

# Sackville Skating Club

## Spring 2021 CANSKATE & ADVANCED CANSKATE Brochure

As of March 16, 2021

Registration is done online through <https://sackvillesc.uplifterinc.com/>.

Skating families must stay up to date on current Nova Scotia COVID-19 restrictions (<https://novascotia.ca/coronavirus/restriction-updates/>) and follow these restrictions at all times to be permitted participation in club activities.

All COVID-19 documents can be found on the Sackville Skating Club website under the 'COVID-19 INFO' tab.

### **At THE RINK:**

1. Arrive at the rink "ice ready" (skates and helmet on)
2. Follow facility and club guidelines at all times. Maintain distance of 2m (6 feet) from other individuals when in the facility

### **IF A SKATER OR ANY HOUSEHOLD MEMBER:**

1. Requires a COVID-19 test, the skater MUST NOT attend any session until negative test results are received.
2. Is showing any signs/symptoms of COVID-19 then they MUST NOT attend any session until symptoms subside.
3. Has travelled outside of Nova Scotia (other than PEI) in the last 14 days, the skater MUST NOT attend until the 14 day period is over.

The Sackville Skating Club has a zero-tolerance policy to non-compliance of all COVID-19 protocol. Any skater, coach, parent, or volunteer found to not be adhering to the protocols outlined in this document will result in the suspension of their participation in club activities for the duration of Spring 2021 season.

**CanSkate:** Learn-to-skate program (appropriate for hockey, ringette, figure skating and recreational skating). Stages 1-6. All CanSkaters must wear a certified hockey helmet until completion of Stage 5. Hockey or figure skates are permitted. Please no fuzzy gloves/mittens as they stick to the ice and leave residue.

For the Spring 2021 season, CanSkaters must be 4 years old by April 1, 2021 to participate. Priority registration will be given to those who have registered for Fall 2020 or Winter 2021 SSC CanSkate.

Priority registration will open 12pm March 17 until 10:00pm Sunday March 21, at which time registration will open to the general public.

<p><b>Tuesday CanSkate</b> 7 weeks <b>\$105</b> (plus Skate Canada fee if not registered for Fall 2020 or Winter 2021)</p>	<p><b>6:00-6:40pm</b> Sackville Sports Stadium</p>	<p>April 13, 20, 27 May 4, 11, 18, 25</p>
<p><b>Sunday CanSkate #1</b> 7 weeks <b>\$105</b> (plus Skate Canada fee if not registered for Fall 2020 or Winter 2021)</p>	<p><b>10:00-10:40am</b> Sackville Sports Stadium</p>	<p>April 18, 25 May 2, 9, 16, 23, 30</p>
<p><b>Sunday CanSkate #2</b> 7 weeks <b>\$105</b> (plus Skate Canada fee if not registered for Fall 2020 or Winter 2021)</p>	<p><b>10:40-11:20am</b> Sackville Sports Stadium</p>	<p>April 18, 25 May 2, 9, 16, 23, 30</p>

**Advanced CanSkate:** Stages 4-6 of CanSkate (by invitation) with small group sizes and a focus on stronger skating skills and figure skating specific skills. Our Advanced CanSkate program gives skaters the opportunity to continue working towards achieving the skills outlined in the CanSkate program but in more of a figure skating environment. Skaters will still be assessed and receive the badges and ribbons for CanSkate but will also have the chance to try out more figure skating specific skills and concepts.

Following Skate Canada’s LONG TERM ATHLETE DEVELOPMENT Model, our StarSkate Development is a **two day/week program**. If for any reason you are unable to do two sessions per week, please email [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com) and we will accommodate you to the best of our ability.

Figure skates are recommended, but not required. Skaters must wear a certified helmet until they complete Stage 5.

**\$320 for 2 sessions/week**

<p><b>1. Sunday</b> 10 weeks</p>	<p><b>9:05-9:55am</b> Sackville Sports Stadium June dates at BMO Centre</p>	<p>April 11*, 18, 25 May 2, 9, 16, 23, 30 June 6**, 13</p>	<p>April 11 - 3:00-4:00pm <b>Lebrun Arena</b></p> <p>April 18-May 30 9:05-9:55am SSS</p> <p>June 6 - 5:15-6:05pm BMO rink D</p> <p>June 13 - 9:00-9:50am BMO rink A</p>
<p><b>2. Tuesday</b> 11 weeks</p>	<p><b>5:05-5:55pm</b> Sackville Sports Stadium June dates at BMO Centre</p>	<p>April 6, 13, 20, 27 May 4, 11, 18, 25 June 1, 8, 15</p>	<p>April 6-May 25 5:05-5:55pm SSS</p> <p>June 1, 8, 15 5:00-5:50pm BMO rink A</p>

## **POLICIES:**

All registration must be completed online at <https://sackvillesc.uplifterinc.com/>

Registration, including payment, must be received before skaters are permitted on the ice.

- The \$43.65 Skate Canada fee (valid Sept 2020 to Aug 2021) is non-refundable and must be added to the price by all home club skaters if they have not already done so this season.
- There is a \$40 charge for any NSF cheques and must be replaced with a money order or cash before the skater's next session.
- No refunds except with a medical certificate and a written request to [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com)
- The number of sessions cannot be guaranteed due to unforeseeable circumstances, such as snow storms. Cancellations will be posted on the club's website and Facebook page.
- Session dates and times are tentative and subject to change. Sessions with low enrollment may be altered and/or cancelled.
- As e-mail is our main method of communication, please be sure to provide an address you check frequently.
- All skaters, coaches, volunteers, and parents must abide by Skate Canada's Code of Ethics at all times.

## **Skate Guards for Walking on Hard Surfaces**

Below are examples of hard guards (plastic or rubber) that are required for a skater to walk on concrete, tile, etc. while wearing skates. These guards protect skate blades, as hard surfaces dull the blades very quickly. Once down at ice level where there is protective matting on the floor, skate guards can be removed.

For a skater to arrive 'ice ready' and walk down to ice level, they will need a pair of hard guards. These can be found at any sports store. If you have any questions please contact us at [admin@sackvilleskatingclub.com](mailto:admin@sackvilleskatingclub.com).

### **PLEASE LABEL GUARDS WITH YOUR SKATERS NAME.**



Suitable for figure skates or hockey skates.



Works well for figure skate style blades.



(with hard bottom). Works well for hockey skate blades.