



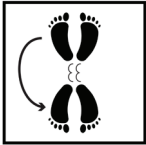

CanSkate  
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## CANSKATE ELEMENT DESCRIPTIONS AND REQUIREMENTS






In order for the element to be successful, the skater must perform the element as per the description and meet the requirement(s).



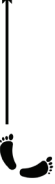

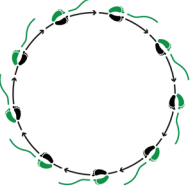
\*All elements containing an asterisk may be successful while containing a fall provided the requirement(s) are still met.


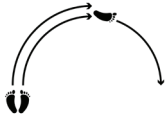
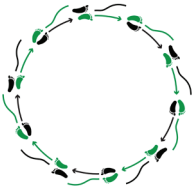

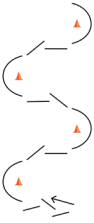
### PRE-CANSKATE ELEMENTS (OPTIONAL)


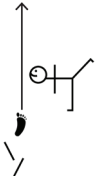



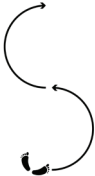
ELEMENT	DESCRIPTION	REQUIREMENT(S)
<b>FALL DOWN &amp; GET UP</b>	From standing, the skater bends their knees/ankles, and fall to the ice in a controlled manner. The skater then kneels on the ice bringing one knee up and placing the foot in front of the body. The weight is then transferred onto front foot as the skater rises and places the other foot on the ice. The skater may use one or both hands to push from the ice or knee to a standing position.	<ul style="list-style-type: none"> <li>• Fall with control</li> <li>• Rise unassisted</li> </ul>
<b>BALANCE ON TWO FEET</b>	The skater stands with their feet approximately shoulder-width apart and balance their body weight evenly on two feet unassisted.	<ul style="list-style-type: none"> <li>• Stand on ice unassisted for a minimum of 3 seconds</li> </ul>
<b>MOVE FORWARD</b>	The skater advances forward unassisted using a march, walk or push-type motion while maintaining an upright posture.	<ul style="list-style-type: none"> <li>• Skate forward approx. 13 metres (1/2 of the width)</li> </ul>
<b>MAKE SNOW</b>	The skater stands with feet shoulder-width apart, perpendicular to the direction of movement. The skater then bends their knees/ankles and slides one foot or both feet outward applying enough pressure to shave the ice (make snow), then brings their feet back together in a controlled manner.	<ul style="list-style-type: none"> <li>• Make snow with the skater's choice of foot</li> </ul>
<b>MOVE BACKWARDS</b>	The skater advances backward unassisted using a march, walk or push-type motion while maintaining an upright posture.	<ul style="list-style-type: none"> <li>• Skate backward approx. 9 metres (1/3 of the width)</li> </ul>
<b>TWO- FOOT TWIST</b> 	The skater stands with their knees/ankles bent and rotates their shoulders and hips approximately 90° one way and then 180° the other way. The emphasis should be placed on the “down/up/down” action (unweighting).	<ul style="list-style-type: none"> <li>• Perform in both directions</li> </ul>
<b>360° MARCH</b> 	The skater must transfer their weight from one foot to the other while rotating on the spot (stationary). Train both directions. Skaters only need to perform one direction for the standard. Note: This is not marching around a circle.	<ul style="list-style-type: none"> <li>• Perform once in the skater's choice of direction</li> </ul>
<b>TWO-FOOT JUMP</b>	The skater stands with their knees/ankles bent and applies pressure downwards. They then push away from the ice so both feet leave the ice and land on 2 feet returning to bent knee/ankle position. Emphasis should be placed on the “bend/up/bend action”.	<ul style="list-style-type: none"> <li>• Perform 1 jump</li> </ul>


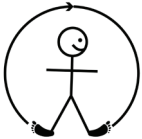


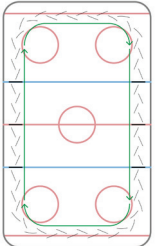
## BALANCE

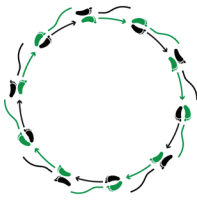
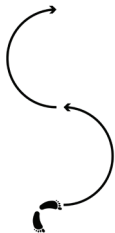


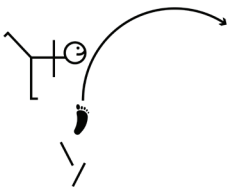
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - BALANCE	<b>FALL DOWN &amp; GET UP</b>	From a stationary position or from skating, the skater bends their knees/ankles and falls to ice. The skater then kneels on the ice bringing one knee up and placing the foot in front of the body. The weight is then transferred onto front foot as the skater rises and places the other foot on the ice. The skater may use one or both hands to push from the ice or knee to a standing position.	<ul style="list-style-type: none"> <li>• Fall with control</li> <li>• Rise unassisted</li> </ul>
	<b>FORWARD SKATING</b> 	The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R). Two-foot glides between the pushes are acceptable and expected at this level. Side of the blade pushes must be taught and encouraged.	<ul style="list-style-type: none"> <li>• Skate forward approx. 13 metres (1/2 of the width)</li> </ul>
	<b>FORWARD TWO-FOOT GLIDE</b> 	From forward skating, the skater initiates a glide on two feet in an upright position by bringing their feet to a resting position approximately hip-width apart while continuing to move forward. The glide may be performed on a straight line or curve.	<ul style="list-style-type: none"> <li>• Perform the glide for a minimum of 1 second)</li> </ul>
	<b>FORWARD TWO-FOOT SIT GLIDE</b> 	From forward skating, the skater initiates a glide on two feet in a sit position. The sit position is achieved by allowing the upper body to lean forward while bending the knees/ankles to lower the glutes to a position between a 135°-90° angle to the ice.	<ul style="list-style-type: none"> <li>• Perform the glide for a minimum of 1 second</li> </ul>
STAGE 2 - BALANCE	<b>FORWARD SCULLING</b> 	From forward skating or a stationary position, the skater bends their knees/ankles and bring their heels together. Toes face outward while pressure is applied downward initiating a forward motion as the feet move outward. The feet glide outwards to create lobes/curves. At a maximum, the lobes of the sculls are slightly wider than the shoulder width of the skater. Maintaining the forward momentum, the knees/ankles rise as the skaters pulls their toes together to close the scull and repeat the action. Emphasis should be placed on “down/up/down/up” rhythm.	<ul style="list-style-type: none"> <li>• Perform a minimum of 6 consecutive sculls</li> </ul>
	<b>FORWARD TWO-FOOT TO ONE-FOOT GLIDE</b> 	From forward skating, the skater initiates a glide on two feet for a minimum of one second and then transfers their weight to one foot and continues to maintain the glide for a minimum of one second. The glide may be performed on a straight line or curve. This skill must be performed on both feet.  Example: Forward skating, two-foot glide into at right forward glide, forward skating, two-foot glide into a left forward glide. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>• Perform on each foot</li> <li>• Perform each glide for a minimum of 1 second</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 2 - BALANCE	<p><b>FORWARD PUSH/ GLIDE SEQUENCE</b></p> 	<p>The skater advances forward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R). Skaters must demonstrate pushing with the side of the blade. Emphasis should be placed on even strides to encourage rhythm. Two-foot glides between the pushes are acceptable and expected at this level. One sequence is complete when the skater performs a push/glide on each foot.</p>	<ul style="list-style-type: none"> <li>• Perform the skill across the width of the ice</li> <li>• Perform with a minimum of 50% blade pushes</li> </ul>
	<p><b>FORWARD ONE-FOOT GLIDE WITH SPEED</b></p> 	<p>From forward skating, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. The glide may be performed on a straight line or curve. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>• Perform the glide for a minimum of 2 seconds on skater's choice of foot</li> </ul>
STAGE 3 - BALANCE	<p><b>FORWARD STATIONARY BLADE PUSH</b></p> 	<p>From a standstill position, the skater places their feet in a T, V or L position (does not have to be precise). The skater applies pressure to the back foot and pushes off using the side of the blade. The skater then transfers their weight to the skating foot and maintains a one foot glide. The free foot should be held close to the skating leg. This skill must be trained on both feet. The glide is permitted to be performed on a straight line or a curve.</p>	<ul style="list-style-type: none"> <li>• Perform on the skater's foot of choice</li> <li>• Sustain the glide for a minimum of 2 seconds</li> </ul>
	<p><b>FORWARD TWO-FOOT SLALOM</b></p> 	<p>From forward skating, the skater initiates a glide on two feet, applies pressure into the ice and uses a knee bend rhythm (down/up, down/up) along with twisting/leaning of the upper body to navigate through a slalom course of pylons set in a straight line. Arms are used freely to aid in upper body twist action.</p>	<ul style="list-style-type: none"> <li>• Perform the skill through a minimum of 6 pylons</li> </ul>
	<p><b>FORWARD CIRCLE THRUSTS</b></p> 	<p>From forward skating on a circle, the skater initiates a glide on two feet, no wider than shoulder-width apart. Using the side of the blade, the skater applies pressure to the outside foot to perform a push that extends behind the skater at an approx. angle of 30° before leaving the ice. The inside foot remains on the ice. The skater will hold the glide on the skating foot for approximately one second before returning to two-foot glide. Repeat. Emphasis is placed on the bend before for the push, therefore a small glide between pushes is permitted and expected. This skill must be trained in both directions, clockwise and counterclockwise.</p>	<ul style="list-style-type: none"> <li>• Perform 1 full circle in each direction using a minimum of 75% of blade pushes</li> </ul>


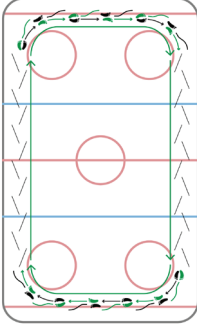
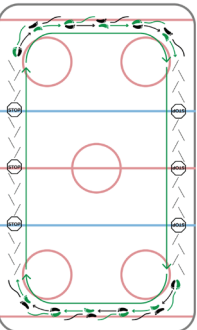
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 3 - BALANCE	<p><b>WALKING CROSSCUTS</b></p> 	<p>From a standstill position the skaters stands with feet parallel, placed perpendicular to desired direction of travel. The skater transfers their weight onto one foot and crosses the other foot over to be placed on the ice. From the crossed position, the skater picks up the foot that is under and places it back to the starting position. Repeat. This skill must be trained in both directions to allow each foot the opportunity to be crossed. It is accepted and expected for the skater to hold the crossed position to ensure balance and control are achieved.</p>	<ul style="list-style-type: none"> <li>Perform a series of a minimum of 4 walking crosscuts in each direction</li> </ul>
	<p><b>FORWARD TWO-FOOT TO ONE-FOOT CURVE GLIDE</b></p> 	<p>From forward skating on a curve, the skater initiates a glide on two feet and then transfers their weight to one foot and continues to maintain the glide for a minimum of two seconds. This skill must be performed on both feet, in both directions, clockwise and counterclockwise, to allow the introduction of both inside and outside edges on each foot. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on each foot in both directions</li> </ul>
STAGE 4 - BALANCE	<p><b>FORWARD CROSSCUTS</b></p> 	<p>From forward skating on a circle, the skater initiates the crosscuts from a circle thrust push. The skater crosses the outside over inside foot establishing a short two-foot glide in crossed position. The foot underneath pushes with the side of the blade outside the circle and steps beside the skating foot. Repeat. Emphasis is placed on the “bend, push” action as well as the “cross and glide” for stability and future development of power.</p>	<ul style="list-style-type: none"> <li>Perform 1 full complete circle in each direction with a minimum of 50% blade pushes</li> <li>Must demonstrate a short glide in the crossed-foot position for a minimum 50% of the skill</li> </ul>
	<p><b>FORWARD INSIDE GIANT SLALOM</b></p> 	<p>From forward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using forward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>
	<p><b>FORWARD OUTSIDE GIANT SLALOM</b></p> 	<p>From forward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their outside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using forward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - BALANCE	<b>FORWARD LUNGE</b> 	The skater generates speed from forward skating, glides on two feet, bend their knees/ankles and steps into a lunge position. The front knee bends at a 90° angle and back leg extends straight behind with the free foot placed turned outward. The position may be assisted with the hands on the knee. This skill must be trained on both feet.	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> <li>Hold the position for a minimum of 2 seconds</li> </ul>
	<b>FORWARD SPIRAL</b> 	From forward skating, the skater initiates a glide on two feet to establish balance. The skater shifts their weight onto one foot and lifts the other foot up and back, extending the leg. The upper body leans forward so that the torso is parallel to the ice while free leg extends up to hip level or higher (90° position). Spirals at 85 degrees (slightly lower than hip level) will be permitted. This skill may be done on a straight line or curve. This skill must be trained on both feet.	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> <li>Hold the position for a minimum of 1 second</li> </ul>
	<b>DROP-DOWN DRILL</b> 	From forwards skating, the skater will accelerate and drop to the ice in a safe manner. The skater regains their balance and rises as soon as possible to resume forward skating. Variations of the skill are encouraged (e.g. fall on buttocks, slide on stomach, knee spin, etc.).	<ul style="list-style-type: none"> <li>Perform once using the skater's method of choice</li> </ul>
	<b>FORWARD "V" START</b> 	From a standstill position, the skater places their feet in V position. With short, quick steps the skater initiates forward skating by "running" on their blades still turned out in V position. The skater lengthens their strides with each step until a push/glide rhythm has been established.	<ul style="list-style-type: none"> <li>Perform once with a minimum of 4 consecutive "V" steps/runs with acceleration</li> </ul>
	STAGE 5 - BALANCE	<b>*FORWARD CROSSCUTS FIGURE-8</b> 	Using the description identified in Stage 4, the skater will perform forward crosscuts in a figure-8 pattern. As this skill should be more developed, the skater is expected to establish a consistent rhythm of "push, cross, push, cross".
<b>FORWARD INSIDE EDGES</b> 		Using the description identified in Stage 3 Stationary T, V, L push, the skater pushes onto a curve to hold a glide on an inside edge for half a circle. The skater repeats this action on the other foot. A line or pylons may be used for reference. Emphasis is placed on the blade pushes and balancing on one foot with the free foot close to the skating leg. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>Perform a minimum of 4 consecutive edges using blade pushes</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
<b>STAGE 5 - BALANCE</b>	<b>FORWARD PUSH/ GLIDE SEQUENCE</b>  	<p>Using the description identified in Stage 2, the skater will perform this skill with speed and consistent rhythm. Evidence of power generation must be demonstrated. Blade pushes are mandatory.</p>	<ul style="list-style-type: none"> <li>Perform skill for 1 full length of the ice</li> </ul>
	<b>INSIDE SPREAD EAGLE</b>  	<p>From forward skating, the skater positions themselves into a spread eagle position on a small curve. The front foot glides forwards on an inside edge and the back foot follows the same curve on a backward inside edge. The body leans into the curve with bent or straight knees. This skill must be trained in both directions to encourage turn out and flexibility.</p>	<ul style="list-style-type: none"> <li>Perform the skill in the skater's direction of choice</li> <li>Hold the position for a minimum of 1 second</li> </ul>
	<b>FORWARD ONE- FOOT SLALOM</b>  	<p>Using the description identified in Stage 2 Forward two-foot slalom, the skater will perform this skill on one foot. The skater will be executing change of edges through the slalom. Arms used freely to aid in upper body twist action. Small step downs during the skill are permitted. This skill must be trained on both feet.</p>	<ul style="list-style-type: none"> <li>Perform the skill through a minimum of 6 pylons on the skater's foot of choice</li> </ul>
	<b>RUNNING LATERAL CROSSOVERS</b>  	<p>Starting from a stationary position, the skater places their feet perpendicular to the desired direction of travel. Like the walking crosscuts from Stage 3, the skater will perform this skill and add a small jump to simulate a running action. The skater's feet remain parallel to one another and the arms may move freely to maintain balance and coordination.</p>	<ul style="list-style-type: none"> <li>Perform 3 consecutive running crossovers in the skater's direction of choice</li> </ul>
	<b>*FORWARD PERIMETER SKATING WITH JUMPS</b>  	<p>The skater will skate around the perimeter of the ice demonstrating a push/glide sequence. The skater will jump over the blue and red lines on the ice using any type of jump they choose (e.g. two-foot jump, power jump, forward to backward, etc.) This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> <li>Perform skill for 1 full lap of the ice in the skater's direction of choice</li> </ul>




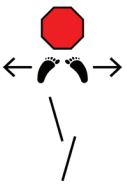

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
<b>STAGE 6 - BALANCE</b>	<p><b>*FORWARD POWER CROSSCUTS</b></p> 	<p>Using the description identified in Stage 4, these crosscuts are expected to be performed in a strong and confident manner with proper blade pushes. The skill may be performed in a figure 8 pattern or on separate circles. The skater may use their arms freely for ease of movement. Power generation must be evident.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 1 full circle in each direction</li> <li>Demonstrate a minimum of 75% blade pushes</li> </ul>
	<p><b>FORWARD OUTSIDE EDGES</b></p> 	<p>Using the description identified in Stage 3 Stationary T, V, L push, the skater pushes onto a curve to hold a glide on an outside edge for half a circle. The skater repeats this action on the other foot. A line or pylons may be used for reference. Emphasis is placed on the blade pushes and balancing on one foot with the free foot close to the skating leg. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 4 consecutive edges using blade pushes</li> </ul>
	<p><b>FORWARD ONE-FOOT SLALOM</b></p> 	<p>Using the same description as identified in Stage 5, the skater is expected to perform this skill without any small step downs.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 4 change of edges/lobes/curves on one foot</li> </ul>
	<p><b>FORWARD ONE-FOOT SIT GLIDE</b></p> 	<p>From forward skating, the skater may glide on two feet to establish balance before shifting their weight onto one foot and to extend the other leg/foot to the front. Bending the skating knee and ankle, the skater leans forward and lowers into a sit position. The skater can rise from the sit position using two feet or one foot and exit with forward skating. Train on both feet.</p>	<ul style="list-style-type: none"> <li>Perform a sit position between a 135° – 90° on the skater's choice of foot</li> <li>Hold position for a minimum of 2 seconds</li> </ul>
	<p><b>FORWARD SPIRAL (CURVE OR STRAIGHT LINE)</b></p> 	<p>Using the description identified at Stage 4, the skater performs this skill on a curve or straight line with more speed, balance, and extension.</p>	<ul style="list-style-type: none"> <li>Perform 1 spiral on the skater's choice of foot</li> <li>Hold the position for a minimum of 1 second</li> </ul>



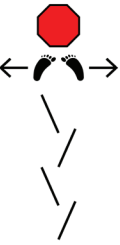

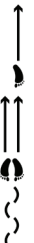




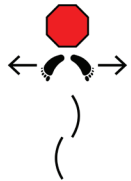
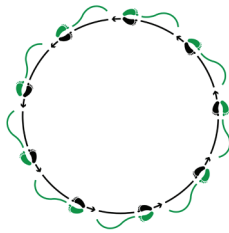

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 6 - BALANCE	<p><b>FORWARD CROSSOVER ACCELERATION</b></p>  <p>The diagram shows a skater's feet in a stationary position. A vertical arrow points upwards from the feet. Dashed lines above the feet indicate the path of the feet as they cross over each other. A curved arrow to the right indicates the direction of travel.</p>	<p>From a stationary position, the skater places their feet perpendicular to desired direction of travel. If travelling to the right, the skater picks up the left foot and crosses it over the right. The skater rotates their body to face the direction of travel and executes a series of short, quick steps (see V start from Stage 4), before lengthening their strides to demonstrate a push/glide sequence with power.</p>	<ul style="list-style-type: none"> <li>Perform once in the direction of choice for the full width of the ice</li> </ul>
	<p><b>*FORWARD PERIMETER SKATING WITH CROSSCUTS</b></p>  <p>The diagram shows a rectangular ice rink with a red center line and two blue goal lines. A green path with arrows shows a counter-clockwise lap around the perimeter. Red circles are placed at the top and bottom center of the rink, and at the corners, representing crosscuts across the width.</p>	<p>The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and forward crosscuts across the width. Skater must demonstrate power generation and control throughout. Blade pushes are mandatory and must be equal and consistent. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> <li>Perform 1 full lap in the skater's direction of choice</li> </ul>
	<p><b>*FORWARD PERIMETER SKATING WITH STOPS</b></p>  <p>The diagram shows a rectangular ice rink with a red center line and two blue goal lines. A green path with arrows shows a counter-clockwise lap around the perimeter. Red circles are placed at the top and bottom center of the rink, and at the corners, representing stops. Small blue circles are placed on the blue goal lines, representing stops at those lines.</p>	<p>Using the description identified above, the skater adds a stop at each blue, red or goal line. Skater must demonstrate a variety of stops during their one lap. The different types of stop include but are not limited to, snowplow, two-foot side, one-foot side, backward stop on two feet or one foot, etc. Train in both directions.</p>	<ul style="list-style-type: none"> <li>Perform 1 full lap in the skater's direction of choice</li> </ul>

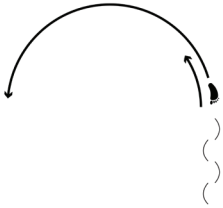
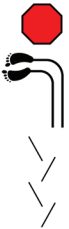
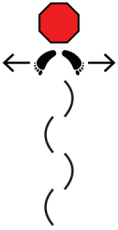
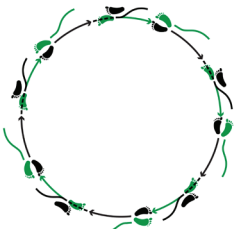



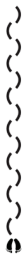
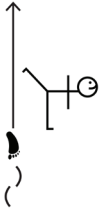
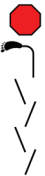
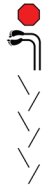
## CONTROL


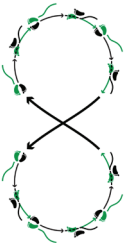
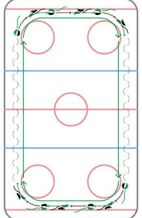


	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - CONTROL	<b>SNOW SLIDE STEPS</b> 	Placing the feet shoulder-width apart, perpendicular to direction of movement, the skater will move sideways by making snow with the advancing foot. The skater bends their knees/ankles to start. One foot remains in place (stationary) while the advancing foot slides laterally applying enough downward pressure to shave the ice. Once the advancing foot has travelled as far as it can go, the weight is transferred to this foot to allow the skater to pick up the stationary foot and return to the starting position. Repeat.	<ul style="list-style-type: none"> <li>Perform a minimum of 4 consecutive snow slide steps per foot.</li> </ul>
	<b>BACKWARD SKATING</b> 	The skater advances backward unassisted using a consecutive push/glide sequence (L/R/L/R/L/R) consisting of the introduction of "c" pushes or a definite weight transfer action. Skaters may demonstrate rocking side to side. Skaters must perform this skill with bent knees/ankles.	<ul style="list-style-type: none"> <li>Skate backward approx. 13 metres (1/2 of the width)</li> </ul>
	<b>BACKWARD TWO-FOOT GLIDE</b> 	From backward skating, the skater initiates a glide on two feet in an upright position by bringing their feet to a resting position approximately hip-width apart while continuing to move backward. The glide may be performed on a straight line or curve.	<ul style="list-style-type: none"> <li>Perform the glide for a minimum of 1 second</li> </ul>
STAGE 2 - CONTROL	<b>FORWARD STOP</b> 	From forwards skating, the skater performs a forward two-foot glide, bends their knees/ankles, and uses the right, left or both feet to apply pressure to the ice in a forward and outward motion, while turning the toe(s) inward slightly. Stopping with the left, right and both feet must be trained.	<ul style="list-style-type: none"> <li>Complete 1 full stop of choice</li> <li>Must make snow during the stopping</li> </ul>
	<b>BACKWARD TWO-FOOT SIT GLIDE</b> 	From backward skating, the skater initiates a glide on two feet and moves into a sit position. The upper body leans forward, and the knees/ankles bend to lower the upper leg to a 135°-90° angle to introduce the "sit" position.	<ul style="list-style-type: none"> <li>Perform the glide for a minimum 1 second</li> <li>Demonstrate a sit position within a 135°-90° angle range</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 2 - CONTROL	<b>BACKWARD TWO-FOOT TO ONE-FOOT GLIDE</b> 	<p>From backward skating, the skater initiates a glide on two feet and then transfers their weight to one foot and continues the glide. The glide may be performed on a straight line or curve. As this is an introduction skill, the glides are expected to be initiated and not sustained. This skill must be performed on both feet.</p> <p>Example: Backward skating, two-foot glide into at right backward glide, backward skating, two-foot glide into a left backward glide.</p> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> </ul>
	<b>BACKWARD PUSH/GLIDE SEQUENCE</b> 	<p>The skater skates backward using a push/glide sequence (L/R/L/R/L/R) consisting of c-pushes to perform backward skating. The skater may keep both feet on the ice or lift off one foot from time to time. One-foot or two-foot glides between pushes is acceptable and expected. Arms may be used freely to increase coordination and rhythm.</p>	<ul style="list-style-type: none"> <li>Perform the skill for approx. 13 metres (1/2 of the width of the ice)</li> </ul>
STAGE 3 - CONTROL	<b>FORWARD STOP WITH SPEED</b> 	<p>From fast forward skating, the skater initiates a glide on two feet and bends their knees/ankles. Using the right, left or both feet, the skater applies pressure to the ice with a force that produces a quick stop. Stopping with the left, right and both feet must be trained.</p>	<ul style="list-style-type: none"> <li>Perform 2 different complete stops</li> </ul>
	<b>BACKWARD SCULLING</b> 	<p>From backward skating or a stationary position, the skater bends their knees/ankles and bring their toes together. Their heels face outward while pressure is applied downward initiating a backward motion as the feet move outward. The feet glide outwards to create lobes/curves. At a maximum, the lobes of the sculls are slightly wider than the shoulder width of the skater. Maintaining the backward momentum, the knees/ankles rise as the skaters pulls their heels together to close the scull and repeat the action. Emphasis should be placed on “down/up/down/up” rhythm.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 6 consecutive sculls</li> </ul>
	<b>BACKWARD TWO-FOOT TO ONE-FOOT GLIDE</b> 	<p>From backward skating, the skater initiates a glide on two feet for a minimum of one second and then transfers their weight to one foot and continues to maintain the glide for a minimum of one second. The glide may be performed on a straight line or curve. This skill must be performed on both feet.</p> <p>Example: Backward skating, two-foot glide into at right backward glide, backward skating, two-foot glide into a left backward glide.</p> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> <li>Perform each glide for a minimum of 1 second</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 3 - CONTROL	<b>BACKWARD PUSH/ GLIDE SEQUENCE</b> 	<p>Following the same description as outlined in Stage 2, the skater is expected to perform this skill with more power and speed.</p>	<ul style="list-style-type: none"> <li>Perform these sequences for the full width of the ice</li> </ul>
	<b>BACKWARD ONE-FOOT GLIDE WITH SPEED</b> 	<p>From backward skating, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. The glide may be performed on a straight line or curve. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform on the skater's foot of choice</li> <li>Sustain the glide for a minimum of 2 seconds</li> </ul>
STAGE 4 - CONTROL	<b>BACKWARD STOP</b> 	<p>From backward skating, the skater initiates a backward two-foot glide, bend their knees/ankles, and uses the right, left or both feet to apply pressure to the ice in backward and outward motion while turning the toe(s) outward slightly. Stopping with the left, right and both feet must be trained.</p>	<ul style="list-style-type: none"> <li>Complete 1 full stop of choice</li> <li>Must make snow during the stopping action</li> </ul>
	<b>BACKWARD CIRCLE THRUSTS OR PUMPS</b> 	<p><b>Thrusts:</b> From backward skating on a circle, the skater initiates a glide on two feet no wider than shoulder-width apart. Using the side of the blade, the skater applies pressure to the inside edge of the outside foot and pushes outwards and forwards, maintaining weight on inside foot, and lifts the foot off the ice. The skater holds this glide for approximately one second before returning to a two-foot glide position. Repeat. Emphasis is on the “bend/push” action.</p> <p><b>Pumps:</b> Using the description above, the skater performs the push keeping both feet on the ice. Instead of holding the one foot glide, the skater will continue to repeat. Emphasis is on the “bend/push” action.</p> <p>Both the backward circle thrust, and pump are initiated from a backward “c” push.</p> <p>Coaches have the option to teach one or both methods as both are considered progressions for backward crosscuts.</p>	<ul style="list-style-type: none"> <li>Perform 1 full circle in each direction</li> </ul>
	<b>BACKWARD TWO- FOOT SLALOM</b> 	<p>From backward skating, the skater initiates a glide on two feet, applies pressure into the ice and uses a knee bend rhythm (down/up, down/up) along with twisting/leaning of the upper body to navigate through a slalom course of pylons set in a straight line. Arms are used freely to aid in upper body twist action.</p>	<ul style="list-style-type: none"> <li>Perform the skill through a minimum of 6 pylons</li> </ul>

