

Lake Effect Team Handbook

Show ski Team handbook

March 30, 2026



Table of Contents

[MISSION STATEMENT](#)

[VISION](#)

[REGISTRATION](#)

[CONTACT](#)

[NEW ATHLETE ORIENTATION](#)

[TEAM RULES](#)

[SHOW SITE OVERVIEW](#)

[EMERGENCY ACTION PLANS \(EAP'S FOR EACH SITE\)](#)

[SAFETY DIRECTORS CHECKLIST](#)

[INCIDENT REPORT FORM \(WSWC\)](#)

[SEVERE WEATHER PROTOCOL](#)

[WSWC CODE OF CONDUCT AND ETHICS](#)

[COMMUNICATION SIGNALS](#)

[PINNING COURSE SLIDE SHOW](#)

Mission Statement

The Lake Effect Show Ski Team

Lake Effect is a not-for-profit, multi-generational show ski team that inspires through hard work, dedication, and performance-advancing athlete development, growing the sport, and fostering a lasting legacy, powered by the passion, strength, and generosity of volunteers and local Canadian businesses.

Vision for the clubs future

- ✓ Develop the business framework and fundamentals
- ✓ Develop Robust Member Benefits
- ✓ Advertising + Fundraising + Partnerships
- ✓ Short-term and long-term milestones / objectives
- ✓ 'By the team, for the team'

Registration

Athlete 'Premium' – Full Participation (I want to participate in all shows and practices throughout the season) **\$250**

Athlete 'Basic' – Limited participation (I have limited time, but am really keen to be involved as much as I can) **\$150**

Social/Parent/Volunteer/Coach – (non-skier but want to be involved with the Team in off-water support) **\$50**

www.lakeeffectshowski.com

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SOCIAL MEDIA

Instagram - @lakeeffectshowski

New Athlete Orientation

1. Receive water ski safety training.
2. Be introduced to team leaders
3. Receive a copy of the Lake Effect Team Handbook *Website digital
4. Complete "Safe Sport" through the "Locker room" prior to participation at any in person team session.

<https://coach.ca/sport-safety/safe-sport-training>

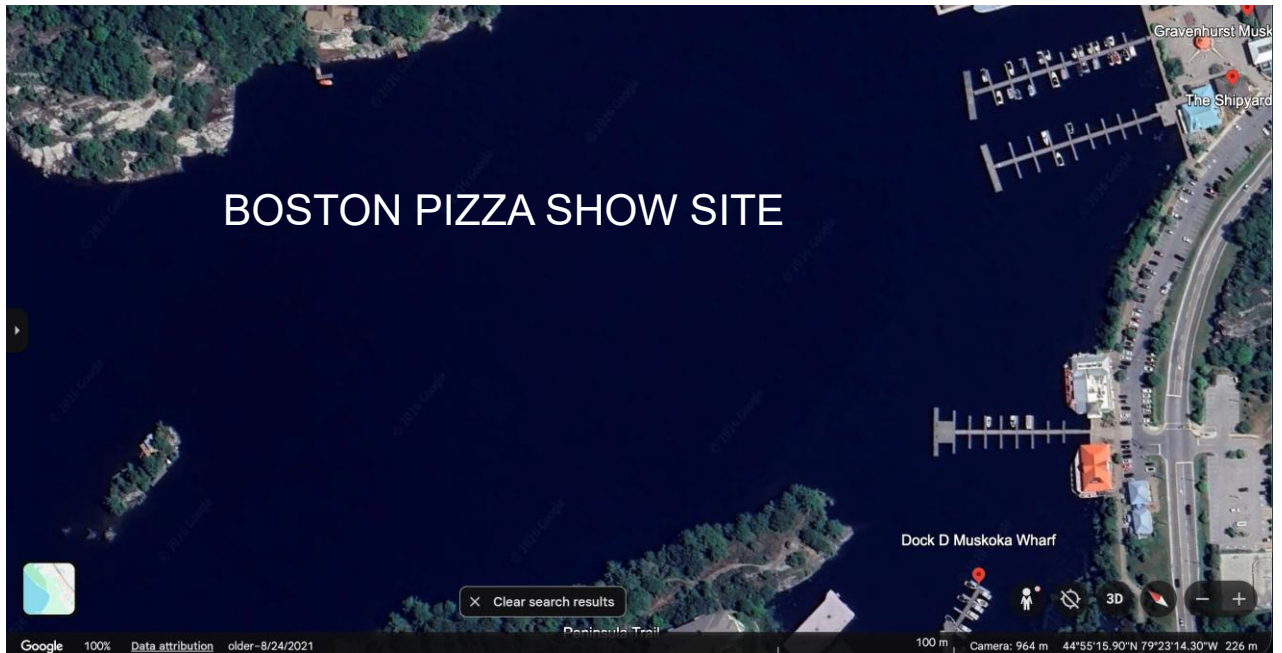
****Warning:** In water skiing, as in most sports, there is a chance of serious injury or death.**

What is expected of Athlete

1. Read and follow Team Handbook
2. Work together with teammates
3. Respect authority and other ski club members
4. Familiarize yourself with the EAP plans for each site.
5. Participate in fundraising activities
6. Promote the team and its sponsors
7. Help with set up and clean up for practices and shows
8. Attend general meetings
9. Check email for newsletters regarding scheduled activities
10. Participate on at least one committee ***
11. A parent or guardian of any skier age 12 or younger must be present at every practice.
12. Pay all Dues fees on time (Lake Effect Team Dues and WSWC licence). Please make your team under WSWC Lake Effect Show Ski team

Team Rules

1. No smoking, drinking of alcoholic beverages, drug use or use of profanity at practices, shows, or general club meetings.
2. No Athletes/Volunteers may participate in a show or practice while under the influence of drugs or alcohol.
3. All skiers shall wear a floatation device of some kind. **(Only Exception is strapped double non-skier)
4. No playing in the water or on the dock during practice (dangerous with boats around).
5. No sliding or playing on jump (surface is waxed and extremely slippery and dangerous).
6. All skiers must have current WSWO/ WSWC memberships prior to attending any in person sessions. *All Team members must follow the WSWC code of conduct and ethics.
7. All members must complete the "Safe Sport" program through the locker room website that is free with your WSWC membership prior to attending any in person sessions. **<https://coach.ca/sport-safety/safe-sport-training>**
8. All skiers that want to take part in any show must make contact through "Team Snap" 48 hours in advance of any show. ***Skiers who fail to confirm through Team Snap 48 hours prior will not be scheduled in any acts in the show.



