

SG-Coach Level 1 (Technical) Certification
Figure Skating
Assessment Guidelines

1. Written Theory Test

This will comprise 40 questions.

2. Coaching Competency (On-Ice) Assessment

a. Planning

Write a Lesson Plan

- i. Skater is going to learn waltz jump and one-foot spin
- ii. Skater is a beginner, learning one-foot glide and stop
- iii. Skater is going to learn forward crossover (both directions) and
Forward outside edge 3 turn (both directions)
- iv. Group lesson, 6 no skating experience students

b. On ice lesson simulation

Using your 'Lesson Plan' to conduct a lesson on ice

- i. 20-30mins lesson
- ii. Arrive early for set up (students' name, age, level, grouping)

c. During the lesson:

- i. Choose the right spot on ice (space sharing with other coaches)
- ii. Introduce yourself (for 1st-timer student)
- iii. Warm-up (check equipment for the 1st-timer student)
- iv. Review elements from last lesson
- v. Technique explanation of the new element
- vi. Safety guideline for the new element
- vii. Element correction
- viii. Cool down (warm down)
- ix. Give student practice list

Important

- ✓ Use the correct hands/arm holding position while assisting the student and to avoid unnecessary body contact
- ✓ Proper safety guideline, to avoid dangerous activities on ice

3. Results

- ✓ Written Theory Test = 40%
- ✓ Coaching Competency Assessment = 60%

(Note: The participant will be informed on areas which he/she is 'Not Yet Competent' (NYC) and will be reflected on the Assessment Sheet. In a case of NYC, the participant MAY BE required to undergo the competency assessment again.)