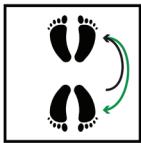
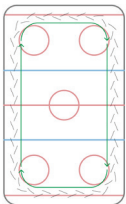


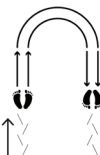
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - CONTROL	<b>BACKWARD ONE-FOOT GLIDE WITH CURVE</b> 	From backward skating on a circle or curve, the skater gains as much speed as they can and initiate a glide on one foot. This skill must be trained on both feet. This skill must be trained on both feet in each direction, clockwise and counterclockwise, to introduce all four backward edges. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>Perform 1 glide on each foot</li> <li>Sustain the glide for a minimum of 4 seconds</li> </ul>
	<b>SUSTAINED FORWARD ONE-FOOT GLIDE</b>	From forward skating, the skater gains as much speed as possible as they approach the blue line. At the blue line the skater glides on one foot and maintains their glide to the next blue line. This skill must be trained on both feet. Ideally, the free foot should be held close to the skating leg for increased balance.	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> </ul>
	<b>SPEED DRILL #1</b>	From a stationary position, the skater skates forward from the goal line to the first blue line in 9 seconds or less. Both feet must be used equally in an alternating push/glide sequence. Arms may be used freely while maintaining control of the core.	<ul style="list-style-type: none"> <li>Perform skill once</li> </ul>
STAGE 5 - CONTROL	<b>FORWARD TWO-FOOT SIDE STOP</b> 	From forward skating, the skater glides on two feet and bend their knees/ankles. The skater rotates their body and feet to one side (perpendicular to line of travel) while applying pressure to the blades to create a stopping action. The skater's feet remain parallel and must be no wider than shoulder-width apart. This skill must be trained in both directions.	<ul style="list-style-type: none"> <li>Perform 1 complete stop in each direction</li> </ul>
	<b>BACKWARD STOP WITH SPEED</b> 	Using the description identified in Stage 4, the skater will perform this skill with as much speed as possible.	<ul style="list-style-type: none"> <li>Perform a minimum of 2 different stops (right foot, left foot and/or both feet)</li> </ul>
	<b>BACKWARD CROSSCUTS</b> 	From a backward circle thrust or pump, the skater will cross the foot on the outside of the circle over the inside foot. The foot underneath pushes outside the circle and returns to the starting position on the circle. Repeat. The skater may lift the foot off the ice during the cross over action or keep it on the ice. This skill must be trained in both directions.	<ul style="list-style-type: none"> <li>Perform 1 full circle in both directions</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 5 - CONTROL	<b>BACKWARD INSIDE GIANT SLALOM</b> 	<p>From backward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using backward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>
	<b>BACKWARD PUSH/ GLIDE SEQUENCE</b> 	<p>Following the same description as outlined in Stage 2, the skater is expected to perform this skill with more speed and control. Evidence of power generation must be present.</p>	<ul style="list-style-type: none"> <li>Perform skill for the full length of the ice</li> </ul>
	<b>BACKWARD SPIRAL</b> 	<p>Using the identified description in Stage 4 for Forward spiral, the skater will perform this skill backwards.</p>	<ul style="list-style-type: none"> <li>Perform the skill on the skater's foot of choice</li> <li>Hold the position for a minimum of 1 second</li> </ul>
	<b>SPEED DRILL #2</b>	<p>From a stationary or skating start, the skater skates forward from goal line to the 2nd blue line in 12 seconds or less. Both feet must be used equally demonstrating an alternating push/glide sequence. Arms may be used freely. Train in both directions.</p>	<ul style="list-style-type: none"> <li>Perform the skill in the skater's choice of direction</li> </ul>
STAGE 6 - CONTROL	<b>FORWARD ONE-FOOT SIDE STOP</b> 	<p>Using the description from Stage 5 Two-foot parallel stop, the skater performs this skill with one foot by picking up the foot closes to the direction of rotation.</p> <p>Example: If the skater is stopping to the left, the left foot comes off the ice producing a right foot stop with the inside edge.</p> <p>Train in each direction.</p> <p>Stopping with the outside edge is acceptable but not expected.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete stop in direction of choice</li> </ul>
	<b>FORWARD TWO-FOOT SIDE STOP WITH SPEED</b> 	<p>Using the description from Stage 5, the skater performs this skill with more power and speed producing a quicker stop.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete stop in direction of choice</li> </ul>