Emergency Action Plan (EAP)

Show Water Ski Team – Gull Lake, Gravenhurst, Ontario

Primary Site: Gull Lake, Gravenhurst, ON

Secondary Site: Boston Pizza Wharf Gravenhurst, ON

Applies To: Practices, performances, rehearsals, and special events

1. Purpose

This Emergency Action Plan provides procedures to respond quickly and safely to emergencies involving skiers, boat crews, volunteers, and spectators during water ski shows on Gull Lake.

Objectives

- Protect life and prevent further injury
- Ensure fast, organized emergency response
- Coordinate effectively with local emergency services

2. Emergency Command Structure

Incident Commander

Show Director / Safety Director

- Has full authority to stop the show
 - Coordinates on-water and shore response
 - Acts as primary contact with emergency services
- Key Roles**
- **Safety Boat Captain(s):** On-water rescue and skier retrieval
 - **Spotters:** Maintain constant visual contact with skiers
 - **Medical Lead:** First Aid / CPR / AED responder
 - **Dock Captain:** Controls dock access and shoreline safety
 - **Announcer:** Delivers calm instructions to spectators

3. Emergency Contacts (Post at Dock & Boats)

- **Emergency Services (Police / Fire / Ambulance):** 911 • **OPP Marine Unit (Muskoka):** via 911
- **Nearest Hospital:**

South Muskoka Memorial Hospital – Bracebridge

- **Show Site Address - 405 Brock St., Gravenhurst, Ontario, P1P 1H4**
- **2nd Show Site address - 1100 Bay Street Gravenhurst, Ontario P1P 1Z9**

4. Communication & Signals

Primary Communication

- Marine or VHF radios between boats and dock

- Cell phones as backup **Emergency Signals**

- **Continuous Boat horn blast or radio call “STOP SHOW”** – immediate halt
- **One long blast repeated** – medical emergency
- **Crossed arms overhead** – emergency assistance needed

5. Medical Emergencies

Immediate Actions

1. Stop the show immediately
2. Nearest safety boat approaches **from downwind**
3. Shut off engine before contact
4. Stabilize injured skier in water if needed
5. Transport to dock for first aid or EMS transfer

Common Risks

- Lacerations
- Head, neck, or spinal injuries
- Heat exhaustion or dehydration
- Cardiac emergencies

Spinal Injury Protocol

- Do **not** move the patient unless required for safety
- Maintain head and neck alignment
- Use backboard and cervical collar if available
- Call **911 immediately**

6. Missing Skier / Drowning Protocol

1. Immediate show stop
2. Identify last-seen location
3. Safety boats initiate coordinated search
4. Shore crew scans dock and shoreline
5. If skier not located within **2 minutes**, call **911**
6. Incident Commander coordinates all efforts

7. Boat or Equipment Failure

Tow Boat Breakdown

- Stop skiing immediately
- Safety boat retrieves skier(s)
- Disabled boat towed only if safe **Equipment Failure**
- Spotter signals immediately
- Safety boat retrieves skier
- Inspect and replace equipment before resuming

8. Weather Emergencies (Muskoka Conditions)

Lightning / Thunder

- **Immediate show stop at first thunder or lightning**
- All skiers exit water immediately
- Boats return to dock
- Spectators directed away from shoreline **High Winds / Heavy Boat Traffic**
- Show Director evaluates conditions
- Modify acts or cancel if water becomes unsafe

9. Fire or Fuel Spill

Boat Fire

1. Shut off engine if safe
 2. Use onboard fire extinguisher
 3. Move people away from hazard
 4. Call **911** if fire is uncontrolled **Fuel Spill**
- Stop engines
 - Contain spill if possible
 - Notify emergency services and OPP Marine Unit

10. Spectator & Dock Safety

- Maintain clear buffer between dock and spectators
- Crowd controlled by Dock Captain and volunteers
- First aid kit and AED located on or near dock
- Emergency access route kept clear at all times

11. Evacuation Plan

Evacuation Triggers

- Severe weather
- Fire
- Major medical emergency
- Direction from police or emergency services
- Announcer provides calm instructions
- Volunteers guide spectators away from dock
- Designated safe gathering area identified on shore

Evacuation Procedure

12. Required Emergency Equipment

- First aid kits (dock + safety boats)
- AED (with trained responders)
- Marine radios (fully charged)
- Throw ropes / life rings
- Backboard and cervical collar
- Fire extinguishers on all boats
- Emergency blankets

13. Training & Readiness

- Annual EAP review for all team members
- Pre-season rescue and medical drills
- New members trained before participation
- **Pre-show safety briefing before every performance**

14. Post-Incident Procedures

- Document incident details
- Notify team leadership and governing body
- Review response and identify improvements
- Update EAP as needed

Safety Director's Checklist

The following safety considerations and suggestions are regarded by USA-WSWS as important for the safe and efficient operation of a tournament. Please check the following and provide an explanation for any item checked "NO." At the conclusion of the tournament, the Chief Safety Director and Chief Judge should sign the bottom of this sheet to verify that the check-off is accurate.

	YES	NO	N/A
A. MEDICAL LIAISON WITH OFF-SITE MEDICAL FACILITIES:			
1. Phone or radio/telephone communication on-site for direct communication to emergency facility?	☐	☐	☐
2. Licensed or certified EMT or medical assistance available on-site or no more than 5-10 minutes travel away? ..	☐	☐	☐
3. Posted emergency route maps and phone numbers at several locations?	☐	☐	☐
B. SAFETY OF ON-SITE FACILITIES:			
1. Competition area free of hazardous obstacles?	☐	☐	☐
2. Non-moveable obstructions <u>clearly marked</u> , rendered safe by cover and/or pointed out to officials/competitors?....	☐	☐	☐
3. Take-off/landing areas cleared of rocks, glass, tin cans, and other hazards?	☐	☐	☐
4. Docks/piers free of sharp edges, nails, broken/cracked boards?	☐	☐	☐
5. Jump Ramp/Slider/Kicker Inspection (with the Chief Judge and Technical Controller/Homologator):			
a. Properly secured, lines and anchors?	☐	☐	☐
b. Surface and aprons smooth and no protruding nails/bolts?	☐	☐	☐
c. Surface and sides good color contrast and not color of water?	☐	☐	☐
d. Algae/water scum removed from below water line surface?	☐	☐	☐
6. ALL competition courses a safe distance from shore and each other?	☐	☐	☐
7. Towers:			
a. Stable and securely anchored?	☐	☐	☐
b. Ladders secure and no loose foot/hand holds?	☐	☐	☐
c. Floors, handrails in place and in good repair?	☐	☐	☐
8. Refueling Area:			
a. Appropriate fire extinguisher in close proximity?	☐	☐	☐
b. NO SMOKING and FLAMMABLE signs posted and visible?	☐	☐	☐
c. Fuel drums/pumps properly grounded?	☐	☐	☐
C. SAFETY BOAT(S) AND CREWS OR SWIMMERS:			
1. One (1) Type III PFD for each person and a spare?	☐	☐	☐
2. Two-way radio to Safety Director?	☐	☐	☐
3. Water rescue personnel in adequate numbers to cover all events (to be trained by the Safety Director)?	☐	☐	☐
4. Adequate safety boats where needed?	☐	☐	☐
D. SHORE SAFETY FACILITIES:			
1. Designated safety/first aid area?	☐	☐	☐
2. First Aid Equipment:			
a. Rigid spine board?	☐	☐	☐
b. Universal type C.I.D.?	☐	☐	☐
c. First aid kit of adequate size?	☐	☐	☐

CHIEF DRIVER

Name _____

Approval ☐ Date _____

CHIEF SAFETY DIRECTOR

Name _____

Approval ☐ Date _____

CHIEF JUDGE

Name _____

Approval ☐ Date _____

WATER SKI AND WAKEBOARD CANADA
INCIDENT REPORT FORM

WHAT IS AN ACCIDENT?

- Any instance where a skier/rider sustains physical harm during participation in familiarization or the competition (bruise, cut, sprain, fracture, loss of consciousness, etc.)
 - Any instance in which an athlete requires medical assistance
 - Any instance which requires an athlete to withdraw from competition due to physical injury
 - Any instance that require the competition to be stopped for any length of time other than protests or equipment failure
- It is essential to apply the above to both competition and familiarization

PLEASE ENSURE AN INJURY REPORT FORM IS FILLED OUT FOR EACH INDIVIDUAL INJURY.

Name of School/Club: Date:

Name of injured participant: Age:

Address:

Primary Contact no.: Alternate no.:

Event: Water Ski (Slalom, Trick or Jump) Barefoot: (Slalom, Trick or Jump)

Wakeboard:

Adaptive:

Marathon:

Time of injury:

Years of skiing/riding:

CONDITIONS:

Site / Waterway name:

Air Temperature: (Celsius or Farenheit) Water Temperature: (Celsius or Farenheit)

Water conditions: (example: calm or ripple or slight chop or choppy rough)

Wind conditions: (example: none or light (1-10 kph) or moderate (10-20kph) or strong (20+kph)

(example: head or crosswind or tail)

Light conditions: (example: clear or cloudy or raining or foggy or any glare)

1. How did the injury occur? (be as specific as possible)

2. Location of injury (on body)?

3. Type of injury (bruise, sprain, etc.)

4. What factors contributed to the injury? (be as specific as possible – continue on an additional page if necessary)

5. Did the injury involve any on-water obstacle (i.e. jump ramp, rail, kicker)?

Describe:

6. What safety equipment was being used? (jump pants, helmet, trick release, etc)

7. What could have been done to prevent the injury?

8. Treatment: Removal from the water:

9. First Aid (describe)

10. If hospitalized or taken to clinic-

Name of Institution:

How transported:

Name of physician:

11. Other pertinent information:

12. Did this injury prevent the individual from continuing to participate: Yes

☐

No

☐

Boat Driver:

Boat speed at time of injury:

Coach / Instructor:

School/Club Contact:

Principal contact name:

(please print)

Tel:

Business:

Email:

Signature:

Date:

Important: A copy of injured party's signed waiver must accompany this document. Thankyou.

Return form to Water Ski and Wakeboard Canada via email to info@wswc.ca with the title INJURY REPORT

WATER SKI AND WAKEBOARD CANADA ("WSWC")

Code of Conduct and Ethics

(the "Code")

Water Ski and Wakeboard Canada (the "Organization") has adopted the [Universal Code of Conduct to Prevent and](#)

[Address Maltreatment in Sport](#) ("UCCMS") which shall be incorporated into this Code by reference as if set out in full

herein. Any modifications or amendments made to the UCCMS by the Sport Dispute Resolution Centre of Canada

("SDRCC") shall come into effect immediately and automatically upon their adoption by the SDRCC, without the need for any further action by the Organization.

The Organization is a Program Signatory of the Office of the Sport Integrity Commissioner (the "OSIC"), as of March 3,

2023 (the "Effective Date").

The Organization has designated specific Registered Stakeholders within the organization as UCCMS Participants. A full list of designated individuals is available at info@wswc.ca.

It is important to note that the Code applies to all Registered Stakeholders, **but not all Registered Stakeholders are**

UCCMS Participants and subject to the complaint process under the OSIC.

A. Purpose

1. The purpose of this Code is to ensure a safe and positive environment within the programs, activities, and Events of the Organization by making all Registered Stakeholders aware that there is an expectation, at all times, of appropriate behaviour consistent with the Organization's core values, mission, and policies.

2. The Organization supports equal opportunity, prohibit discriminatory practices, and is committed to providing an environment in which all individuals can safely participate in sport and are treated with respect and fairness.

B. Application – General

3. This Code applies to the conduct of all Registered Stakeholders during the business, activities, and Events of the

Organization including, but not limited to competitions, practices, evaluations, treatment, or consultations (e.g., massage therapy), training camps, travel associated with organizational activities, the office environment, and any meetings.

4. This Code also applies to the conduct of all Registered Stakeholders outside of the business, activities, and Events of the Organization when such conduct adversely affects the Organization's relationships (and the work and sport environment) or is detrimental to the image and reputation of the Organization. Such applicability will be determined by the Organization at its sole discretion.

5. This Code applies to Registered Stakeholders active in the sport or who have retired from the sport where any claim regarding a potential breach of this Code occurred when the Registered Stakeholder was active in the sport.

C. Prohibited Behaviours

6. All Registered Stakeholders must refrain from any behaviour that constitutes a Prohibited Behaviour as defined by the UCCMS and the Code.

7. Registered Stakeholders are responsible for knowing what actions or behaviours are Prohibited Behaviours and/or Maltreatment.

Code of Conduct and Ethics

8. Prohibited Behaviours under the UCCMS include, but are not limited to:

- a) Physical Maltreatment
- b) Psychological Maltreatment
- c) Neglect
- d) Sexual Maltreatment
- e) Grooming
- f) Boundary Transgressions
- g) Discrimination
- h) Failing to Report
- i) Aiding and Abetting
- j) Retaliation
- k) Interference with or Manipulation of Process
- l) False Reports

9. In addition to the Prohibited Behaviours as defined by the UCCMS, this Code sets out other expected standards of behaviour and conduct for all Registered Stakeholders and any failure to respect these expected standards of behaviour by a Registered Stakeholders may constitute a breach of this Code. In addition, the following behaviours also constitute breaches of this Code: a) Bullying

- c) Workplace Harassment
- b) Harassment
- d) Workplace Violence

D. Responsibilities of Registered

10. All Registered Athletes/Vounteers have a responsibility to:

- a) Refrain from any behaviour that constitutes Maltreatment or Prohibited Behaviour under this Code or the UCCMS.
- b) Maintain and enhance the dignity and self-esteem of other Registered Stakeholders by:
 - i. Treating each other with fairness, honesty, respect and integrity;
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of Athletes, coaches, officials, organizers, volunteers, employees, or other Registered Stakeholders; iii. Consistently demonstrating the spirit of sportsmanship, sport leadership, and ethical conduct; and iv. Ensuring adherence to the rules of the sport and the spirit of those rules.
- c) Refrain from the use of power or authority to coerce another person to engage in inappropriate activities.
- d) Refrain from consuming tobacco products, cannabis, or recreational drugs while participating in the programs, activities, competitions, or Events of the Organization.
- e) In the case of Minors, not consume alcohol, tobacco, or cannabis at any competition or Event.

- f) In the case of individuals who are not Minors, not consume cannabis in the Workplace or in any situation
- g) associated with the Events of the Organization (subject to protections under applicable human rights legislation), not consume alcohol during training, competitions, or in situations where Minors are present, and take reasonable steps to manage the responsible consumption of alcohol in adult-oriented social situations.
- h) When driving a vehicle:
 - i. Have a valid driver's license;
 - ii. Obey traffic laws;
 - iii. Not be under the influence of alcohol or illegal drugs or substances;
 - iv. Have valid car insurance; and
 - v. Refrain from engaging in any activity that would constitute distracted driving.
- h) Respect the property of others and not wilfully cause damage.
- i) Promote sport in the most constructive and positive manner possible.
- j) Refrain from engaging in deliberate behaviour which is intended to manipulate the outcome of a para-classification, competition and/or not offer, receive or refrain from offering or receiving any benefit which is intended to manipulate the outcome of a competition or para-classification. A benefit includes the direct or indirect receipt of money or other anything else of value, including, but not limited to, bribes, gains, gifts, preferential treatment, and other advantages.
- k) Adhere to all applicable federal, provincial/territorial, municipal and host country laws.
- l) Comply with the bylaws, policies, procedures, rules, and regulations of the Organization and as adopted and amended from time to time.

E. Directors, Committee Members, and Employees

11. In addition to section D (above), Directors, Committee Members, and employees of the Organization have additional responsibilities to:

- a) Function primarily as a Director, committee member or employee of the Organization (as applicable) and ensure to prioritize their duty of loyalty to Organization (and not to any other organization or group) while acting in this role.
- b) Ensure that financial affairs are conducted in a responsible and transparent manner with due regard for all fiduciary responsibilities.
- c) Comply with their obligations under the *Screening Policy*, including understanding ongoing expectations under the *Screening Policy* and fully cooperating in the screening process.
- d) Conduct themselves openly, professionally, lawfully and in good faith.
- e) Be independent and impartial and not let self-interest, outside pressure, expectation of reward, or fear of criticism influence their decision-making on behalf of the Organization.
- f) Exercise the degree of care, diligence, and skill required in the performance of their duties pursuant to applicable laws.

Code of Conduct and Ethics

- g) Maintain required confidentiality of organizational information.
- h) When acting as a Director or Committee Member, respect the decisions of the majority (the Board or a Committee, as applicable) and resign if unable to do so.
- i) Commit the time to attend meetings and be diligent in preparation for, and participation in, discussions at such meetings.
- j) Have a thorough knowledge and understanding of all governance documents.

F. Athlete Support Personnel

12. In addition to section D (above), Athlete Support Personnel have many additional responsibilities.

13. Athlete Support Personnel must understand and respect the inherent Power Imbalance that exists in their relationship with Athletes and must be extremely careful not to abuse it, either consciously or unconsciously.

14. Athlete Support Personnel will:

- a) Avoid any behaviour that abuses the Power Imbalance inherent in the position of the Athlete Support Personnel.
- b) Ensure a safe environment by selecting activities and establishing controls that are suitable for the age, experience, ability, and fitness level of the Athletes.
- c) Prepare Athletes systematically and progressively, using appropriate time frames and monitoring physical and psychological adjustments while refraining from using training methods or techniques that may harm Athletes.
- d) Avoid compromising the present and future health of Athletes by communicating and cooperating with sport medicine professionals in the diagnosis, treatment, and management of Athletes' medical and psychological treatments.
- e) Support the Athlete Support Personnel of a training camp, provincial/territorial team, or national team, should an Athlete qualify for participation with one of these programs.
- f) Accept and promote Athletes' personal goals and refer Athletes to other coaches and sport specialists as appropriate.
- g) Provide Athletes (and the parents/guardians of Minor Athletes) with the information necessary to be involved in the decisions that affect the Athlete.
- h) Act in the best interest of the Athlete's development as a whole person.
- i) Comply with their obligations under the *Screening Policy*, including understanding ongoing expectations under this Policy and fully cooperating in the screening process.
- j) Report any ongoing criminal or anti-doping investigation, conviction, or existing bail conditions to the Organization, including those for violence, child pornography, or possession, use, or sale of any illegal or prohibited substance or method

Code of Conduct and Ethics

- k) Under no circumstances provide, promote, or condone the use of drugs (other than properly prescribed medications) or prohibited substances or prohibited methods and, in the case of Minors, alcohol, cannabis, and/or tobacco.
- l) When acting as a coach, respect Athletes competing for other jurisdictions and, in dealings with them, not encroach upon topics or take actions which are deemed to be within the realm of 'coaching', unless after first receiving approval from the coaches who are responsible for the Athletes.
- m) When a Power Imbalance exists, not engage in a sexual or intimate relationship with an Athlete of any age
- n) Disclose to the Organization any sexual or intimate relationship with an Athlete over the age of majority and, if requested by the Organization, immediately discontinue any coaching involvement with that Athlete
- o) Avoid compromising the present and future health of Athletes by communicating and cooperating with sport science and sport medicine professionals in the diagnosis, treatment, and management of Athletes' medical and psychological treatments, including when discussing optimal nutritional strategies or weight control methods for junior-aged Athletes and above (18 + years of age). Dieting and other weight control methods are not permitted for Athletes 17 years of age and younger.
- p) Recognize the power inherent in the position of Athlete Support Personnel and respect and promote the rights of all Registered Stakeholders in sport. This is accomplished by establishing and following procedures for confidentiality (right to privacy), informed participation, and fair and reasonable treatment. Athlete Support Personnel have a special responsibility to respect and promote the rights of Registered Stakeholders who are in a vulnerable or dependent position and less able to protect their own rights.
- q) Dress professionally and use appropriate language.

G. Athletes

15. In addition to section D (above), Athletes have additional responsibilities to:

- a) Follow their Athlete Agreement (if applicable).
- b) Report any medical problems in a timely fashion, when such problems may limit their ability to travel, practice, or compete.
- c) Participate and appear on-time and prepared to participate to their best abilities in all competitions, practices, training sessions, and evaluations.
- d) Properly represent themselves and not attempt to participate in a competition for which they are not eligible by reason of age, classification, or other reason.
- e) Adhere to any rules and requirements regarding clothing, professionalism, and equipment.
- f) Act in accordance with applicable policies and procedures and, when applicable, additional rules as outlined by Athlete Support Personnel.

H. Officials

16. In addition to section D (above), officials have additional responsibilities to:

Code of Conduct and Ethics

- a) Maintain and update their knowledge of the rules and rules changes.
- b) Not publicly criticize other Registered Stakeholders.
- c) Adhere at all times to the rules of their international federation and any other sport organization that has relevant and applicable authority.
- d) Place the safety and welfare of competitors, and the fairness of the competition above all else.
- e) Strive to provide a fair sporting environment, and at no time engage in Maltreatment of any person on the field of play.
- f) Respect the terms of any agreement that they enter into with the Organization.
- g) Work within the boundaries of their position's description while supporting the work of other officials.
- h) Act as an ambassador of the sport by agreeing to enforce and abide by national and provincial/territorial rules and regulations.
- i) Take ownership of actions and decisions made while officiating.
- j) Respect the rights, dignity, and worth of all Registered Stakeholders.
- k) Act openly, impartially, professionally, lawfully, and in good faith.
- l) Be fair, equitable, considerate, independent, honest, and impartial in all dealings with others.
- m) Respect the confidentiality required by issues of a sensitive nature, which may include discipline processes, appeals, and specific information or data about Registered Stakeholders.
- n) Comply with their obligations under the *Screening Policy*, including understanding ongoing expectations under this Policy and fully cooperating in the screening process.
- o) Honour all assignments unless unable to do so by virtue of illness or personal emergency, and in these cases inform a supervisor or the Organization at the earliest possible time.
- p) When writing reports, set out the actual facts to the best of their knowledge and recollection. q) Dress in proper attire for officiating.

