



## SKATER'S CODE OF CONDUCT

Skaters registering with the Mile 300 Figure Skating Club do so knowing and accepting the rules and etiquette both on and off the ice.

Skaters are expected to conduct themselves in an acceptable and responsible manner at all times on and off the ice and while representing the Mile 300 Figure Skating Club at competitions and skating exhibitions, and while wearing Mile 300 Figure Skating apparel.

- All skaters and parents are expected to treat other skaters and coaches with respect.
- Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency.
- Skaters are expected to be on time and to skate the duration of their session. If you must leave a session before its completion, please tell a coach.
- Bathroom breaks should be taken during floods or at start or end of session, unless absolutely necessary.
- Kleenex, mitts, gloves and non-glass water bottles must be brought with you at the beginning of the session.
- **ALL** Food, drink, and gum are **prohibited** on the ice or bench. Plastic water bottles are acceptable, but must be left at the boards. Glass bottles and are not permitted.
- Skaters should be dressed neatly, and in the proper skating attire. Long hair should be tied back and off the face.
  - Proper attire must be worn by junior, intermediate, and star skaters on all sessions (Girls: figure skates, tights, dresses, skirts, leggings, warm up suits. No hoodies, no jeans or other street clothes. Boys: figure skates, athletic non-baggy pants, no jeans or other street clothes).
- Skaters are expected to be skating at all times while on the ice.
- The ice surface should be used for practice, not for conversation. Refrain from standing around and socializing on the ice. This wastes expensive ice time, interferes with other skaters' training and presents an additional hazard for other skaters to avoid. (Working in small groups with coach's approval is acceptable.)
- Use of cell phones, iPods, and MP3 players are not permitted on the ice. Skaters must leave the ice to utilize any of these devices.
- Spectators, including parents of skaters, may watch quietly from the stands or seating area — not by the boards — and must refrain from conversing with or offering directions to skaters on the ice. If a skater needs more direction, the coach should be consulted after the session, and a plan developed to help the skater become more independent. However the conversation should be kept to a minimum so as not to affect the coach's time with other skaters.
- Parents and/or skaters must notify the coach of any lessons to be missed. Coaches have the prerogative to charge for missed lessons not cancelled 24 hours before.

## MILE 300 FIGURE SKATING CLUB SKATER CODE OF CONDUCT

- The gates in the rink boards must be kept closed while a session is in progress, to ensure the safety of skaters on the ice.
- Sitting or climbing on the boards in the arena is not permitted.
- Skaters must clear the ice promptly at the end of each session.
- Foul language, yelling, and abusive or aggressive behaviour, including kicking holes in the ice, are prohibited, and will result in loss of privileges.
  - The skater will receive a warning at the first offence by a coach or executive member. Upon a subsequent offence, the skater will be asked to leave the ice for the remainder of the session. If the skater refuses to leave the ice, their skating privileges will be suspended for the next skating session. As a final recourse, repeat offenders will be refunded the balance of the season's skating fees and will have their membership revoked. Any skater who is a victim of bullying should inform their parent(s) and coach immediately and a letter of complaint should be sent to the President and board of the Mile 300 Figure Skating Club.

### Ice Rules and Right of Way Rules:

- Abide by session designations: No dance, skills or prolonged stroking exercises will be allowed on Freeskate sessions, and no freeskating (jumps or spins) will be allowed on Dance sessions; unless in a lesson with their coach.
- Attention must be paid to the position of other skaters and coaches while skating to ensure the safety of all.
- No Pushing, tripping, horseplay, tag, racing or intentional interference with other skaters.
- Right of way on the ice shall be as follows:
  1. Skaters in a lesson with music
  2. Skaters in a lesson
  3. Skaters with music

### All other skaters must yield to these skaters.

- Get up promptly after a fall in order to keep pathways clear for other skaters.
- If you are standing still, make sure your back is against the boards. Skaters must always look both ways when leaving the boards.
- Spin in the center. Jump at the corners. Do not linger in these areas.
- Pay attention to the position of other skaters at all times. Be especially alert for reverse jumpers.
- Look in the direction of travel when skating backwards.
- Avoid skating in the Lutz corners of the rink for prolonged periods as this impedes other skaters' ability to perform their elements and programs. Be especially aware of your surroundings when you are in these corners as the approach of the Lutz is long **and blind**. The skater doing the Lutz is not likely to see you.

### Music:

Music will be on the coaches Ipads or Ipods and will be played at the coaches' discretion. (This will continue until the club maintains designated music people. At that time, the coaches will have a solo list designated for skaters to be played by the music person.)

- If skaters have more than one solo, all of their music will be played, according to the coaches solo line-up list.

## MILE 300 FIGURE SKATING CLUB SKATER CODE OF CONDUCT

- Once music for solos and dance are placed in the playlist lineup, the order cannot be adjusted except for lesson requests.

When a dance is played, the skater with the coach who requested the dance music will skate first.

### **STARSkate Rules**

**The following rules must be followed at all times:**

- A list of private lessons will be posted on the boards each day.
- Skaters must follow the session schedule, ie. Free skate only during free skate time, dance only during dance time, etc.
- All skaters are to participate in group stroking sessions unless receiving a private lesson.

### **Dance Session Rules:**

- During the dance portion of a structured session, dance music only is permitted. Skills or free skate may be taught in a lesson without skills or free skate music.
- Skaters may practise any dance but must give right of way to those skaters skating to the dance music being played.

### **Skills Session Rules:**

- During the skills portion of a structured session, coaches will play music pertaining to the skills session. Dance or free skate may be taught in a lesson without dance or free skate music.

### **Free Skate Session Rules:**

- Skills and dances are not permitted on sessions that are free skate only (ie.STARSkate, Competitive session).
- Skaters are not permitted to request their music.
- Skaters must listen for the announcement of the solo music and corresponding skater to avoid interfering with the skater's program. Yield to the skater skating to their music.
- The music room is to be used only by those authorized by the designated music people. Every effort will be made to play a skater's solo music at least once per session. Coaches will provide the music people with a solo lineup playlist. Skaters with more than one (1) solo will have all of their solos played.
- Skaters are not permitted to request the ice be cleared for any one skater.

**I have reviewed and understand this Code of Conduct and agree to uphold its principles:**

Skater's Name (Please Print)

\_\_\_\_\_

*Signatures:*

Skater \_\_\_\_\_

Parent \_\_\_\_\_

Date: \_\_\_\_\_