

Therapeutic Skating

The Therapeutic Badge Program is designed to help physically challenged skaters develop skills and enhance their skating experience. The program encourages skaters to continue in the sport of skating for physical recreation and activity while taking limitations into consideration. Assisted is with the help of a person. If skaters use an assistive device without a person, they are unassisted.

Personal Goal Badge : Accomplished by setting and achieving a personal goal that is a personal challenge for the skater

Therapeutic 1 – OFF ICE (in skates)



- A. Stand in skates
- B. Fall and stand up
- C. Knee dip standing still
- D. March forward 10 steps

Therapeutic 8



- A. Backward stroking across the rink
- B. Gliding backward to forward two-foot turn
- C. Forward two-foot turn on a circle, R and L
- D. T-stop R or L

Therapeutic 2 – ON ICE



- A. Stand on ice
- B. Fall and stand up
- C. Knee dip in place
- D. March forward 10 steps

Therapeutic 9



- A. Forward outside edge on a circle
- B. Forward inside edge on a circle
- C. Five forward crossovers
- D. Five backward half swizzles, R or L

Therapeutic 3



- A. Three swizzles standing still
- B. March forward 10 steps
- C. Forward two-foot glide
- D. Backward wiggle and march assisted

Therapeutic 10



- A. Forward outside three-turn, R and L
- B. Back outside edge on a circle, R and L
- C. Back inside edge on a circle, R and L
- D. Forward lunge, shoot the duck or bunny hop

Therapeutic 4



- A. Forward skating
- B. Five forward swizzles
- C. Forward gliding dip
- D. Backward wiggle or march

Therapeutic 11



- A. Forward inside three-turn, R and L
- B. Five backward crossovers, R and L
- C. Two-foot spin
- D. Hockey stop

Therapeutic 5



- A. Forward one-foot glide
- B. Two-foot jump in place
- C. Backward two-foot glide
- D. One-foot snowplow stop, R or L

Therapeutic 12



- A. Two forward outside edges, R and L
- B. Two forward inside edges, R and L
- C. Forward Mohawk, R and L
- D. Forward spiral

Therapeutic 6



- A. Forward stroking across the rink
- B. Forward two-foot curves
- C. Five backward swizzles
- D. Two-foot turn front to back standing still

Therapeutic 13



- A. Backward outside edges
- B. Two backward inside edges, R and L
- C. Two-foot to one-foot spin
- D. Side toe hop, R or L

Therapeutic 7



- A. Five forward one-foot swizzles, R or L
- B. Gliding forward to backward two-foot turn
- C. Backward one-foot glide, R or L
- D. Forward pivot

Therapeutic 14



- A. One-foot spin
- B. Forward crossover, inside Mohawk, backward crossover, step forward
- C. Backward crossovers to a back outside edge
- D. Waltz jump from a standing or moving position