

Tier 1

Off Rink 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
bit.ly/ISloginRegister

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

Certificates available to download on the website

Tier 2

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Assessor Signature on Completion

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 + 2) 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 feet with knee bend
- 3. Consecutive two-foot glide with lean and rotating arms 1/4 circle to L then R.

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 (clockwise + 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

Badge 9

- 1. Backward march for distance of 1 metre
- 2. Standing on one foot lean weight to outside edge + hold for 3 sec
- 3. Standing on one foot lean weight to inside edge + hold for 3 sec

Badge 10

- 1. Consecutive Forward skating with push from R and L and 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

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- Badge 1**
- 1. Stand on 2 feet for 5 seconds
 - 2. From Standing position fall and get back up safely + 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 1/2 turn and repeat counter clockwise

- Badge 3**
- 1. Penguin position Consecutive Forward skating movements
 - 2. Backward march with toes turned in for a distance of 1 metre
 - 3. 1/2 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 for 5 seconds
 - 2. Standing on one-foot upright with foot behind in straight line (R+L) and hold for 5 secs.
 - 3. Standing on one-foot upright with foot in front in straight line (R+L) and hold for 5 secs

- Badge 5**
- 1. Standing on two feet place weight on to outside edge + hold for 5 secs.
 - 2. Standing on two feet place weight on to inside edge + hold 5 secs.
 - 3. Consecutive Forward two-foot glide position with lean into circle to R+L.

- 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 L+R repeated 2 or 3 times.
 - 3. Forward skating for 5 to 10 metres and two-foot snowplough stop

- Badge 8**
- 1. Stand and with weight on heel do a 1/4 turn to forwards
 - 2. One-foot glide with lean (weight onto outside edge) + hold for 5 secs
 - 3. One-foot glide with lean (weight onto inside edge) + hold for 5 secs

- Badge 9**
- 1. Skating action for backward strokes right and left
 - 2. Single forward crossover and step onto glide on 1 or 2 feet clockwise + 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 + one or two foot spin position
 - 3. Consecutive beginner forward cross overs clockwise and counter clockwise

Off Rink Skills Badge Program Tier 1, 2 and 3



Name:

<https://inclusiveskating.org>