

GOLD LEVEL

GD-1 Pivot Sequence on the Left Foot

- demonstrate a combination of a forwards glide, pivot 180° to a backwards glide, pivot 180° to a forwards glide and a stop on the left foot

GD-2 Pivot Sequence on the Right Foot

- demonstrate a combination of a forwards glide, pivot 180° to a backwards glide, pivot 180° to a forwards glide and a stop on the right foot

GD-3 Glide on the Left Foot, Partner Assisted

- while in basic position glide on the left foot while partner pushes you for one lap

GD-4 Glide on the Right Foot, Partner Assisted

- while in basic position glide on the right foot while partner pushes you for one lap

GD-5 Backwards Slalom on the Left Foot

- while gliding backwards on the left foot in the basic position slalom around five pylons which have been placed one metre apart

GD-6 Backwards Slalom on the Right Foot

- while gliding backwards on the right foot in the basic position slalom around five pylons which have been placed one metre apart

GD-7 Backwards Crossover Counter Clockwise

- demonstrate a backwards crossover around the arc of the track in a counter clockwise direction

GD-8 Backwards Crossover Clockwise

- demonstrate a backwards crossover around the arc of the track in a clockwise direction



- GD-9 Fall and Recovery (left knee)
- while skating in basic position simulate a fall and recovery from the left knee on a given signal
- GD-10 Fall and Recovery (right knee)
- while skating in basic position simulate a fall and recovery from the right knee on a given signal
- GD-11 Fall and Recovery (both knees)
- while skating in basic position simulate a fall and recovery from both knees on a given signal
- GD-12 Glide Around the Arc of the Track With the Right Leg Extended Off Ice
- demonstrate a glide around the arc of the track in a counter clockwise direction with the right leg extended and approximately 5 cm off the ice
 - arms can be used for balance
 - maintain the basic position
 - consistent glide path
- GD-13 Glide Around the Arc of the Track With the Left Leg Extended
- demonstrate a glide around the arc of the track in a counter clockwise direction with the left leg extended and approximately 5 cm off the ice
 - arms can be used for balance
 - maintain the basic position
 - consistent glide path
 - maintain the basic position
 - consistent glide path
- GD-14 Speed Skating Technique
- while skating around the track in basic position demonstrate a comfortable and relaxed technique for at least two laps with both arms on the back

