

## Test Day Guidelines and Etiquette

### Traditional Test Day (for Senior Bronze and above skaters) Guidelines

Please read the following guidelines so you and your skater are prepared for Test Day.

#### What to do:

Check the bulletin board regularly for changes to the date/time of the test(s).

Return the Test Envelope given to you along with the fee at least 1 day prior to testing. Without the envelope and fee, the Club and judges do not know if you are testing.

Arrive at the rink 45 minutes prior to your test as there could be schedule changes and skaters are late so tests are often shifted around.

#### What to wear:

**Dresses:** Ensure that the skater has an appropriate skating dress suitable for the low temperatures inside the rink. Keep in mind that during most tests, sweaters cannot be worn over dresses. When shopping for a test/competition dress, remember that most of the events are done in winter, when the temperature is cold outside and inside. Sleeveless and backless dresses may be suitable for summer skating, but likely too cool for the winter season. Skaters should wear the test dress at least once before the test during the regular skating session to make sure the skater feels comfortable in the outfit and that no stones, adornments fall from the dress.

**Tights:** For girls, beige skating tights only can be worn during the test. No coloured or patterned tights are acceptable. Skaters who feel the cold, should wear 2 pairs of skating tights. The outer tights can be tucked in under the skater or worn over the boot. No tights with holes or runs will be permitted on test day. Bring an extra pair of tights as a back up.

**Pants:** For boys, black stretch skating pants with appropriate tie down must be worn. A nice shirt and/or sweater is appropriate.

**Boots/Laces:** Polish boots and wash laces. White/Black shoe polish and stain removers can be purchased at the Skating Boutique or a shoe store. Laces should be white for girls and black for boys and doubled tied around hooks so that nothing dangles.

**Gloves:** Gloves (not mittens) and sweaters can be worn during the warm up but not during tests. There are exceptions where skaters are permitted to wear an appropriate dress sweater during a test such as Elements and Stroking. If skaters prefer to wear a sweater during those specified tests, no hooded jackets will be permitted. Either a sweater or fleece jacket is allowed.

**Skate Sharpening:** Do not sharpen skates the day of the test. If skaters need to get their skates sharpened, a week before the test is recommended. Edges are very sharp and could affect the skater's comfort level during a test.

**Hair:** For girls, hair must be neatly tied back and off the face. Please avoid the use of bobby pins. Clips will ensure hair stays in place and are less likely to fall onto the ice surface.

### **STAR 1- 5 Test Guidelines**

STAR 1 -5 tests are less formal than the traditional test days. STAR 1 test is the least formal. Skaters will be evaluated during a regular session by their own coaches. Depending on the coaches' preferences, skaters may be allowed to wear their practice skating outfits. As skaters progress from STAR 1 to 2, 3, and 4, the tests become more formal. Coaches may ask skaters to wear their skating dresses, do up their hair etc. It is to prepare skaters for higher level testing which they will be evaluated by outside judges.

STAR 5 tests will be similar to tests in the traditional test day setting where skaters are expected to arrive early and dress properly for test day. Refer to the above Traditional Test Day Guidelines for details.

### **Test Day Etiquette (may apply to both traditional test day and STAR 1-5 tests)**

Test Day is a significant event in the life of a skater and this is the time when outside judges come to assess our skaters, coaches and the club. Judges are not paid, they are volunteers who work in Central Ontario Section as evaluators. They are well trained and have evaluated hundreds of tests and are respected within the skating community. As such, we want to put forth our best effort and dress and act in the manner befitting the occasion.

Parents please note that during Test Day, distractions to the skaters and judges interfere with the event so please stay within the confines of the spectator area.

Limit running around the arena for pictures and videos to a minimum.

We ask that all parents stay back from the area outside the double doors where coaches, skaters and Board members are trying to work.

Please wait until your skater has completed the test and leaves that area. The space is small and crowded and having additional people in the area causes confusion and distractions for the coaches, skaters and Board Members.

Let the coach do their job and work with the skater.

Test sheets are provided to the coach approximately 45 minutes after the test is over. The coach will be given the test sheet by the Test Chair as soon as the information is recorded. The coach will in turn, give the test sheet to the skater/parent and discuss the outcome. Please remember that Test Day is a busy day, and run by volunteers (Board Members) so please refrain from repeatedly asking for Test Sheets and how long the wait will be. Everyone is operating at full speed while trying to keep the event on time.

If you have any questions about Test Day, please ask the coach and he/she will be able to assist you.