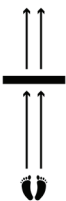


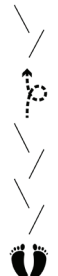
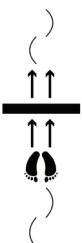
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
<b>STAGE 6 - CONTROL</b>	<b>BACKWARD OUTSIDE GIANT SLALOM</b> 	<p>From backward skating, the skater enters a course of pylons set in a staggered line with the pylons approximately 2.5 metres apart. As the skater approaches each pylon, they will pick up their inside foot and lean towards pylon to create a one-foot curve. Once the curve is complete, they proceed to the next pylon using backward skating and repeat on the opposite foot. As skater becomes proficient at this skill there will be fewer steps between the pylons. Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform the skill with a minimum 6 pylons or defined curves</li> </ul>
	<b>BACKWARD CROSSCUTS FIGURE-8</b> 	<p>Using the description identified in Stage 5, the skater performs this skill on a figure-8 pattern. Emphasis is placed on a consistent “push, cross, push, cross” rhythm. Power generation must be evident.</p>	<ul style="list-style-type: none"> <li>Perform 1 complete figure-8</li> </ul>
	<b>*BACKWARD PERIMETER SKATING WITH CROSSCUTS</b> 	<p>The skater skates around the perimeter of the ice demonstrating a push/glide sequence along the length of the ice and backward crosscuts across the width. Skater must demonstrate power generation and control throughout. Pushes must be equal and consistent. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> <li>Perform 1 full lap in the skater’s direction of choice</li> </ul>
	<b>BACKWARD ONE-FOOT SLALOM</b> 	<p>Using the description identified in Stage 5, the skater performs this skill backwards. Small step downs are permitted.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 4 change of edges/lobes/curves</li> </ul>
	<b>BACKWARD ONE-FOOT SPIN</b> 	<p>From a stationary position or two-foot spin, the skater initiates a spin in their direction of choice on a back outside edge (back spin). The edge does not need to be sustained throughout the spin.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 1 revolution in the direction of choice for the skater</li> </ul>
	<b>SPEED DRILL #3</b>	<p>From stationary or moving start, the skater skates forward around the full perimeter of ice in 35 seconds or less. The skater must demonstrate equal pushes and may use arms freely. Train both directions.</p>	<ul style="list-style-type: none"> <li>Perform once in the direction of choice</li> </ul>

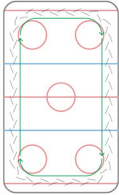




**NOTE:** All Speed drills contained within the CanSkate Elements may be timed by a Program Assistant.







## AGILITY




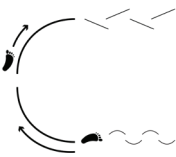
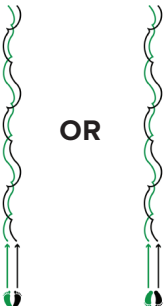
	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 1 - AGILITY	<b>STATIONARY 180° TURN</b> 	The skater stands with their knees/ankles bent with their weight evenly distributed on both feet. The skater then rotates their upper body and torso to rotate approximately 90° applying pressure downwards. As the skater rises (unweights), the skater will twist the lower body 180° in the direction the upper body is facing. Emphasis should be placed on the “down/up/down” action (unweighting of the blades). This skill should be trained in both directions.	<ul style="list-style-type: none"> <li>Perform 1 turn in the skater’s direction of choice</li> </ul>
	<b>STATIONARY TWO-FOOT JUMP</b>	The skater stands with their knees/ankles bent and applies pressure downwards. They then push away from the ice so both feet leave the ice and land on 2 feet returning to bent knee/ankle position. Emphasis should be placed on the “bend/up/bend action”.	<ul style="list-style-type: none"> <li>Perform 1 jump with a controlled landing</li> </ul>
	<b>*FORWARD SKATING PERIMETER OF ICE SURFACE</b> 	The skater skates forward around the perimeter of ice using a consecutive push/glide sequence (L/R/L/R/L/R). Skaters must demonstrate pushing with the side of the blade. Emphasis should be placed on even strides to encourage rhythm. Two-foot glides between the pushes are acceptable and expected at this level.	<ul style="list-style-type: none"> <li>Complete 1 full lap of the perimeter in the skater’s direction of choice</li> </ul>
STAGE 2 - AGILITY	<b>FORWARD TWO-FOOT TURN</b> 	From forward skating, the skater initiates a two-foot glide (feet hip-width apart or narrower), bends their knees/ankles and rotates their upper body and torso towards the inside of the curve or direction of turn desired. The knees/ankles rise, and the skater’s weight moves towards the front of the blades as the hips and feet rotate 180° in same direction as upper body rotation. The skater exits the turn on a backward two-foot glide. The exit glide does not need to be sustained at this level. Emphasis is placed on “down/up/down” knee action (unweighting). This skill must be performed in both directions, clockwise and counterclockwise. It is preferred to perform this skill on a curve; however, a straight line is acceptable.	<ul style="list-style-type: none"> <li>Perform a turn in each direction</li> </ul>
	<b>BACKWARD TWO-FOOT TURN</b> 	From backward skating the skater initiates a two-foot glide (feet hip-width apart or narrower), bends their knees/ankles and rotates their upper body and torso towards the outside of the curve or direction of turn desired. The knees/ankles rise, and the skater’s weight moves towards the back of the blades as the hips and feet rotate 180° in same direction as upper body rotation. The skater exits the turn on a forward two-foot glide. The exit glide does not need to be sustained at this level. Emphasis is placed on “down/up/down” knee action (unweighting). This skill must be performed in both directions, clockwise and counterclockwise. It is preferred to perform this skill on a curve; however, a straight line is acceptable.	<ul style="list-style-type: none"> <li>Perform a turn in each direction</li> </ul>
	<b>FORWARD 180° GLIDE TURN</b> 	From forward skating, the skater initiates a glide on two feet, bends their knees/ankles and leans into the curve to create a 180° U-turn. The skater exits with forward skating once the full 180° turn is complete. This skill must be performed in both directions, clockwise and counterclockwise.	<ul style="list-style-type: none"> <li>Perform a glide turn in each direction (clockwise and counter-clockwise)</li> </ul>



