



Skate Canada Skills Assessment

STAR 1

Date: DD / MM / YYYY Candidate: _____ SC # _____

Home Club/Skating School: _____ Assessor: _____

Evaluation Result: **Pass with Honours** ☐ **Pass** ☐ **Retry** ☐

STAR 1 Skills

Date: DD / MM / YYYY Candidate: _____ Assessor: _____

MANDATORY REQUIREMENTS - Must be Yes for element to receive an overall rating of Silver or better.			
Edges (3 of 4): Meets definition of edge	Turns (3 of 4): Meets definition of turn, minimum 2 second entry and exit edge.	Field Moves: Meets definition of the element and is held for a minimum of one second. (Spiral Circles: Min 1 spiral per foot only)	Skills Exercise/Turn Sequence: Meets definition of the element including the prescribed steps.

ELEMENT		CRITERIA	RATING			OVERALL	COMMENTS
			BRONZE	SILVER	GOLD		
Forward Edges	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	FO <input type="checkbox"/> FI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Three-Turns	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Accuracy				G <input type="checkbox"/>	RFO <input type="checkbox"/> LFO <input type="checkbox"/> RFI <input type="checkbox"/> LFI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Forward Inside C Step Sequence	Mandatory Requirements: 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"/>	
Forward Spiral Circles	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position				G <input type="checkbox"/>	CW – RFO, LFI <input type="checkbox"/> CCW – LFO, RFI <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
Field Move of Choice: A: Forward 1ft Sit Glide B: Ina Bauer C: Spread Eagle (skater's choice)	Mandatory Requirements: Yes: <input type="checkbox"/> No: <input type="checkbox"/>	Position				G <input type="checkbox"/>	A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/>
		Carriage/Clarity				S <input type="checkbox"/>	
		Edge Quality				B <input type="checkbox"/>	
STAR 1 Skills Exercise Basic (Skater chooses direction)	Mandatory Requirements: 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 permitted (must be two different elements)

Result: <input type="checkbox"/> Pass with Honours (5 of 6 elements Gold) <input type="checkbox"/> Pass (5 of 6 elements Silver or better) <input type="checkbox"/> Retry	Total Overall Assessment	Bronze	Silver	Gold
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Skate Canada Skills Assessment STAR 1

Standards of Assessment

Standards			
CRITERIA	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Accuracy Correct skating technique, symmetry and shape of edges.		Edge comprehension developing. Thrust technique may not be properly executed. May include: <ul style="list-style-type: none"> Limited knee bend, one push stronger than other, some toe-pushing. 75% of the push generated from the side of the blade. 	
Carriage/Clarity Carriage and clarity of movement.		Skater may demonstrate weak core and unstable posture with inconsistent or weak balance. <ul style="list-style-type: none"> Stable 75% or more of the time. Body line is reasonable.	
Edge Quality Balance, control and edge depth.		Weak edges and/or wobbles may be present. <ul style="list-style-type: none"> 50% of the entry or exit edge demonstrated correctly. Reasonable edge quality for 50% or more of exercise. Reasonable balance, control, agility, form.	
Power Varied use of power, speed, acceleration, flow and glide.		Skater may seem slow. Generation of speed in development. Stride may seem laboured.	
Position Quality of position.		May have significant break in posture. Free leg extension developing.	

Additional Comments:
