



Academy for Nordic Skating

INTRODUCTION

The Nordic
Skating world

Skridskonät
www.skridsko.net
Ice observations
Tour reports
GPS-tracks
Pictures
Announcements
and more

Nordic Skating safety system = KUS

- Kunskap Kennis
- Utrustning Uitrusting
- Sällskap Gezelschap

Clubs pay infrastructure of SN

€ 1.- per active member per year

Iskongressen (Ice congress)

All clubs meet once every two years

Next one is in Luleå in Oct 2024



How do we want to incorporate the



in the Nordic Skating world?

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Nordic Skating Academy



Renewed training programs

Introduction and
explanation. Why do we
want to make a new
education program?



New education, why?

- Pre-covid, most Nordic Skating was done via club tours
- During covid, the wish to be independent from the club increased
- The demand for knowledge is higher than clubs can offer nowadays
- 'Students' want to start when it suits them
- Nordic Skating interest increases: less snow, more ice in Scandinavia
- The training committees of all clubs are overloaded
- Scaling up education is currently not possible

Which problems does HLSK want to solve?

1. The current HLSK leader and ice fox training are not scalable
2. Waiting for the next 6-year leader cycle is disappointing for ambitious people
3. Waiting for the next 4-year ice fox cycle raises a lot of questions
4. The training committee is overloaded
5. The classical ice fox training is limited to ice knowledge; people want more
6. The overview when to learn what is unclear
7. The responsibility for safety of people who learn is unclear nowadays

Conclusion: HLSK wants to broaden Nordic Skating safety system

→ knowledge needed → better training is a must → HLSK invests in ANS

Four courses (levels) planned



Explorer

- **EXPLORER**
- Wants to be safe when testing restricted local natural ice
- Interested level



Participant

- **PARTICIPANT**
- Wants to skate as group member on unknown natural ice
- Involved level



Ice fox

- **ICE FOX**
- Wants to lead a Nordic Skating group on unknown natural ice
- Advanced level



Guide

- **GUIDE**
- Wants to be an official guide in a Nordic Skating club
- Experienced level

Study material

1. We investigated the Nordic Skating *levels* and our existing materials
2. There are eight main *modules*
3. Each module has multiple *subjects*
4. Each subject has one or more *lessons*

A module can be present in multiple courses (levels). Each level emphasizes different material on the same module.

Preconditions

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

Organization

Decision system, tasks & roles, group dynamics, planning

Weather knowledge

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

Ice knowledge

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

Finding skateable ice

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

Skating a tour

Skating patterns, pitfalls, safety, plurning, ice drift, risk analysis

Medical matters

Medical conditions, emergency care, responsibilities

Reporting and evaluation

Writing ice observations, tour reports, incident reports, lessons learned and improvement lists

Each cell lists the lessons of a level/module/subject

Level : Ice fox
Module : Skating a tour
Subject : Skating patterns



Lessons

Nr.	Name	Description	Type
a.	Basic	Basic pattern to skate a lake around	Animation
b.	Wind	Choosing which way to go depending on the wind	Animation
c.	Troubles	Approach of the lake when you expect trouble at a certain point	Animation
d.	Inflow	How to avoid the problem of a stream coning into the lake	Animation
e.	Narrowings	What to do if the lake has a narrow point between two coasts	Animation
....			
z.	Test yourself	Test your knowledge about skating patterns	Selftest

HLSK proposed the ANS at Iskongressen 2022

- All clubs recognize the need for better and scalable education
- All clubs want that Skridskonät plays a key role in developing education
- Working group has been established with 7 persons from different clubs
- Working group asked to give recommendations in Luleå Oct 2024

- A few discussion points came up in working group:
 - Different opinions about financing the development of study material
 - Different opinions about the language to use
 - Different opinions about investing in learning management software (LMS)
 - Different opinions about standardization of some details of KUS

- Result: HLSK thinks English material, in combination with Learning Management Software is necessary. We started with prototyping ANS.