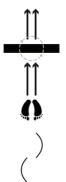
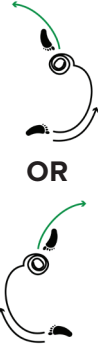
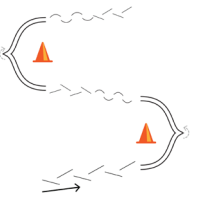


	ELEMENT	DESCRIPTION	REQUIREMENT(S)
	<p><b>FORWARD TWO-FOOT JUMP</b></p> 	<p>From forward skating, the skater initiates a glide on two feet, bends their knees/ankles and applies pressure downward. The skater then pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice. The skater lands on two feet and returns to the start position/glide with bent knees for a sustained glide. The skater must demonstrate a controlled glide both in and out of the jump. Emphasis is placed on the “bend, up, bend” knee and ankle action.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump</li> </ul>
<b>STAGE 3 - AGILITY</b>	<p><b>FORWARD TWO-FOOT QUICK TURN</b></p> 	<p>Following the same description as Stage 2, the skater will perform this skill with a quick turning action and a sustained exit glide.</p>	<ul style="list-style-type: none"> <li>Perform a turn in both directions</li> </ul>
	<p><b>BACKWARD TWO-FOOT QUICK TURN</b></p> 	<p>Following the same description as Stage 2, the skater will perform this skill with a quick turning action and a sustained exit glide.</p>	<ul style="list-style-type: none"> <li>Perform a turn in both directions</li> </ul>
	<p><b>FORWARD 360° STEP TURN</b></p> 	<p>From forward skating, the skater will initiate a series of small steps to rotate 360°, like the 360° march in Pre-CanSkate. This skill must be trained in both directions, clockwise and counterclockwise. The skater must maintain forward momentum throughout this turn. This skill introduces the concept of weight transfer needed for the future development of the C step.</p>	<ul style="list-style-type: none"> <li>Perform a full 360° turn while maintaining momentum in and out of turn in the direction of the skater’s choice</li> </ul>
	<p><b>BACKWARD TWO-FOOT JUMP</b></p> 	<p>From backward skating, the skater initiates a glide on two feet, bends their knees/ankles and applies pressure downward. The skater then pushes off the ice, using their arms, knees/ankles in an explosive manner so that both feet leave the ice. The skater lands on two feet and returns to the start position/glide with bent knees for a sustained glide. The skater must demonstrate a controlled glide both in and out of the jump. Emphasis is placed on the “bend, up, bend” knee and ankle action.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - AGILITY	<p><b>*FAST FORWARD PERIMETER SKATING</b></p> 	<p>Following the same description as in Stage 1, the skater will perform this skill with more speed, power, and a consistent/even rhythm. Two-foot glides between pushes are no longer acceptable for this level.</p>	<ul style="list-style-type: none"> <li>Complete 1 full lap of the perimeter in the skater's direction of choice</li> </ul>
	<p><b>FORWARD ONE-FOOT TURN</b></p> 	<p>Like the two-foot turn action described in Stage 2, the skater will perform this skill starting from a stationary position and on one foot. This skill must be trained on both feet in both directions, ensuring the skater is exposed to all four forward turns:</p> <ul style="list-style-type: none"> <li>Right forward outside turn</li> <li>Left forward outside turn</li> <li>Right forward inside turn</li> <li>Left forward inside turn</li> </ul> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform 1 outside and 1 inside turn on the skater's choice of foot</li> <li>Each turn must demonstrate a sustained glide in and out of the turn for 1 second</li> </ul>
	<p><b>BACKWARD 360° STEP TURN</b></p> 	<p>From backward skating, the skater will initiate a series of small steps to rotate 360°, like the 360° march in Pre-CanSkate. This skill must be trained in both directions, clockwise and counterclockwise. The skater must maintain backward momentum throughout this turn. This skill introduces the concept of weight transfer needed for the future development of the C step.</p>	<ul style="list-style-type: none"> <li>Perform a full 360° turn while maintaining momentum in and out of turn in the direction of the skater's choice</li> </ul>
	<p><b>FORWARD TO BACKWARD TWO-FOOT JUMP</b></p> 	<p>Using the same action as indicated in a forward two-foot turn, the skater initiates a glide on two feet and bends their knees/ankles. Using the arms and knees/ankles in an explosive manner, the skater jumps off the ice and rotates 180° landing backward on two feet with bent knees. The skater exits with backward skating. Emphasis is placed on the "bend/up/bend" knee and ankle action. This skill must be trained in both directions. It is preferred to perform this skill on a curve; however, a straight line is acceptable.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump in the direction of the skater's choice.</li> </ul>
	<p><b>BACKWARD TO FORWARD TWO-FOOT JUMP</b></p> 	<p>Using the same action as indicated in a backward two-foot turn, the skater initiates a glide on two feet and bends their knees/ankles. Using the arms and knees/ankles in an explosive manner, the skater jumps off the ice and rotates 180° landing forward on two feet with bent knees. The skater exits with forward skating. Emphasis is placed on the "bend/up/bend" knee and ankle action. This skill must be trained in both directions. It is preferred to perform this skill on a curve; however, a straight line is acceptable.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump in the direction of the skater's choice.</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 4 - AGILITY	<b>TWO-FOOT SPIN</b> 	<p>The skater begins with their knees bent and arms extended laterally. Using a combination of knee action and hip/shoulder twist, the skater initiates a spin on two feet while maintaining an upright posture. Feet should be a maximum of hip-width apart. The arms draw in to “hug” the body during rotation. The skater may initiate the spin from a stationary position or from a forward two-foot glide. Introduce the spin in both directions and continue to train in the direction of choice for the skater.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 2 revolutions in the direction of choice for the skater</li> </ul>
	<b>TWO-FOOT SIT SPIN</b> 	<p>Using the description from the two-foot spin, the skater bends their knees/ankles to lower to a sit position (approximately 90°). The arms may be stretched out in front for balance during rotation. The skater may initiate the spin from a stationary position or from a forward two-foot glide.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 1 revolution in the direction of choice for the skater</li> </ul>
STAGE 5 - AGILITY	<b>FORWARD ONE-FOOT TURN</b> 	<p>Using the description identified in Stage 4, the skater is expected to perform this skill with more balance and power. All four turns must be trained:</p> <ul style="list-style-type: none"> <li>Right forward outside turn</li> <li>Left forward outside turn</li> <li>Right forward inside turn</li> <li>Left forward inside turn</li> </ul> <p>Ideally, the free foot should be held close to the skating leg for increased balance.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 3 turns</li> <li>Each turn must demonstrate a sustained glide in and out of the turn for 1 second</li> </ul>
	<b>FORWARD 360° GLIDE TURN</b> 	<p>Adding onto the description identified in Stage 2 - 180° glide turn, the skater will hold their glide for to complete a full tight 360° circle. The skater has the option to complete this skill on one or two feet, exiting with forward skating. This skill must be trained in both directions.</p>	<ul style="list-style-type: none"> <li>Perform the skill in both directions</li> </ul>
	<b>FORWARD TO BACKWARD ONE-FOOT JUMP</b> 	<p>Using the same description as Stage 4 Forward to backward jump, two-feet, the skater will perform this skill on one foot. This skill must be trained on both feet and both edges</p>	<ul style="list-style-type: none"> <li>Perform 1 jump on the skater's foot and edge of choice</li> </ul>
	<b>FORWARD POWER JUMP</b> 	<p>From forward skating, the skater swings one leg forward while applying pressure downward on the skating foot to propel the skater into the air. The leg that swung forward returns to land under the body and quickly transfers the weight to the opposite foot to perform a forward glide exit. Skaters may land on the toe pick or the flat of the blade before pushing onto the forward glide. Train both feet.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump with the skater's foot of choice</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 5 - AGILITY	<b>ONE-FOOT SPIN</b> 	<p>From a stationary position, forward glide or two-foot spin, the skater begins with their knee/ankle bent. Using a combination of knee/ankle action and hip/shoulder twist the spin is initiated while maintain upright posture. Arms extend laterally and pull inwards while maintaining upright posture. A forward or backward spin is acceptable.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 2 revolutions in the direction of choice for the skater</li> </ul>
	<b>ALTERNATING FOOT SPIN</b>	<p>The skater initiates a two foot or one-foot spin. While maintaining reasonable balance, the skater picks up or rotates on one foot before changing to the other foot. This action is repeated until the end of the spin. Travelling is acceptable. The number of revolutions on each foot is not important as this skill is a progression to more advanced spins.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 2 revolutions with at least 3 changes of feet in the skater's direction of choice</li> </ul>
	<b>FORWARD TIGHT GLIDE TURNS</b> 	<p>Using the description identified in Stage 2 180° glide turn, the skaters will perform this skill with increased speed and balance. The technique of this glide turn is identified as follows:</p> <ul style="list-style-type: none"> <li>The inside foot leads into the curve and is held slightly in front</li> <li>The skater's weight shifts onto back foot.</li> </ul> <p>This is a short radius turn used instead of stopping and starting, performed at low and medium speeds allowing skaters to react to changing game situations.</p>	<ul style="list-style-type: none"> <li>Perform a of minimum 6 tight glide turns in alternating directions</li> </ul>
STAGE 6 - AGILITY	<b>FORWARD C STEP</b> 	<p>From stationary position or from two-foot glide, the skater steps onto a forward inside edge, extends the free foot and then draws it towards the inside of skating foot. The free foot comes to the inside of the skating foot to form a T or L position with the feet. The free toe externally rotates as the skater rotates the upper body to face the direction from which they came. The skater steps backward onto the free foot performing a backward inside edge. Both steps are performed on the same curve creating a "c" shape.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> <li>Demonstrate a 1 second glide before and after the step</li> </ul>
	<b>BACKWARD C STEP</b> 	<p>From stationary position or from two-foot glide, the skater steps onto a backward inside edge. The free toe externally rotates as the skater rotates the upper body to face the direction in which the skater is travelling. The skater steps forward onto the free foot performing a forward inside edge. Both steps are performed on the same curve creating a "c" shape.</p>	<ul style="list-style-type: none"> <li>Perform on each foot</li> <li>Demonstrate a 1 second glide before and after the step</li> </ul>
	<b>TWO-FOOT MULTI TURNS</b> 	<p>From forward or backward skating, the skater initiates a two-foot glide on straight line or curve to establish balance. The skater bends their knees/ankles and initiates a series of two foot turns like a "three-turn/bracket" action. Emphasis is placed on the "down/up/down/up" action while the feet remain parallel to each other. The skater's body must remain facing one direction throughout the series of turns. Train in both directions. Skaters may take occasional pushes to maintain flow.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 6 consecutive turns in the direction of choice</li> </ul>