I. Parents/Guardians and Spectators

17. In addition to section D (above), parents/guardians and spectators at Events will:

- a) Encourage Athletes to compete within the rules and to resolve conflicts without resorting to hostility or violence.
- b) Condemn the use of violence in any form.
- c) Never ridicule a Registered Stakeholder for making a mistake during a competition or practice.
- d) Respect the decisions and judgments of officials and encourage Athletes to do the same.
- e) Support all efforts to stop and prevent verbal and physical abuse, coercion, intimidation, and excessive sarcasm.
- f) Respect and show appreciation to all competitors, and to coaches, officials and other volunteers.
- g) Never harass competitors, Athlete Support Personnel, officials, parents/guardians, or other spectators.
- h) Never encourage, aid, covert up or assist an Athlete in cheating through doping, competition manipulation or other cheating behaviour.
- i) J. Anti-Doping¹

Code of Conduct and Ethics

18. The Organization adopts and adheres to the Canadian Anti-Doping Program. The Organization and its Members will respect any sanction imposed on a Registered Stakeholder as a result of a breach of the [Canadian Anti-Doping Program](#) or any other applicable Anti-Doping Rules.

19. All Registered Stakeholders shall:

- a) Abstain from the non-medical use of medications or drugs or the use of Prohibited Substances or Prohibited Methods as listed on the version of the World Anti-Doping Agency's Prohibited List currently in force.
- b) Refrain from associating with any person for the purpose of coaching, training, competition, instruction, administration, management, athletic development, or supervision, who has been found to have committed an anti-doping rule violation and is serving a period of ineligibility imposed pursuant to the Canadian Anti-Doping Program or any other applicable anti-doping rules.
- c) Cooperate with any Anti-Doping Organization that is conducting an investigation into any anti-doping rule violation(s).
- d) Refrain from any offensive conduct toward a Doping Control official or other individual involved in Doping Control, whether or not such conduct constitutes Tampering as defined in the Canadian Anti-Doping Program.

20. All Athlete Support Personnel or other Persons who are Using a Prohibited Substance or Prohibited Method

without a valid and acceptable justification shall refrain from providing support to Athletes that fall under the

Organization's jurisdiction.

K. Retaliation, Retribution or Reprisal

21. It is a breach of this *Code of Conduct and Ethics* for any Registered Stakeholder to engage in any act that

threatens or seeks to intimidate another individual with the intent of discouraging that individual from filing, in good faith, a Report pursuant to any policy of the Organization. It is also a breach of this *Code of Conduct*

and *Ethics* for an individual to file a Report for the purpose of retaliation, retribution or reprisal against any other individual. Any individual found to be in breach of this section shall be liable for the costs related to the disciplinary process required to establish such a breach.

L. Privacy

1 Any capitalized terms used in this Anti-Doping section shall, unless the context requires otherwise, have the meanings ascribed to them in the Definitions section of the Canadian Anti-Doping Program.

Code of Conduct and Ethics

22. The collection, use and disclosure of any personal information pursuant to this Policy is subject to the *Privacy Policy*.

M. Definitions

23. Terms in this Code are defined as follows:

- a) **Athlete** – An individual who is an Athlete participant in the Organization who is subject to the policies of the Organization and to this Code.
- b) **Athlete Support Personnel** - Any coach, trainer, manager, agent, team staff, official, medical, paramedical personnel, parent or any other person working with, treating or assisting an Athlete participating in or preparing for sports competition.
- c) **Bullying** – Offensive behaviour and/or abusive treatment of a Registered Stakeholder that typically, but not always, involves an abuse of power.
- d) **Event** – an event sanctioned by the Organization, and which may include a social Event
- e) **Harassment** – as defined in the UCCMS.
- f) **Organization** – Water Ski and Wakeboard Canada.
- g) **OSIC** – Office of the Sport Integrity Commissioner, an independent division of the Sport Dispute Resolution Centre of Canada (SDRCC) which comprises the functions of the Sport Integrity Commissioner
- h) **Registered Stakeholders** – Refers to all categories of individual members and/or registrants defined in the By-laws of the Organization who are subject to the policies of the Organization, as well as all people employed by, contracted by, or engaged in activities with, the Organization including, but not limited to, employees, contractors, Athletes, coaches, instructors, officials, volunteers, managers, administrators, parents or guardians, spectators, committee members, and Directors and Officers. i) **Person in Authority** – Any Registered Stakeholder who holds a position of authority within the Organization including, but not limited to, coaches, instructors, officials, managers, support personnel, chaperones, committee members, and Directors and Officers. j) **Power Imbalance** – As defined in the UCCMS
- k) **Report** – As defined in the UCCMS
- l) **UCCMS** – Universal Code of Conduct to prevent and address Maltreatment in Sport, as amended from time to time by the SDRCC
- m) **UCCMS Participant** – A Registered Stakeholder affiliated with the Organization who has been a) designated by the Organization and b) who has signed the required consent form. UCCMS Participants may include an athlete, a coach, an official, an athlete support personnel, an employee, a contractual worker, an administrator, or a volunteer acting on behalf of, or representing the Organization in any capacity.

- n) **Workplace** – Any place where business or work-related activities are conducted. Workplaces include but are not limited to, the registered office(s), work-related social functions, work assignments outside the registered office(s), work-related travel, the training and competition environment, and work-related conferences or training sessions.
- o) **Workplace Harassment** – A course of vexatious comment or conduct against a Registered Stakeholder in a Workplace that is known or ought reasonably to be known to be unwelcome. Workplace Harassment should not be confused with legitimate, reasonable management actions that are part of the normal work/training function, including measures to correct performance deficiencies, such as placing someone on a performance improvement plan, or imposing discipline for workplace infractions.
- p) **Workplace Violence** – The use of or threat of physical force by a person against a worker in a Workplace that causes or could cause physical injury to the worker; an attempt to exercise physical force against a worker in a Workplace that could cause physical injury to the worker; or a statement or behaviour that it is reasonable for a worker to interpret as a threat to exercise physical force against the worker in a Workplace that could cause physical injury to the worker.

