



## Welcome to Mountain View Skating Academy

Welcome to the Mountain View Skating Academy (MVSA)! The MVSA is dedicated to providing a fun and safe experience for ice-skaters of all ages and abilities. MVSA is located at the Mountain View Ice Arena in Vancouver, WA. For over twenty years, the Mountain View Ice Arena has been a dedicated community partner promoting health and physical fitness, on and off the ice. As a MVSA member, skaters are offered opportunities for all levels of ice-skating including group skill development classes, such as Learn to Skate and Aspire, as well as access to the rink's coaches for private lessons. All participants in MVSA must comply with the academy's rules and code of conduct established by Mountain View Ice Arena.

A MVSA member will have the ability to participate in academy events throughout the year. Starting in February 2021, we ask that each skater cover the nominal fee of \$20.00 a month to participate in the academy. This fee offset the academy's program development and administration costs. All coaches utilized by academy members must also be pre-approved by MVSA and adhere to the academy's coach's code of conduct.

If you have any questions at any time, please engage one of our professional coaches in person or via email at [mtnviewsa@gmail.com](mailto:mtnviewsa@gmail.com). We look forward to working with you.

See you on the ice!

# **Mountain View Skating Academy Overview**

## **What is the purpose of Mountain View Skating Academy?**

The mission of Mountain View Skating Academy is to provide a safe, healthy program to train ice-skaters in all facets and levels of ice skating. Our goal is to develop athleticism and a solid foundation of skills for the aspiring hockey player, the competitive figure skater, or simply the life-long recreational skater.

We desire to assist our community of skaters as they begin to develop their path in their ice-skating journey. This journey may lead them to additional "Learn to Skate" or "Aspire" programs; it may lead them directly to our rink's hockey programs; or lead them to the competitive world of figure skating with our connections to area coaches. There are many options for all levels and ages of ice-skaters at Mountain View Skating Academy.

## **Is Mountain View Skating Academy a USFS skating club?**

No. Mountain View Skating Academy is a local program focused primarily on our ice skater's development in every aspect of ice skating.

## **What program opportunities does Mountain View Skating Academy provide to the public?**

- **For the beginner ice skater:** "Learn to Skate" group classes for the beginner to advanced skater. New "Learn to Skate" groups will be forming in 2021.
- **For the "Learn to Skate" graduate:** "Aspire Skating" group classes for students who have completed "Learn to Skate" Level 3 and up. New "Aspire Skating" group classes will be forming in 2021.
- **For the figure skater looking to compete:** Our programs include "Learn to Skate", "Aspire", and connections with local coaches for private one-on-one lessons.
- **For the hockey player:** Our programs include "Learn to Skate", "Aspire", and connections with our "Learn to Play", local hockey programs, and private one-on-one coaching lessons.
- **For the recreational skater:** Our programs include "Learn to Skate", "Aspire", and connections with local coaches for private one-on-one lessons.

## **Who are the MVSA coaches?**

The MVSA coaching team members are selected for their outstanding backgrounds in the world of ice-skating as well as for their nurturing personalities and attention to detail. Many of the MVSA coaching resumes include high-level test credentials, professional ice show experience, competitive backgrounds in USFS as well as ISI, USFS Judging and membership in professional ice-skating organizations. All coaches must have a background check and be SafeSport™ certified. Our coaches work to motivate skaters to work hard, stay focus and train at their individual personal best.



## **Mountain View Skating Academy**

### **- Important Safety Information -**

The Mountain View Skating Academy is committed to conducting its skating programs and activities in a safe manner and holds the safety of participants in high regard. It is our goal to strive to reduce risks and insist that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this academy must recognize that there is an inherent risk of injury when choosing to participate in ice skating activities.

As a parent, you are solely responsible for determining if you or your minor child/ward are physically fit and/or adequately skilled for ice-skating activities. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity.

#### **Warning of Risk Related to Ice-Skating**

Ice-skating is intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury, including but not limited to head injury, neck or back injury, wrist and ankle fractures, and other orthopedic injuries to limbs and joints. Individuals who have a history of these problems should seek the advice of their physician BEFORE engaging in activities that may aggravate pre-existing problems.

It is impossible to foresee all hazards and dangers. The very nature of ice- skating is risky, including but not limited to slip and falls, colliding with other skaters of varying degrees of skill (including being struck from behind), tripping on irregular ice surfaces, cuts from skate blades, inadequate or defective equipment, ill-fitting skates, failure in supervision or instruction, horseplay, carelessness, poor technique, poor conditioning, rule violations, striking a stationary object, premises defects outside the rink, and all other risks inherent to the sport of ice-skating. In this regard, it must be recognized that it is impossible for the sponsoring organization to guarantee absolute safety.

#### **MVSA Photo/Video Policy**

The sponsoring organization (Mountain View Ice Arena) takes photos and video of participants in classes, lessons, special events, and in the rink's surrounding area. By signing the waiver, you are giving permission to the sponsoring organization to use these photos and videos in publications, on the MVSA website and social media sites.

Source: <http://iceskatingresources.org/Waiver&Release.html>



## Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity.

I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against Mountain View Ice Arena and Mountain View Skating Academy, including its officials, agents, coaches, volunteers and employees.

I further agree to defend, indemnify, and hold the sponsoring organization harmless against any and all liability, loss, expense, including reasonable attorneys' fees, or claims for injury or damages arising out of my participation (or my minor child/ward's participation) in this activity; but only in proportion to and to the extent such liability, loss, expense, attorney's fees, or claims for injury or damages are caused by or result from my or my minor child's/ward's acts(s) or omission(s).

I have read and fully understand the above important information, warning of risk (including the Covid-19 risk), photo/video policy, assumption of risk and waiver and release of all claims, and indemnification agreement. PARTICIPATION WILL BE DENIED if the signature of adult participant or parent/guardian and date are not on this waiver.

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Participant's Name (please print)

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Participant's Signature (18 years or older or parent/guardian)

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Date