	ELEMENT	DESCRIPTION	REQUIREMENT(S)
STAGE 6 - AGILITY	<p><b>ROTATING POWER JUMP</b></p> 	<p>Starting from a standstill, the skater pushes onto a forward outside edge. The skater uses their arms and free leg to move forward while pushing down on the skating leg to launch into the air. The skater will rotate 180° and land on a backward outside edge of opposite foot. Skaters should be introduced to a landing position. Present this skill in both directions. Train in the direction of choice.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump with a minimum 1 second entry and exit edge</li> </ul>
	<p><b>BACKWARD TOE-ASSISTED JUMP</b></p> 	<p>From backward skating, the skater initiates a one foot glide on a straight line or curve. Extending the free leg back, the toe pick is firmly planted into ice to act as a lever. The skater pulls backward onto the toe and transfers their weight to push off the ice. The skater jumps up vertically with no rotation and lands on the same or opposite foot. Skater may choose both take-off and landing foot.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump with a minimum 1 second exit edge</li> </ul>
	<p><b>BACKWARD 360 TWO-FOOT JUMP</b></p> 	<p>From backward skating, the skater initiates a glide on two feet for balance. Bending the knees/ankles, the skater prepares for the jump by pressing into the ice and rotating the upper body in the opposite direction of rotation. The skater jumps using the arms, hips and knee action to rotate 360° in the air landing backwards on two feet. The skater may choose their direction of rotation.</p>	<ul style="list-style-type: none"> <li>Perform 1 jump with a minimum of ¾ rotation performed in the air, in the direction of the skater's choice</li> </ul>
	<p><b>FORWARD ONE-FOOT SPIN WITH SPIRALING EDGE</b></p> 	<p>Beginning with a forward outside edge, the skater applies pressure to the edge to decrease the radius of the edge (spiralling) ending with a three-turn. The spin is initiated on a backward inside edge while rising. The free foot and arms extend laterally and draw inwards towards the body to increase the speed of revolutions. To exit, the skater steps backward onto an outside edge and performs a landing position.</p>	<ul style="list-style-type: none"> <li>Perform a minimum of 2 revolutions</li> </ul>
	<p><b>FORWARD TWO-FOOT REVERSE PIVOT TURN</b></p> 	<p>Using a staggered pylon course approximately 3 metres wide, the skater skates forward and initiates a glide on two feet with bent knees/ankles. Keeping the body facing the direction of travel, the feet quickly flip/pivot onto a backward glide travelling in the opposite direction of entry (like a bracket turn). After a short glide, the skater exits with backward skating before stepping forward to repeat in the opposite direction.</p>	<ul style="list-style-type: none"> <li>Perform 1 turn in each direction</li> </ul>