Code of Conduct and Ethics

Severe Weather Protocol

Severe Weather/Lightning



Suspend activities for 30 minutes after the last observed lightning or thunder

Understanding Lightning: Thunder

Thunder is the sound caused by a nearby flash of lightning and can be heard for a distance of only about 10 miles from the lightning strike. Since you see lightning immediately and it takes the sound of thunder about 5 seconds to travel a mile The temperature of the air in the lightning channel may reach as high as 50,000 degrees Fahrenheit Lightning current averages 30,000 amps An average thunderstorm is 6 to 10 miles wide Lightning usually travels 6 to 8 miles horizontally

Communication Signals

There are eight communication signals that all members of the boat crew (driver, observer, officials, and participant) should know and use while participating in towed water sport activities. They are:

SPEED UP		The "Thumbs Up" gesture or palm up is used to indicate an increase in speed.
SLOW DOWN		The "Thumbs Down" or palm down is used to indicate a decrease in speed.
TURN (AROUND)		When either the participant or the driver uses a circling motion above their head with the arm, a turn is indicated. This signal can be followed by pointing in the direction of the turn.
BACK TO DOCK (or "Home")		A pat on top of the head indicates the desire to return to the dock.
CUT MOTOR		A finger motion across the throat indicates the boat is to stop immediately. This can be used by the participant, driver, officials and/or observer.
STOP		Hand raised with fingers outstretched (similar to indicating the number 5) means the participant(s) is finished and wants to stop the boat.
O.K. AFTER FALL		Both hands clasped over the head as soon as the participant is sure he is alright, indicates to the observer the participant's condition.
O.K.		"O" made with the thumb and index finger indicates everything is satisfactory.



Lake Effect 2026

Observing, Riding, and Pin Pulling



Purpose of the Guide

Familiarize with boat riding/pin pulling duties and techniques
Not a definitive reference material



Combination of Resources

Use this guide, personal experience, and gut feeling
Make the best decisions for skier safety



Classroom Lesson

Guide to be used with classroom lessons
Allows demonstrations and questions



NSSA Show Rules and Safety Handbook

Read and be familiar with the most current version

Overview

Duties of the Rider/Pin Puller

Ensure Safety of the Skier

Primary Responsibility

- Ensure the safety of skiers behind the boat
- Pay undivided attention to skiers

Release Rope Handling

- Hold the release rope at appropriate times

Maintain Eye Contact

- Keep constant eye contact with skiers

Knowledge of Duties

- Understand your responsibilities thoroughly
- Be aware of the skier's abilities

Respect the Job

- Recognize the importance and seriousness of the role

Building the Confidence of the Skiers

Importance of Confidence

- Skiers face dangers during performances
- Need to trust the person in the boat

Steps to Build Confidence

- Take the job seriously
- Pay close attention to the skier
- Avoid overconfidence
- Accept criticism willingly

Communication with Skiers

- Ask for feedback on performance

Handling Rejections

Honesty in Abilities

Communicate the Skiers Wishes to the Driver

Importance of Communication

- Driver and skier communication is crucial
- Driver needs assistance from the rider

Basic Signals

- Thumb up or down: speed up or down
- Head shake: slower or faster
- Tapping head: ready to return to landing area
- Finger in circular motion: turn around
- Hand across throat: stop immediately

Jumpers' Unique Signals

- Finger in circular motion: performing a helicopter
- Tapping front of helmet: front flip

Be Prepared to Enter the Water in an Emergency

Importance of Being Prepared

- Despite precautions, emergencies can occur
- Essential to prevent situations from escalating

Role of Towboat Riders

- First responders to injured skiers
- Must be ready to assist in the water
- Stay calm to keep the injured skier calm

NSSA Safety Coordinator Course

- Teaches immobilization and transport of injured skiers
- Qualified instructors available for training

Daily Preparations

- Ensure a properly fitted life vest is available

Handling Ropes

Pulling in Ropes

- Physical job, use ski gloves for grip and prevent blisters
- Keep ropes hooked to the boat until fully pulled in
- Quickly pull ropes after an act, avoid beating boat sides

Managing Loose Ropes

- Pull ropes in if skiers fall and ropes endanger others
- Wrap rope around tow bar if boat is too fast

Dropping Ropes at Dock

Hooking and Unhooking Leaders

Quick Pick-ups

Picking Up Skis

Driver Instructions

- Driver will indicate which side to pick up skis from
- May need to switch sides based on boat handling

Picking Up Skis

- Brace against the side of the boat
- Firmly grab the ski as it passes by
- Be prepared for water drag

Handling Skis

- Lift ski out of the water and place in the boat
- Avoid throwing skis to prevent damage

Safety Precautions

- Do not lean too far out of the boat

Boat Assistant

Assist at the Dock

- Hold the boat in place to prevent it from banging against the dock

Help Skiers Prepare

- Zip up dry suits
- Assist with getting into skis
- Float lost skis back to skiers

Load and Unload the Boat

- Help load and unload the boat before and after skiing
- Hold the boat on the dock while the driver backs the vehicle in

Wipe Down the Boat

- Assist in wiping down the boat after skiing

Maintain Boat Cleanliness

Help Communicate Between Shore and Other Boats

Handling the Radio

- Assist the driver with radio communication
- Use the handheld radio, not the stereo
- Transmit messages when the driver is busy

Using the Radio

- Hold the radio 1 foot from your mouth
- Press the large button on the left side
- Speak calmly and clearly at a normal level

Listening to Transmissions

- Stay aware of all transmissions
- Relay messages to the driver if they are focused on driving

Importance of Radio Communication

Pulling Pin

Operating the Safety Release

Understanding the Safety Release

- Device to disconnect skier from boat in unsafe situations
- Consists of a steel rod (pin) and a lever

Operating the Release

- Pull back on the lever to release
- Push the pin back into the lever to close

Color Coding and Twinks

- Handles are color-coded red, yellow, and green

Ensuring Proper Hookup

Handling the Release

Pulling the Pin

Attention to Skiers

Which Acts Get Put on Release?

Basic Rule for Release

- Skier not holding the rope
- Skier between handle and boat
- Skier going over or under the rope
- Rope wrapped around skier
- Skier skiing backward near immovable objects

Exceptions to the Rule

- 360 around the boat
- Danger in releasing skiers
- Ropes wrap around release

Acts Needing Release

Acts Not Needing Release



Back Barefoot Circle/Whirlpool

Rider's Responsibilities

- Act as the eyes of the skier going backwards
- Watch for obstacles and determine potential danger
- Make quick decisions due to skier's high speed
- Release the rope only if there's a reasonable chance of an accident
- Gain experience by riding along several times before taking over the release

Back Barefoot Circle/Whirlpool Act

- Unique act with high-speed barefooting
- Performed in close proximity to several docks
- Requires quick pick-up of a skier from the main starting dock
- Act must be put on release for safety



Ballet Line

Determine Release Responsibilities

- Identify which girls are on your releases
- Communicate with other pin persons about break points

Focus on the Group

- Keep the entire group in view
- Look for sudden movements indicating a fall
- Quickly determine if it is a bobble or fall

Critical Attention Periods

- When ropes are placed between legs or heels
- During maneuvers and rope removal

Handling Crossed Ropes

Managing Fallen Skiers



Jump

Importance of Timing

- Do not pull pin until jumper is about to hit the water
- Early pin pull can worsen the situation

Maintaining Control

- Jumpers rely on the rope for control
- Without the rope, jumpers become unguided

Handling Multiple Jumpers

- Wait for the last minute to pull pin for affected person
- Allows other jumpers to finish their jump

Specific Jump Scenarios

- Front flips: Watch for overrotation and handle entanglement

General Tips

Swivel

Misconception about Pin Pulling

- Not limited to toe hold situations
- Applies to all swivel skiing scenarios

When to Man the Release

- Anytime skier is between handle and boat
- During spins under or around the rope

Potential Risks

- Overheads: Rope wrapping around hands or arms
- Presses: Ski slipping towards the boat

Swivel Toe Hold Handles

- Known as bear traps
- Tighter grip when pulled harder





Strap Doubles/Strap Trios

Importance of Watching Skiers

- Skiers attach the rope to a harness around their waist
- Constant attention is required from start to finish
- Falls can happen anywhere, even in corners
- Do not let your guard down until skiers disconnect

Pin Pulling for the Guy

- Pull pin if the guy falls
- Do not pull pin too early to avoid out of control crashes
- Guy should release himself and stay with the girl if she falls

Safety Considerations for the Girl

- Girls typically do not wear flotation devices

General Pin Pulling Guidelines



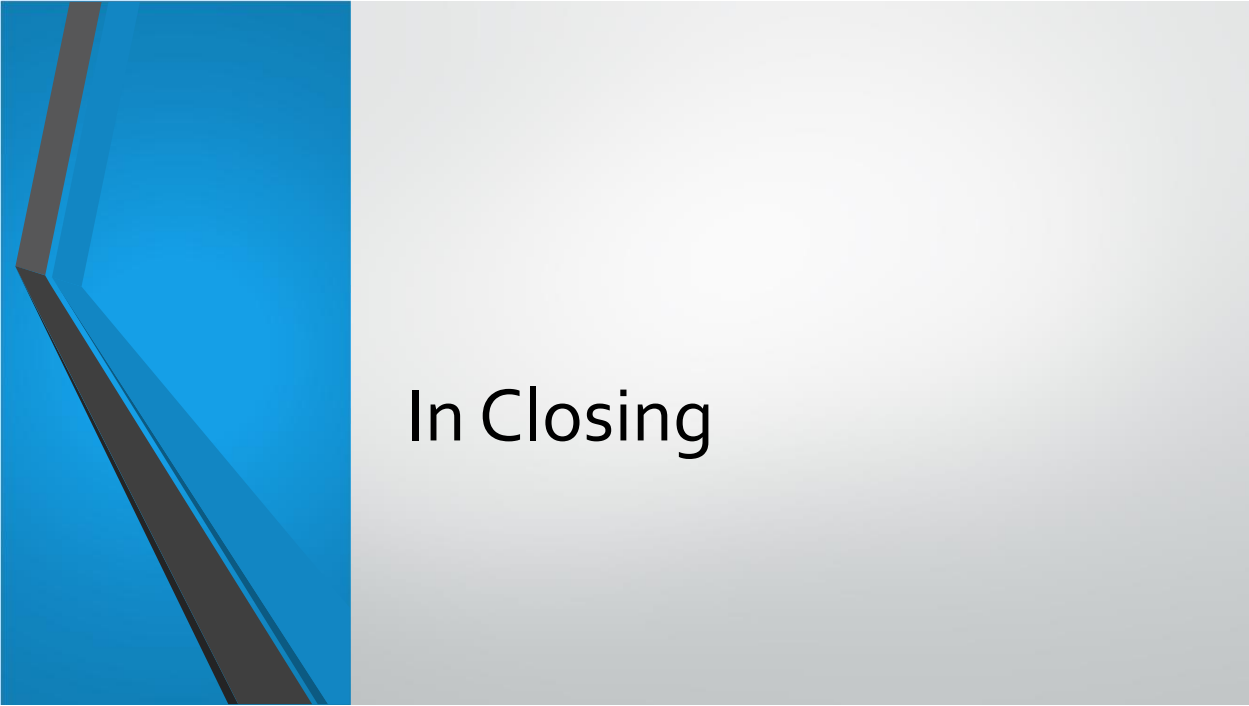
Trick Ski, Shoe Ski, and Sky Ski

Trick and Shoe Ski

- Follows the rules of swivel skiing
- Look for the same elements as in swivel skiing

Sky Ski

- Follows jump protocol
- Look for the same elements as in jump skiing



In Closing



Be
Knowledgeable
and Be Alert

Importance of Knowledge and Alertness

- Understand the basics of water activities
- Stay aware of the skiers' actions

Continuous Learning

- Ask questions to gain more knowledge
- Spend time to gain experience

Learning from Others

- Observe veteran boat riders, skiers, and drivers
- Learn from their techniques and experiences

Strive for Excellence

- Be humble and aim for continuous improvement
- Skiers will appreciate your efforts