



## Skate Canada Skills Assessment Gold

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ SC # \_\_\_\_\_

Home Club/Skating School: \_\_\_\_\_ Assessor: \_\_\_\_\_

Evaluation Result: Pass with Honours ☐ Pass ☐ Retry ☐

### Gold Skills

Date: DD / MM / YYYY Candidate: \_\_\_\_\_ Assessor: \_\_\_\_\_

#### MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.

<b>Turns (2/2 or 3/4 where applicable):</b> Meets definition of turn, minimum two second entry and exit edge. Loops demonstrate an entry and exit edge of approximately one second.	<b>Field Moves:</b> Meets the definition of the element.	<b>Step Sequence:</b> Minimum different types of turns, ice coverage must be minimum ¾ of the ice (any pattern).	<b>Skills Exercise:</b> Meets the definition of the element including the prescribed steps. Stable throughout (no fall).
---	--	--	--

9 TURN CHALLENGE					Draw 1 of 4 categories of turns to be performed. All turns in category to be skated as indicated.				
DRAW CATEGORIES					ELEMENT	RATING			COMMENTS
	1	2	3	4	Turn to be performed individually	B	S	G	
1	RBO	RFO	LBI	LBO	Three-Turn				
2	LFO	LBO	LFI	LBI	Bracket				
3	LFI	RBI	RBO	RFO	Rocker				
4	RFO	LBI	LFO	RBI	Counter				
5	LBI	LFO	RFO	RFI	Loop				
6	RBI	RFI	RBI	LFO	Twizzle				
7	RFI	LFI	RFI	LFI	S Step 1				
8	LBO	RBO	LBO	RBO	S Step 2				
9	Assessor’s choice (turn not already performed)				Turn: _____				
Overall Assessment of 9 Turn Challenge					B <input type="checkbox"/> S <input type="checkbox"/> G <input type="checkbox"/>			7 of 9 turns at Silver or better to receive Silver. 7 of 9 turns at Gold or better to receive Gold.	

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
<b>Step Sequence</b> Min 3/4 ice. Min 6 different types of turns	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy*				G <input type="checkbox"/>	
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
<b>Field Move Sequence</b> Skater to select 3 different field moves (Min. 5 sec each)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position*				G <input type="checkbox"/>	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
<b>Skills Exercise Challenge</b> (draw from all 6-Gold exercises)	<b>Mandatory Requirements:</b> Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Power*				G <input type="checkbox"/>	
		Accuracy				S <input type="checkbox"/>	
		Carriage/Clarity				B <input type="checkbox"/>	

2 re-skates in total permitted (includes any individual turn in 9 Turn Challenge)

<b>Result:</b> <input type="checkbox"/> <b>Pass with Honours</b> (4 of 4 assessments at Gold) <input type="checkbox"/> <b>Pass</b> (4 of 4 assessments at Silver or better) <input type="checkbox"/> <b>Retry</b>	<b>Total Overall Assessment</b>	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
--	---------------------------------	---------------	---------------	-------------



## Skate Canada Skills Assessment Gold

### Standards of Assessment

Standards			
<b>CRITERIA</b> *Overall element assessment cannot exceed criteria rating.	<b>BRONZE</b> (below standard)	<b>SILVER</b> (standard)	<b>GOLD</b> (above standard)
<b>Accuracy*</b> Correct skating technique, symmetry and shape of edges.		Edge entering and exiting the turn is solid and strong with good flow and symmetry.  Skater demonstrates strong skating technique.	
<b>Carriage/Clarity</b> Carriage and clarity of movement.		Skater carries themselves with strong posture. Core balance is solid. Body lines are pleasing and confident. Movements are precise throughout.	
<b>Edge Quality</b> Balance, control, and edge depth.		Edges well defined with good depth. Skater moves easily across the ice, handles direction changes easily and maintains strong balance and control throughout.	
<b>Power*</b> Varied use of power, speed, acceleration, flow and glide.		Skater easily generates and maintains speed using strong blade pushes. Able to demonstrate acceleration and changes in speed with ease using varied tempo in stride. Flow and glide evident throughout.	
Consistent Criteria Assessment <b>Position*</b> Quality of position	Poor position with limited extension. Break in body lines apparent.	Solid position with moderate extension. Body lines are adequate.	Good position with full extension. Body lines are pleasing.

**Additional Comments:**