



Communication No: 087

## **Safety Recommendation for SISA Figure Skating Ice Sessions**

In an effort to ensure the safest and most supportive skating environment possible for all of our members, the SISA Figure Skating Ice Session Operations Subcommittee would like to draw your attention to the following safety recommendation regarding participation in the SISA operated figure skating ice sessions.

### **Safety Recommendations**

To avoid unnecessary safety risks for all skaters, **SISA strongly recommends the following:**

1. Skaters should **only** consider skating in the SISA figure skating ice sessions:
  - a. if they have previously passed a SISA figure skating test or an equivalent test or
  - b. if they have previously participated in a SISA figure skating competition or
  - c. if they can perform the list of elements in appendix 1 with proficiency or
  - d. if they have passed the SkateStar Learn-to-Skate program's Figure Blades 5 test.
  
2. Skaters who **satisfy the above mentioned criteria listed in 1b to 1d but have NOT YET passed a SISA figure skating test** should only skate in the SISA figure skating ice session under the direct supervision of a NROC registered ice skating coach. We also rely on the professionalism of the coaches when assessing the readiness of any new untested skater to skate in the SISA ice sessions so that a safe and effective training environment can be maintained for all skaters.
  
3. Skaters who **do not satisfy the above mentioned criteria listed in item 1** but would like to prepare for the eventual participation in the SISA figure skating sessions can consider the following options:
  - a. Enroll in introductory group ice skating lessons or
  - b. Enroll in individual ice skating lessons. Currently, both The Rink @ JCube and Kallang Ice World offer individual ice skating lessons.



**We would also like to highlight the following:**

1. Currently, the majority of the skaters in the SISA figure skating sessions are tested competitive figure skaters. These skaters move at high speeds and perform difficult jumps and spins. Right of way is given to skaters practicing to his/her program music and all others must be able to skate quickly and with enough agility to avoid creating hazardous blockages. Such conditions may be **unfamiliar** and even **dangerous** to skaters who are currently skating below the SISA test levels or have not yet participated in a figure skating competition.
2. Skaters always skate at their own risk and are required to sign an indemnity form before taking part in SISA figure skating ice sessions.
3. Furthermore, SISA always reserves the right to remove any skater from the ice who poses safety hazards to other skaters.
4. The figure skating ice session operations committee will be monitoring the traffic on the ice and may consider operating sessions by skating level if demand for these sessions continues to grow.

A handwritten signature in black ink, appearing to read "Alison Chan", with a stylized flourish at the end.

Alison Chan  
Secretary General  
Singapore Ice Skating Association  
7 October 2013



## **Appendix 1**

### **1. Backward Inside Edges**

The skater skates a minimum of 6 alternating semi-circles on backward inside edges, alternating feet along the long axis of the pattern. Proper pushes from the blade must be demonstrated (no toe-scratching). Semi-circles should be between one and three body heights in diameter.

### **2. Back Spin**

The skater performs a spin on the back outside edge with the free leg crossed over the skating leg. A minimum of one full rotation on one foot without stopping is required. The skater will exit the spin on a backward outside edge, with a classic check position.

### **3. Waltz Jump**

Starting from a forward outside edge on one foot, the skater jumps off the skating foot, performs a half revolution in the air to land on a back outside edge on the opposite foot. Posture and 'curve of action', the arc the jumps direction, are to be emphasized. Skater can choose the skating foot.

### **4. Backward Spiral**

While gliding backward on one foot, the skater extends the free leg back, at least as high as the skating hip. The spiral is to be held for a distance at least three times the skater's height. The skater can choose to do this on the right or the left foot.

### **5. Forward Cross-Rolls**

Crossing and stepping straight into the outside edges. A roll starts with the action of the free foot approaching the skating foot from the side, so as to strike the ice almost at right angles to the skating foot with the feet crossed in front. Momentum is gained from the outside edge of the skating foot as it becomes the new foot. The change to the curve in the opposite direction creates a rolling movement. 6 Consecutive Cross-Rolls must be performed.

### **6. Basic Twizzle (Forward Outside Edge)**

#### **(a) Right Foot**

#### **(b) Left Foot**

The skater performs a traveling three turn on the left foot. The skater then changes the right foot and performs a traveling three turn on the right foot (forward outside edge to backward inside edge to forward outside edge). The turn must be rotated quickly and in one continuous motion. The skater puts their weight on the skating foot (outside edge) and places the free foot next to the skating foot (free leg slightly bent at the knee). The Twizzle must be performed on both feet.