



# BC SPEED SKATING

## Fast Fun Friends Program Benchmarks



Fast Fun Friends is a BC Speed Skating resource program for clubs who offer Learn to Speed Skate programs for children. The Fast Fun Friends Program Benchmarks are a tool for club executives and club coaches to evaluate their Learn to Speed Skate program. It is expected that a club's Learn to Speed Skate program will meet a score of 0 ("Expected Outcome"). Scores of +1 and +2 are additional considerations for clubs to strive for. Scores of -1 and -2 should trigger careful review from the club executive to ensure the club's Learn to Speed Skate program is operating in a safe, inclusive and developmentally-appropriate manner.

		-2	-1	0 Expected Outcome	1	2
Personnel	Lead Coach NCCP Qualifications	In Training (some modules completed) in a speed skating context	Trained (all modules completed) in a speed skating context	Certified (all modules + evaluation completed) in a speed skating context (FUNd Coach, Intro to Comp, Comp Dev)	Certified in a speed skating context with some professional development	Certified in a speed skating context with considerable, relevant professional development
	Assistant Coach(es) NCCP Qualifications	Some or all assistant coaches have no formal coach training	All assistant coaches have completed the <a href="#">Coach Initiation in Sport</a> module at minimum	All assistant coaches In Training (some modules completed) in a speed skating context at minimum	All assistant coaches Trained (all modules completed) in a speed skating context at minimum	All assistant coaches Certified (all modules + evaluation completed) in a speed skating context
	Coach Registration	Coach(es) are not registered members of their club, BC Speed Skating, and Speed Skating Canada	n/a	All coaches are registered members of their club, BC Speed Skating and Speed Skating Canada	n/a	n/a
	Coach Equipment	No coaches are on skates or wearing a helmet	Some coaches are on skates and wearing a helmet	All coaches are on skates and wearing a helmet	All coaches are on speed skates and wearing a helmet	All coaches are on speed skates and modeling <a href="#">full protective equipment</a>
	Safe Sport Training	Those involved have no formal safe sport training	Some involved in direct program delivery have completed the <a href="#">NCCP Safe Sport</a> module	All involved in direct program delivery have completed the NCCP Safe Sport module	Lead Coach has completed expected requirements + additional courses (e.g. <a href="#">Respect in Sport for Activity Leaders</a> , <a href="#">Commit to Kids for Coaches</a> )	Lead coach and assistant coaches have completed expected requirements + additional courses (e.g. <a href="#">Respect in Sport for Activity Leaders</a> , <a href="#">Commit to Kids for Coaches</a> )
	Safe Sport Screening	Coach(es) are not in compliance with the club's Coaches Security Clearance Policy	Some coaches are in compliance with the club's Coaches Security Clearance Policy	All coaches are in compliance with the club's <a href="#">Coaches Security Clearance Policy</a>	n/a	n/a
	Coach to Skater Ratio	One coach only ( <a href="#">Rule of 2</a> not being followed)	One coach with another adult always present in field of play	Minimum 1 coach (lead or assistant) for every 10 participants, with Rule of 2 being followed	Minimum 1 coach (lead or assistant) for every 6 participants, with Rule of 2 being followed	Minimum 1 coach (lead or assistant) for every 4 participants, with Rule of 2 being followed
	Coach and Skater Interaction	Skaters do not receive one on one time	Some skaters receive one on one time	Each skater receives one on one time at least once during the each session	Each skater receives one on one time on multiple occasions during the each session	Each skater receives one on one time on multiple occasions during the each session + an individualized plan is developed for skaters who require adaptations
Program Delivery	Session Length	Significantly less than 30 minutes per session or more than 60 minutes per session	Slightly less than 30 minutes per session or more than 60 minutes per session	30-60 minutes per session	n/a	n/a
	Parent Communication	Skaters/parents do not receive the FFF documents	Each skater/parent has a FFF booklet	Each skater/parent has a FFF booklet and receives the FFF club welcome letter	Expected requirements + ongoing communication between the club and skaters/parents during the season	Expected requirements + ongoing communication + formal welcome/ orientation session (in-person or virtual)
	Skater Recognition	Skaters do not receive awards or celebratory materials	Skaters receive position-based awards only	Each skater receives a personalized achievement award ( <a href="#">PACE Award</a> or otherwise) once per program	Each skater receives a personalized achievement award + <a href="#">Cutting Edge pin program</a> recognition once per program	Each skater receives a personalized achievement award + Cutting Edge pin program multiple times per program
	Parent Satisfaction	Parent exit surveys or interviews are not conducted	Parent exit surveys or interviews are conducted with some parents	Parent exit survey or interviews are completed with all parents	Parent exit survey or interviews are completed + summary results shared with stakeholders	Parent exit survey or interviews are completed + summary results shared with stakeholders + personalized follow-up as required