



Emerald Skate

The Emerald Skate Programme

The Emerald Skate program is a nationally recognised Learn-to-Skate Program developed by the ISAI which teaches the fundamentals of skating.

The main objectives of the Emerald Skate program are to develop a skater's confidence and skills on the ice. The programme provides a fun and safe skating experience for the beginner as well as the more advanced skater. It teaches the correct technique of some of the basic figure skating elements. The skater will develop a better degree of coordination and balance. The program provides instruction in a group format preparing all skaters for the ISAI Emerald Skate tests and eventually the ISAI National Test Structure.

Follow these simple tips to get the most out of your skating lesson:

Listen attentively. Try the skill, try it again, ask a question if you don't understand and try it again. Concentrate on your lesson. Be a courteous skater, watch where you are going, and always skate in control. Be prepared for your lesson with the correct fitting skates, warm attire and glove or mittens. Be on Time! Arrive at least 15 minutes before class time. Practice; try to get back to the rink at least once before your next lesson to practice what you have learnt. Relax, smile and have fun!

Emerald Skate Elements 1 to 8

Level 1

- Correct procedure of falling over and then standing up again
- Moving forward across the ice
- Two foot Glide and Dip
- Any stop - T-Stop, Snowplough

Level 2

- Moving backwards across the ice
- Forward Sculling
- Forward Skating
- Two foot glide in a curve

Level 3

- Forward one foot glide in a straight line
- Backward Sculling
- One foot glide on a curve, inside edge both left and right
- Turning on two feet

Level 4

- One foot glide on a curve, outside edge both left and right
- Backward skating into a two foot glide and stop
- Skating forward and turning from forwards to backwards
- Continuous forward chasses around a circle
- Bunny hop

Emerald Skate Elements 1 to 8 Cont.

Level 5

- Forward crossovers in both directions
- Spiral
- Forward Drag {Lunge}
- Two foot spin {minimum one revolution} backward edges
- Continuous backward chases around a circle
- Backward one foot glide, hold for 2 counts

Level 6

- Forward two foot slalom
- Forward Outside edges consecutively on both feet
- Forward Inside edges consecutively on both feet
- Backward skating and stepping forwards in both directions
- Backward crossovers in both directions

Level 7

- Forward inside 3 turns both left and right
- Forward outside 3 turns both left and right
- Forward Mohawk, right and left
- Backward crossovers followed by a sustained backward outside edge
- One foot slalom inside to outside 4 changes of edge both left and right
- Perimeter Stroking

Level 8

- Pivot, both directions
- Forward and Backward crossovers in a figure of eight pattern
- One foot spin {minimum 2 revolutions}
- Three jump, Waltz Jump
- Simple step sequence of 4 different elements
- Backward spiral

When To Test

Don't expect to do all 8 levels the first time! The average length of time a skater will be in this programme is 12 to 18 months, There is no rush. It is better to develop slowly and be a stronger skater at a particular level than progress in a hurry and be a weak skater always struggling to keep up.

A skater should expect to do Levels 1 to 3 at their first test session but then attempt levels 4 and above on their own. Every skater is different and is best guided by the advice their base coach gives them. Your coach will know when you are ready to do your test and what levels to do.

How To Apply for a Test

Test sessions are held on the last day of each session of lessons; this is usually week 6 or week 8. The tests are judged by ISAI judges in a group format.

All coaches will need to submit a list of skaters and the test levels they are attempting to the test organiser 14 days prior to the test date.

A test timetable will be placed on the ISAI website, and displayed in the ice rink of the test session. It is the responsibility of the coaches and skaters to be aware of the time of their test and arrive on time.

Full rules and regulations will be available shortly on the ISAI website. www.isai.ie