



Skate Canada
Patinage Canada

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.

Turns (2/2 or 3/4 where applicable): Meets definition of turn, minimum two second entry and exit edge. Loops demonstrate an entry and exit edge of approximately one second.	Field Moves: Meets the definition of the element.	Step Sequence: Minimum 6 different turns, ice coverage must be minimum $\frac{3}{4}$ of the ice (any pattern).	Skills Exercise: Meets the definition of the element including the prescribed steps. Stable throughout (no fall).
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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 ☐ S ☐ G ☐

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

BRONZE

SILVER

GOLD

OVERALL

COMMENTS

Step Sequence

Min 3/4 ice.
Min 6 different turns

Mandatory Requirements:

Yes: ☐
No: ☐

Accuracy*

Carriage/Clarity

Edge Quality

G ☐

S ☐

B ☐

Field Move Sequence

Skater to select 3 different field moves (Min. 5 sec each)

Mandatory Requirements:

Yes: ☐
No: ☐

Position*

Carriage/Clarity

Edge Quality

G ☐

S ☐

B ☐

Skills Exercise Challenge

(draw from all 6-Gold exercises)

Mandatory Requirements:

Yes: ☐
No: ☐

Power*

Accuracy

Carriage/Clarity

G ☐

S ☐

B ☐

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

Result:

- ☐ **Pass with Honours** (4 of 4 assessments at Gold)
☐ **Pass** (4 of 4 assessments at Silver or better)
☐ **Retry**

Total Overall Assessment

Bronze

Silver

Gold

Skate Canada Skills Assessment

Gold

Standards of Assessment

Standards			
CRITERIA *Overall element assessment cannot exceed criteria rating.	BRONZE (below standard)	SILVER (standard)	GOLD (above standard)
Accuracy* 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.	
Carriage/Clarity 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.	
Edge Quality 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.	
Power* 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 Position* 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:
