

## **Job Standards – Coach & Instructor for Skateboard Programs (Page 1 of 2)**



Instructors will have a strong fundamental skill set in skateboarding, and be able to demonstrate and break down the following fundamental skills:

- Falling: Low crouch 180 slide out, Elbow/Knee pad slide, Ninja roll, Knee slide.
- Foot Position: Goofy or Regular, How to move feet on board, Proper foot placement (pushing, riding, turning, ollies)
- Pushing: Normal or Mongo, Proper body position, How to stop (Jumping off, Foot drag, Tail skid, Heel drag)
- Carve turning: Turning with all wheels down, Long and Short radius turns, Frontside and Backside, Slalom around cones, on banks and transitions
- Kickturning: Tic-Tac, Frontside and Backside, 180 and 360 Kickturning on flat ground, Fakie Kickturn, Kickturn on a bank, Kickturn on a transition
- Pumping: shifting weight to maintain speed over and around skatepark features, accelerate and decelerate with proper timing to control speed at all times

### **Instructors skating**

Instructors will skate when demonstrating skills to student. Instructors will effectively break down and build on the fundamental skills while teaching. Instructors will not skate for their own personal gain during working hours. Instructors will be mindful to stay well below their personal skating abilities while teaching, to prevent injuries.

**Instructors will use language that is appropriate for children while teaching class.**

**Instructors will understand and demonstrate these "Basic Tricks"**

1. Ollie
2. Kickturn Grind
3. Board Slide
4. Curb Grind
5. Nose Stall
6. Axle Stall
7. Tail Drop

**Instructors will understand and demonstrate "Skatepark Etiquette"**

- Be aware of other users
- Read posted rules
- Check for hazards
- Proper equipment
- Clean feet

**Instructors will emphasize the following during class:**

- Following directions
- The fun of persistence in learning skills
- Instill an essential understanding of: Falling, also foot and body position
- Understanding skatepark rules and etiquette
- Demonstrating proper park etiquette

**Instructors will do the following to make sure park is used properly.**

- Always wear helmet properly and ensure participants wear helmets properly as well
- Check participants equipment is in good working order, if not, notify about what needs to be done
- Encourage participants to wear additional safety gear (knee pads, elbow pads, wrist guards, good shoes)
- Follow proper etiquette

**Instructors will do the following to provide a safe class environment:**

- Check park for hazards(gravel, broken glass, large cracks)
- Inform local park users about class and ask for cooperation on park usage
- Bring 1st aid kit to class, replenish as needed
- Have cell phone for emergencies
- Make sure accident and incident forms are available
- If instructor is injured during work, report to supervisor immediately
- Instructor will be CPR and First Aid certified