



# Scaling up HLSK training

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THE FUTURE OF NORDIC SKATING

# Renewed training programs

Introduction and  
explanation. Why did  
we make a new  
education program?




# HLSK situation 2020 - 2022

- Pre-covid, members mostly went skating in Sweden via club tours
- A few members were preparing to start doing private tours
- During covid, the wish to be independent from the club increased
  
- The training committee recognized the need to introduce individual training via the web, and use classroom training as support
- During 2021 and 2022, the HLSK board and training committee started working on the transformation of our education program

# Which problems do we want to solve?


- The old HLSK leader and old ice fox training are not scalable
- The wait-for-next 4 year ice fox cycle raised a lot of questions
- The training committee is overloaded
  
- The old ice fox training was limited to ice knowledge
- The few groups that went to Sweden had problems
- The overview when to learn what is unclear
  
- HLSK encourages private tours and wants to facilitate that with knowledge

# We recognized four educational pathways




**Participant**

- PARTICIPANT
- Wants to join club tours
- Beginner level



**Ice fox**

- ICE FOX
- Wants to know more about ice and tour planning, maybe do private tours
- Intermediate level



**Leader**

- LEADER
- Likes to take groups on tours
- Experienced level



**Trainer**

- TRAINER
- Likes to teach other people
- Professional level

# Adoption of a best practice

- We use [EQF](#), the European Qualification Framework, for [level graduation](#)
- To solve multiple problems with the existing education, we split each level in two:
  - Aspirant – study material to get at the knowledge level you want
  - Mature – study material to widen and maintain your knowledge and experience

## *Eight levels*

Aspirant		Aspirant		Aspirant		Aspirant	
Participant	Participant	Ice fox	Ice fox	Leader	Leader	Trainer	Trainer
Goal: to participate as newcomer in club skating tours	Goal: to be full member in a club skating tour	Goal: to participate in private skating tours	Goal: to (help) organize private skating tours outside clubs	Goal: to be a second, aspirant leader in a club skating tour	Goal: to be a full first (or second) leader in a club skating tour	Goal: to be a trainer for participants and ice foxes	Goal: to be a trainer for leaders including making training materials

# Study material

- We investigated the Nordic Skating practice and our existing materials
- Came to conclusion there are eight main subjects
- Each subject has multiple lessons

## Preconditions

Equipment, clothing, websites and apps, fitness, travel stay & food

## Organization

Decision system, tasks & roles, group dynamics, planning

## Ice knowledge

Fresh water ice, big ice, salt ice, spring ice, ice phenomena

## Weather knowledge

Weather patterns, cooling of water, frost and thaw, influence on ice

## Finding skateable ice

Skridskonät, satpics, new ice, old ice, multi-day ice

## Skating a tour

Patterns, pitfalls, safety, plurning, ice drift, risk analysis

## Medical matters

Medical conditions, emergency care, resonsibilities

## Evaluation

Reporting tours, incident reports, improvement lists



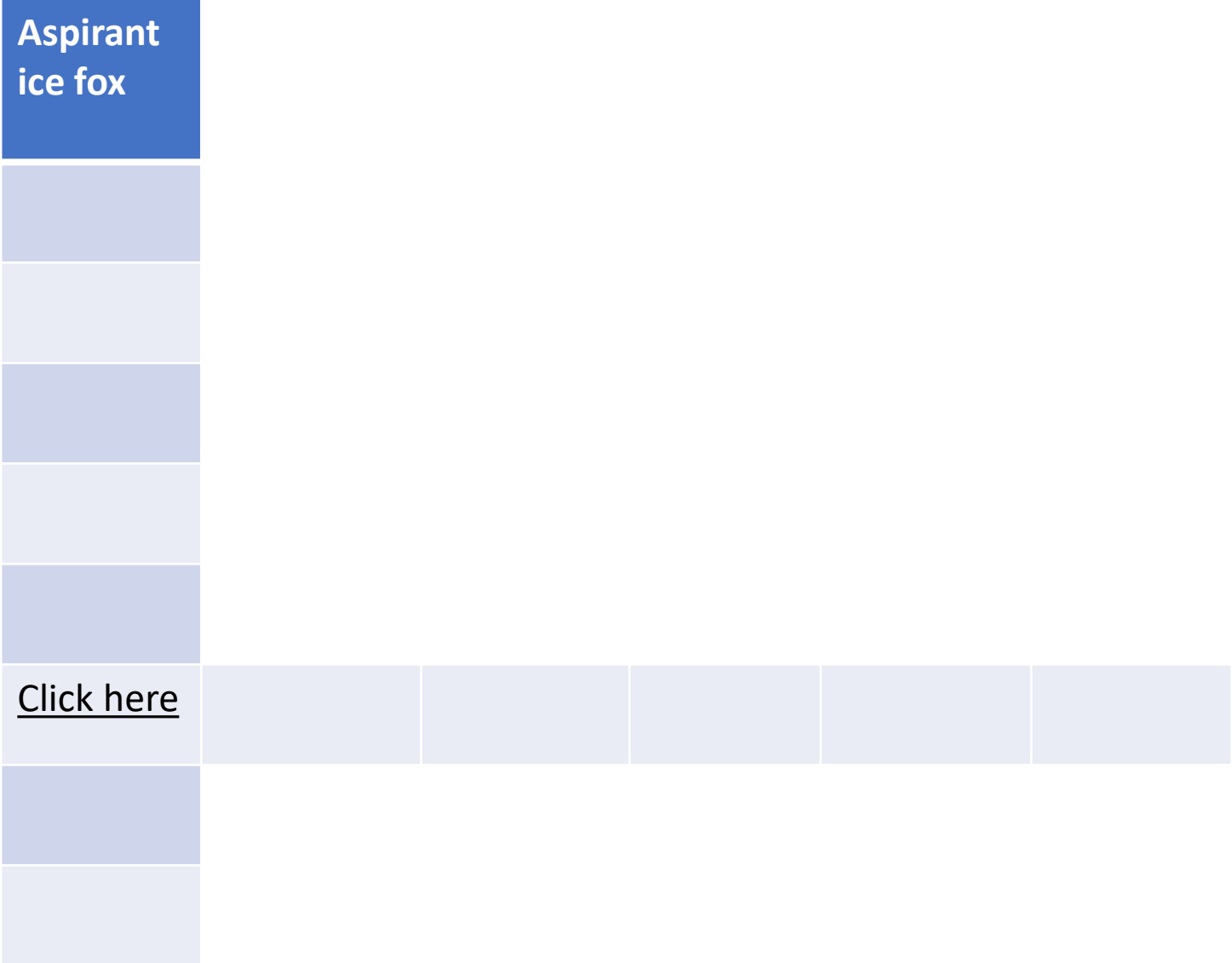


# Example

Aspirant  
ice fox

Click here

Skating a tour



# Each cell will get its own web page

Subject : skating a tour  
Level : aspirant ice fox

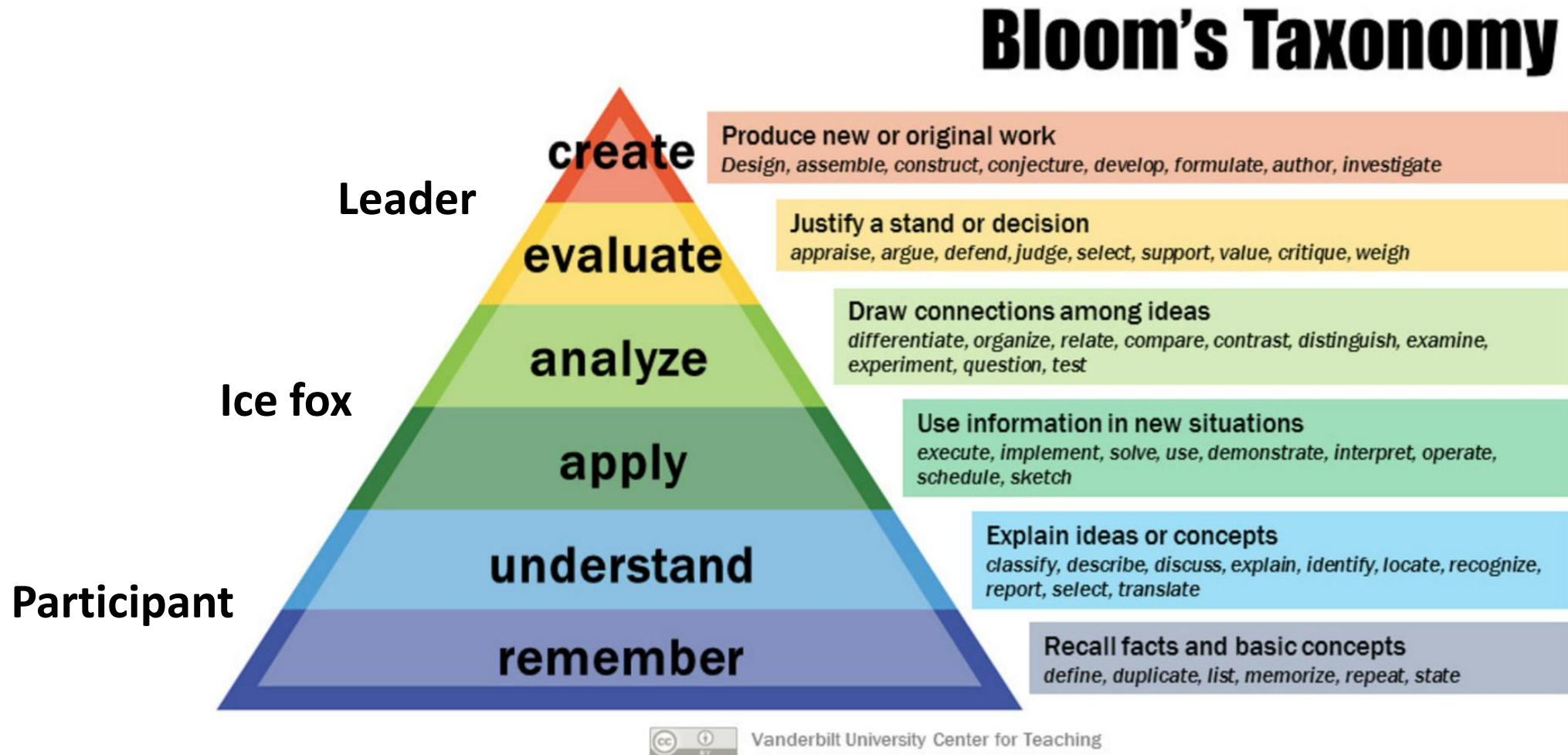


example

- Each subject has material on multiple levels
- Web page includes link(s) to same subject on previous and next level
- Each lesson of each subject should be concluded with a test
- Test can be online (theory) or on the ice (practice with a leader)

*So far, HLSK uses Google Quizzes for online testing*

# The tests are in line with Bloom's Taxonomy



Bloom's Taxonomy is useful for teachers when making material. For instance aspirant ice foxes need to apply the content of the material you design, so keep that in mind when creating material.

