



**SINGAPORE ICE SKATING ASSOCIATION**  
**SG-COACH TECHNICAL COURSE**  
**(FIGURE SKATING)**  
**ACCREDITATION POLICY**

**OBJECTIVE:**

SISA aims to qualify more Figure Skating coaches through a progressive policy of accreditation. In general, Figure Skating coaches should ideally have been competitive skaters of the international level. This so that they are better placed to relate to their students and provide guidance on specific aspects of the sport for e.g. biomechanics and body movements, as well as the interpretations of rules stipulated by the governing body, the International Skating Union (ISU).

This document sets out a list of criteria for applicants who wish to enroll for the SG-Coach Figure Skating Technical Course conducted by Singapore Ice Skating Association (SISA).

This document is also applicable to international coaches who are planning to relocate to Singapore and conduct coaching under the Accreditation through Recognition of Prior Learning (RPL). This is suitable for individuals who had formal learning in areas of coaching. All Technical / Integrated accreditation via RPL are subjected to the evaluation and approval of the SISA.

## **SG-COACH LEVEL 1 (TECHNICAL)**

1. Interested applicants must be at least **17** years of age at the time of registration.
  
2. You should have personally passed at least one of following level tests:
  - a. SISA Elementary Level Test or at a higher level in the last 3 years or have participated in the afore-mentioned level competitions in the last 3 years.
  - b. Equivalent level ISU sanctioned figure skating tests or competitions held in another country in the last 3 years.
  
3. If the applicant does not fulfill criteria 2, he/she must submit an unedited video and upload the video file to cloud storage or to send us a YouTube link in order to be considered for the Course under video assessment. When a YouTube link is provided, the link must be marked un-listed so that only those given the link can access the video.
  
4. The following guidelines must be adhered to for video assessment:
  - a. The video must be unedited and a single camera must be used. Each part of the recording must be in continuous take and cannot be broken into several recordings.
  - b. You should present yourself in proper skating attire and with neat hair appearance.
  - c. You should introduce yourself on camera with your name.
  - d. A short rest is allowed in between of the required elements. However, filming must be continued during that time period.
  - e. The video must show each required compulsory elements attempted twice.
  
5. The required compulsory elements for Video Assessment include:
  - a. Single Lutz Jump
  - b. Single Flip Jump
  - c. Single Loop + Single Loop (Combo jump)
  - d. Single Salchow + Single Toe Loop (Combo jump)
  - e. Camel Spin (minimum 6 revolutions)
  - f. Sit Spin (minimum 6 revolutions)

### Shadow Coaching

6. Before you receive an SG-Coach Level 1 (Technical) Certificate from SISA, you must have at least 10 hours of shadow coaching experience at the LTS (Learn to Skate) class with an existing NROC Level 1 or Level 2 coach.
7. For those under 21 years of age, before you receive an SG-Coach Level 1 (Technical) Certificate from SISA, you must have at least 20 hours of shadow coaching experience at LTS class with an existing NROC Level 1 or higher level Coach.
8. You will be required to provide documentary evidence of your 20 hours of shadow coaching. This can be in the form of an attendance sheet signed by your mentoring Coach. Signature of NROC coach for each shadow coaching hour is required.

*Note: shadow coaching is meant to help the Coach to better understand the on-ice safety rules and expected coaching behaviors on and off ice in Singapore's context.*

### **SG-Coach Level 2 & 3 (Technical) – In Progress**