

# **CLOVERDALE SKATING CLUB**

## **RULES AND ETIQUETTE**

For the safety of our skaters and for our skaters to have an enjoyable experience on the ice, the Cloverdale Skating Club has established the following rules which must be adhered to by all members of the Cloverdale Skating Club. The rules, regulations and courtesies are set up so that a good skating session will be enjoyed by all. They will be enforced by the Executive and Coaches of the Cloverdale Skating Club.

### **Skate Guards**

Must be worn at all times when off the ice.

### **Clothing**

Appropriate clothing must be worn at all times. Skating dresses, skating skirts, yoga pants, leggings and respectable sport tops are acceptable. No hats or hoodies unless otherwise specified by your coach. Midriffs, low cut tops or loose clothing is not allowed. Shirts that are not completely fitted must be tucked in.

### **Drinks/Food**

The skaters are allowed to have water at ice level. No other drinks are allowed. ie: hot chocolate, coffee, tea, etc. Absolutely no food is allowed at ice level.

### **Behaviour**

Inappropriate behaviour will not be tolerated (gum chewing, profane language, ice picking, stomping, etc.). First time – you will receive a warning, second time – a suspension.

### **Fighting**

Fighting will not be tolerated at ice level. There will be no first time warning – skaters will be asked to leave the ice immediately.

### **Falls**

If a skater falls, they are to pick themselves up off the ice as soon as possible and get out of the way of oncoming skaters. No sitting/lying down on the ice or skaters will be asked to leave the ice by any coach.

### **Right of Way**

During freeskate sessions, priority is given to (1) skater whose music is being played, (2) skater using the harness, (3) skaters having a lesson. During dance and skills sessions, priority is given to (1) skaters receiving lessons to music being played, (2) skaters dancing to music being played.

### **Practicing**

Skaters are to be aware of the other skaters on the ice and their surroundings. For the safety of every skater, if a skater does not abide by these rules they may be asked to leave the ice by any coach. Skaters have to practice on their own unless advised by a coach. Synchro and Pair moves are not permitted (unless in a designated session).

### **Solo Music**

Each registered skater will have their music played in sequence on each session. Coaches may play any skater's music at any time as long as the other Coaches are notified. Buy-on skaters may have their music requested by their Coach if time permits otherwise their music will be played after all music has been played by registered skaters on that session.

### **Late Arrivals**

We would ask that all skaters be on time, especially for group lessons as late arrivals disrupt the session. Late skaters must wait at the boards for the coach to signal for them to come onto the ice when it is not disruptive to the session.

### **Lessons**

Skaters must advise coaches of any absence or you will be billed for that lesson.

## **Dressing Rooms**

Use of rink dressing rooms are for StarSkate athletes only (no CanSkate, Star Academy or Junior StarSkate participants). Under NO circumstances shall a parent, coach or sibling enter a skater dressing room. Only StarSkate athletes that are able to manage without parental assistance may use the dressing rooms. All other participants should use the lobby areas.

## **ICE COURTESIES**

Skaters/parents do not interrupt your coach when he/she is giving a lesson to another skater.

Parents please refrain from coaching your child from the boards. Skater/Parent/Coach relationships are confidential and therefore any concerns/problems should be discussed/resolved privately.

Skaters should not disrespect any of the coaches at any time. If there is an issue it can be brought to the attention of the Club Director of Programs.

Although skating can be very competitive, all skaters and parents are encouraged to support one another on regular practices as well as competitions and test days.

No cell phones or handheld devices are allowed at ice level, except by coaches for the purposes of teaching. Any coach may collect any of these items at ice level and they will be returned at the end of their session.

Skaters offending Club rules and regulations will be sent off the ice for the session and will be sent off for as long as they continue to break the rules.

## **COACHES EXPECTATIONS**

### **SKATE FOR FUN! SKATE FOR YOURSELF! SET GOALS FOR YOUR OWN IMPROVEMENT!**

1. Rules apply to all skaters, not just a select few.
2. Be on time!
3. Cooperate with your coaches and your fellow skaters.
4. Come to your sessions in proper skating attire, not street wear.
5. Do a proper on off ice warm up.
5. Do not leave the ice without asking permission from a coach.
6. Set a good example for younger, less experienced skaters. They look up to you!
7. Try to maintain a positive attitude and outlook. Help others to see their strengths.
8. Remember the goals of any sport are to have fun, build skills, and improve mental and physical conditioning and discipline.

These expectations are for the benefit of you, the skater and the athlete. Honest effort is as important as victory.  
Winning is doing your best!

# **Cloverdale Skating Club**

## **Code of Conduct**

### **Skater Code of Conduct**

#### **I will:**

- Respect and adhere to the ideals, policies, and rules determined by Skate Canada, BCYT section office, Cloverdale Skating Club and my fellow skaters.
- Respect the rules of the sport, club, coaches, executive and their decisions.
- Maintain self control at all times.
- Attend as many practices as reasonably possible.
- Be present for practices in a timely manner.
- Notify the coach ahead of time if I will be absent.
- Respect the facilities, either home or away, in which I'm privileged to skate.
- Exhibit a high degree of sportsmanship, teamwork and positive attitude at all times when representing my club and the Sport.
- Refrain from using foul language towards fellow skaters, coaches, officials, executive or parents.
- Show respect for the decisions, judgment and authority of the coaches and executive.
- Show respect for the feelings and abilities of the skaters. .
- Accept the capabilities of other skaters.
- Accept defeat gracefully...love the sport above the prize.

### **Parent Code of Conduct**

#### **I will:**

- Support my child with positive encouragement.
- Respect and adhere to the ideals, policies, and rules determined by Skate Canada, BCYT section office, The Cloverdale Skating club and executive.
- Maintain self control at all times.
- Encourage my child to attend practices in a timely manner. Notify the coach ahead of time of absences.
- Respect the facilities, either home or away, in which my child is privileged to skate.
- Show respect for the decisions, judgment and authority of the coaches and executive.
- Show respect for the feelings and accept the capabilities of my child and my child's fellow skaters.
- Exhibit a high degree of sportsmanship, teamwork and positive attitude at all times when representing my child and the Club.
- Avoid confusing my child by coaching from the stands.
- Gain an understanding of the Cloverdale Skating club 48 hour rule to deal with complaints and adhere to it.
- Make any complaints or concerns known in a respectful manner through the correct channels provided.
- Refrain from expressing my opinion of the coaches or skaters in front of my own child or any other child and other parents.
- Refrain from using foul language towards other parents, coaches, skaters and executive members.
- Refrain from yelling at or threatening coaches, parents and skaters before, during, or after practices or performances.
- Refrain from demonstrating frustration or anger after a poor performance.
- Not physically or verbally abuse any other person.
- Refrain from approaching the bench during a situation unless summoned by a coach.
- Refrain from entering rink dressing rooms.

Skater Sign \_\_\_\_\_ Parent Sign \_\_\_\_\_ Date \_\_\_\_\_