**Which lake to choose  
for tomorrow?**



**Lots of decision factors in  
your toolbox**

Skridsko  
nätet

Weather  
forecast

Water  
temps

Ice  
history

Micro  
climates

Weather  
patterns

Weather  
actuals

Altitudes  
of lakes

Social  
media

Contact  
persons

Skate  
and test

Stöp  
speed

Depths  
of lakes

Freezing  
orders

Winters  
history

Marine  
traffic

Sea info  
services

Shape of  
lakes

Water  
flows

Satellite  
pictures

Weather  
influence  
on ice

# Questions HLSK asked at Iskongressen

- What do other clubs think about the subject/level matrix?
- Should the education be generic for all Nordic Skating clubs?
- If so, will the development help to standardize on different subjects?
- Is it an idea to start the Nordic Skating Academy together?
- Can we use English as language to cover Norway, Sweden, Finland, Holland, Germany?
- ....

# First step taken

-----Original Message-----

From: Jonas Ettemo <jonas@ettemo.se>

Sent: Thursday, 27 October 2022 15:17

To: Henrik Kockum <henrikum@gmail.com>; Rob Mulders <rob@fire.ly>; Sven Gustafson <sven@fam-gustafson.se>

Subject: Re: Iskongressen 2022

Hello,

I've been asked by Leif Lendrup (chair SN) to form a small group that will present a proposal for the board on how we within Skridskonätet can create a digital educational platform according to what we presented at Iskongressen. I'll be send out an invitation to an startmeeting shortly.

Regards / Jonas