



How to get into Ice Skating For People with Additional Needs

Skaters / Parents / Coaches Resource Document

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And : Inclusive Skating

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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 Skating¹

[Inclusive Skating.org](https://www.inclusiveskating.org)



The judging system and events are recognised world-wide and by the ISU (International Skating Union).

Skaters self-refer into Inclusive Skating so everyone is welcome. There's no test to participate.

Click "[Resources](#)" on the website menu to search and access all information

Click "**Technical**" for the [Rules](#) and **Classification for [information](#)** about how athletes receive their classification

Click "[Test skills badge structure](#)" for skating tests available through inclusive skating.

Click "[Technical handbook](#)" for all the level requirements for competitions.

Search "**factsheet**" in the **Resources** section for all kinds of information on different mental and physical conditions.

Do the **FREE** online [Safety course](#) - Click "Get Involved" > "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

The IS Youtube channel contains a [playlist](#) of short safety and coaching videos

Click "Get Involved" > [Coaching](#) for training and support for coaches and volunteers

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.

i Coach Kids

iCoachKids.eu

- Look at their “framework”
- Case studies from other coaches
- Free online courses recognised by Inclusive Skating

UK Coaching

ukcoaching.org/

- Online courses
- Resources downloadable and online
- Consider subscribing to unlock loads more

Special Olympics

specialolympics.org

Special Olympics provides events for athletes with intellectual disability. Usually events are held once every 4 years. Register as a volunteer coach and register your athletes. This entitles you to be informed about future events and competitions – one of the biggest organisations for athletes challenged with a mental disability.

British Rinks with Inclusive Skating clubs:

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/>

Other British clubs for Disabled skaters:

Ice Ability @ Bracknell Ice Rink

Contact Hannah

John Nike Leisuresport,

John Nike Way,

Amen Corner,

Binfield,

Bracknell

RG12 8TN

Tel: 01344 789000

SPICE @ Slough Ice Rink

Contact Ricci

E-Mail: secretary@spiceskating.org

<https://spiceskating.org/>

Rinks with Inclusive Skating activity sessions

Inclusive Skating Beginner membership (£5) provides insurance and support from registered safety advisors

Where there is no identified contact at the rink (or the rink is not listed) please join Inclusive Skating to access support. membership (£5)

Membership also provides access to Lottery funded coaching until July 2020.

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

Murrayfield

Riversdale Cres,
Edinburgh
EH12 5XN

Tel: [0131 337 6933](tel:01313376933)

Rink E-Mail: info@murrayfieldicerinkltd.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

Appendix A:

LEARNING STYLES

VISUAL

You prefer using pictures, diagrams, colours, and mind maps to help you learn concepts

PHYSICAL

You prefer using your hands, body, or sense of touch to help you remember information

AUDITORY

You use songs, sounds, rhythms, and rhymes to aid in your learning

VERBAL

You're good with words both in speech and in writing and use these to help you grasp content

LOGICAL/ MATHEMATICAL

You find learning easier if you use logic, reasoning, and systems

SOCIAL

You enjoy learning in groups and find it easier to explain concepts with others

SOLITARY

You prefer to work alone and use self-study techniques

COMBO

Your learning style is a combination of 2 or more techniques

Appendix B:

Get to know me questions – Things to ask the athlete's carer or the athlete themselves, as a new coach.

- I like to be called:
- How to know if I'm upset / anxious and what to do:
- Communicating with me:
- How I move around:
- My level of supervision:
- How to cheer me up / celebrate success:
- Anything else:

Appendix C:

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 D:

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 skaters 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 E:

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 10-2-20.

www.inclusiveskating.org

www.iskatecoach.co.uk

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