and the additional skating risks with the activity leader. The skater and/ or the parent and/ or carer must ensure that the activity is safe for the skater. If in doubt discuss all risks with the coaches and volunteers. If you have never skated before disclose that too. Only go skating if those risks are acceptable.

Appendix C:

Skating Risks: A checklist that you should consider

A skating risk assessment for the skater should be conducted. Here's some risks to consider:

- Are the activities appropriate for your skater?
- Are there any contra-indications that suggest that the skater should not skate or undertake skating related activities?
- Does the skater have a medical condition that requires an emergency response procedure to be activated, e.g. Diabetes, allergies etc.
- Can the skater cope with the environment?
- Is it too cold?
- Is it too hot?
- Is it too noisy – does the skater need to wear ear defenders and/ or a helmet with ear defenders built in?
- Does the skater have a visual impairment?
- Is the lighting appropriate for the skater?
- Can the skater hear and/ or require assistance to understand instructions?
- Does the skater have delayed response and require extra time to comply with instructions?
- Does the skater understand instructions?
- Can the volunteers provide the necessary support to the skater- is the skater too big/heavy/ violent etc.?
- Do the skaters/ participants have low attention span / memory difficulties and requires continual prompting?
- Do the skaters / parents and carers have low perception and assessment of risk and therefore take part in undue risky behaviours? Be prepared to say no!
- Do the skater/ parents/ carers have anger management difficulties?
- Does the skater have difficulties with personal contact which makes providing volunteer support problematic?
- Does the skater exhibit poor social control?
- Do they have episodic loss of consciousness?
- Does the skater have repetitive behaviours and/or routines that must be complied with?
- Is the skater noisy and loud and at risk of upsetting other skaters who cannot tolerate noise?
- Now add your own... add as many risks as you can identify for your skater...

Risk Mitigation - select the best methods to mitigate and manage risks.

Here is some suggestions and strategies for you to consider:

- Choose the activities that are appropriate for you and the skater.
- It is possible that it is not safe for the skater to go on the rink during that session, for a period of time or at any time in the future. Sometimes a delay is all that is needed.
- If the skater is getting cold then take a break, leave the rink and go somewhere warm.
- If the skater is over heating then take one layer off at a time. encourage the use of layers to manage temperature.
- Have alternative off rink activities available for those unable to go onto the rink at all or for those who are only able to exercise for a short time.
- Always keep the situation under continual review and stay alert at all times.
- Inclusive Skaters may be unstable and circumstances can change very quickly. Stay alert and keep all situations under continual review.
- Inclusive Skaters may fatigue more easily than other novice skaters. Manage sessions carefully and ensure that everyone has a positive session at all times. Be prepared to stop before fatigue sets in.
- Skaters with additional needs may panic and lose their balance or stability suddenly. Stay alert.
- Ensure that the environment remains safe, quiet and welcoming at all times.
- If a conflict arises keep calm and engaged. Continue to ensure safety for all – even if risk mitigation recommendations are rejected.
- Use the equipment and/ or aids that are appropriate for your skater.
- Use a wheelchair (non-electric) where appropriate.
- If the skater can stand but requires a balance frame for support they will need to use their balance frame on the rink too. Adjust the height of the balance frame to accommodate the increased height that results from the boots and blade or skate. Please refer to additional safety guidelines on the use of “penquins” and similar balance aids.
- Parents/ carers should remain with the skater at all times wherever possible.
- If the skater is visually impaired then they should wear a high visibility vest to alert other users (with a VI warning where possible). A VI skater may require a guide at all times.
- If the skater is unable to hear, ensure that alternative methods of communication are provided. Can the instructions be videoed in advance with sign language? Can instructional videos be provided in advance with sub-titles? Is anyone available who can sign or speak Macatan?
- Do the parents/ carers require additional training and or support to be able to participate in skating activities. The parents and carers should be able to skate safely before they support the skater.
- Be prepared to separate skaters/ groups according to their needs
- Ensure that all appropriate means are used to mitigate the identified risks.
- Now you can add your own risk mitigation strategies.....

No responsibility can be taken by the author of this document for any injuries. You are responsible for how you use this information and you must undertake your own individual risk assessment. All details were correct at date of completion 3-3-20.

www.inclusiveskating.org