

Returning to the ice

Some basics for feeling better about getting back on the ice - WORKSHEET

1: Acknowledge your worry

My fears when returning to the ice are:

- Fear of a loss of skills
- Fear of contracting Covid-19
- Fear of feeling insecure in a social setting
- Other fears:

Know that you are not alone when feeling like this 😊

2: Realistic Expectations

Set low expectations for your first few sessions back. Hoping to do everything as you did before is the best scenario but may result in disappointment.

My realistic and low expectations are:

3: Set some goals

Having a goal is a great way of seeing progress and feeling great about day one on the ice.

My day one goals are:

I hope to achieve these and if I do I'll think about these goals:

And if I don't I'll try these goals:

4: Visualise

Prepare your mind by visualising. You could close your eyes, or just imagine for a moment, the following scenarios:

- Your journey to your ice rink and walking in
- Your feelings you might have as you prepare, take your first few steps on the ice and after you've skated
- The people you might see and how you might connect with them
- A bad skate and a good skate
- An positive thought about an event in the future you're working towards (I.e. Test, competition, gala, certain skill)

5: Motivate yourself

REVIEW your first couple of skating sessions!

SESSION 1

The best part about it was:

I was surprised I could:

I'm looking forward to:

I know I can improve on:

SESSION 2

The best part about it was:

I was surprised I could:

I'm looking forward to:

I know I can improve on:

6: Have some support

Skating (or non-skating) friends I can talk to:

I could talk to my parents about:

I could talk to my coach about:

7: Congratulate yourself

You made it through your time off, you worked while off the ice to learn and progress, you were really thoughtful about returning to the ice with this worksheet and you remembered why you love ice skating.

Well Done!