



VIRTUAL EVENTS & ACTIVITIES

During the Coronavirus outbreak all events and activities will be held as virtual events until further notice.

Off ice sessions are available to all our members. Members will not be charged for these off-ice sessions. The cost will be met from membership fees and our fundraising activities. Weekly sessions will commence on Monday 6th April at 12.30 until July with Paul Crocker. Please download zoom in advance. A zoom link will be sent out to all members. <https://zoom.us> Further sessions with more IS coaches will become available too.

Off ice disciplines - Inclusive Skating covers ice, in-line, roller and off-ice disciplines. Due to the lack of ice we will be bringing forward our in-line, roller and off-ice activity event program. Results and ranking for ice, in-line, roller and off-ice will be separate. Skaters may compete and test at different levels on ice, in-line, roller and off-ice.

Off ice activities – New off-ice events are available and evaluated as follows.

- a. Jump skill: e.g. off ice axle from level 6, off ice two-foot jump from level 1 - TES score
- b. Balance skill: e.g. Spiral holding the pose for 3 to 6 seconds on floor or wobble boards - TES score
- c. Spin skill: e.g. using an off-ice spinner to perform a one-foot spin - TES score
- d. Off ice program: off ice run through of your program performed to your music. PCS scores

Scottish Inclusive Skating Championships 2020 Videos submitted for the Scottish Championship will be judged as normal. If you don't have a video of your full routine then we can use a portfolio of evidence to evaluate your program; including: your most recent Inclusive Skating marks and You-tube videos, video evidence of any recent programs, elements, program sections, off ice skills and/or a new video of an off ice run through of your program performed to your music. Please provide your PPC where relevant and indicate whether you wish your evaluation to be a private test result or a public virtual event result. Medals will be awarded for all events and tests.

Please seek the help of your coach and stay safe - Good luck and good skating!