



## Inclusive Skating and The Duke of Edinburgh's Award

### The Duke of Edinburgh's Award

Inclusive Skating is a proud supporter of the Duke of Edinburgh's Award. As a DofE Licensed Organisation we are delighted to be offering the opportunity for the wider Inclusive Skating community to work towards their DofE Bronze, Silver or Gold awards. The aim is to help young people plan and undertake their own programme of activities which allows them to develop mentally, physically and emotionally, becoming more motivated, disciplined and balanced as individuals. Inclusive Skating offers the opportunity to take part in physical, skills, volunteering, residential camps and expeditions and offers a blended model of delivery with many activities available on location and on-line using the Inclusive Skating digital learning platforms. Location based activities are available at suitable ice, in-line and roller skating venues.

Residential Camps and Expedition information will be circulated directly to participants. Further information on the Physical, Skills and Volunteering activities is available below.

If this is something you may be interested in, either as a participant or volunteer supporter, you can find further information through the links below and/or by contacting us directly and signing up on the Inclusive Skating Sport 80 platform. Inclusive skating membership is compulsory. Recruitment for participants usually takes place at the beginning of the academic year, but we can accommodate most starting dates. We invite potential volunteer leaders to contact us at any time.

<https://www.dofe.org>

[www.inclusiveskating.org](http://www.inclusiveskating.org)

<https://inclusiveskating.org/get-involved/the-duke-of-edinburgh-award>

[contact@inclusiveskating.org](mailto:contact@inclusiveskating.org)

### Important note

Please note that the costs for participating in coached activities and or skating activities for yourself must be met by yourself. Many virtual sessions are available for no additional charge so don't worry if you have limited resources. Volunteer expenses are usually reimbursed too. We aim to make all activities open to all so all activities can be adjusted to improve accessibility.

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## Physical Section

For your physical skating activity, you can choose any activity from the Inclusive Skating Technical Handbook, and you must take part in an approved training programme to improve your physical capability. We offer weekly off skate activities for those who cannot access a suitable venue for skating activities or for those who do not have access to an approved skating coach. Most Inclusive Skaters take part in skating activities at an approved skating rink under the supervision of an approved skating coach. The current Technical Rules are available on the website.



### **PHYSICAL BRONZE**

If you are just starting on your skating journey, we recommend the Inclusive Skating Badge programme. You can select from Low, Average and High Support needs so there's something for everyone. The Badge programme takes the average participant 10 weeks to complete with extra sessions for risk and safety assessment and the awards party when we present your certificates!



### **PHYSICAL SILVER**

If you have completed the Badge programme, we recommend that you select one of the element events. These are available for a range of activities including compulsory elements, free skating and off skate activities. You can even upload videos and obtain a test pass and certificate too or enter a video of your skating elements in one of our Virtual events.



### **PHYSICAL GOLD**

Once you have successfully learnt a range of skating elements, we recommend that you select one of the program events and perform your elements to music. Don't worry, you can also move to a higher level of elements if you prefer practicing your elements without music. Once again, you can upload videos and obtain a test pass and certificate or enter your video in one of our Virtual events. Performing a programme to music takes a lot of training and practice and is great fun too!

## Skill Section

Developing a skill helps you get better at something you are really interested in and gives you the opportunity to use this skill now and later in life. The skill activities offered by Inclusive Skating are progressive and include Sports Leadership, Coaching and occasionally Sports Officiating and Event Planning.



At Bronze the skill activities offered are the Inclusive Skating Safety Advisor course. During this course you will learn about the key Inclusive Skating policies and how to provide a safe environment for all skating activities. The safety course is an essential skill component for volunteering and coaching Inclusive Skating activities.



After you have completed the safety advisor course the Inclusive Skating Sports Leadership programme is available. During this course you will learn how to deliver basic Inclusive Skating skills for participants with additional Support needs. There's also a module on the safe use of balance frames for skating activities. The on-line course is delivered by on-line zoom sessions and occasionally by location sessions too.



Following completion of the Safety Advisor course and the Sports Leadership course you will have the opportunity to participate in the Inclusive Skating Assistant Coaching course. Subject to availability there may also be opportunities to participate in event planning modules and/ or sports officiating modules. The safety course and the sports leadership programme are modules within the Assistant Coaching Course. The course is delivered by a blended model of delivery with on-line learning, zoom sessions and mentoring with an approved coach.

## Volunteering Section

Volunteering involves giving time to help the Inclusive Skating community. As a registered charity helping skaters with additional needs we have many opportunities available subject to location and your capabilities. We expect all volunteers to be registered on the Inclusive Skating, participate in a risk assessment and follow all the Inclusive Skating policies to ensure safety for you and the Inclusive Skating community.



Activities include helping at supervised Inclusive Skating sessions, fundraising or even helping with social media. Inclusive Skating is a regular participant in the fundraising campaigns so we are always looking for volunteers to get fundraise for Inclusive Skating.



At Silver level your volunteering will be more sustained and will last at least 6 months. In addition to Bronze volunteer activities there's helping in a wider range of activities at supervised Inclusive Skating sessions activities available to you. There's also helping with award ceremonies, posting out medals to participants, supporting social activities, being a skating buddy and helping with marketing campaigns.



By Gold level you will be at least 16 and in addition to the Bronze and Silver activities there are more volunteering opportunities available - especially if you can skate. You could guide visually impaired skaters or even help skaters who need a bit of help on the ice, providing you are under the supervision of an approved coach and safeguarding checked. You can help skaters fill out forms, welcome skaters and their community at sessions or even volunteer at events and during social activities. The possibilities are endless as is the fun!