

Skater's Code of Conduct

Skating is a competitive and individualized sport which requires safe and courteous behavior from all participants on and off the ice. Skaters need to be aware of one another, and react predictably to ensure their own and others' safety. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below.

Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency.

Food, drink, and gum are not permitted on the ice; plastic water bottles are acceptable, but must be left at the boards. Glass bottles are prohibited.

Spectators, including parents of skaters, may watch quietly from the stands or seating area not by the boards, but 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.)

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 on the boards is not permitted.

Skaters must clear the ice promptly at the end of each session.

Behavior on the ice

Skaters must always look both ways when leaving the boards.

Skaters are expected to be skating at all times while on the ice, and to get up promptly after a fall in order to keep pathways clear for other skaters.

The ice surface should be used for practice, not for conversation. (Working in small groups with coach's approval is acceptable.)

When practicing routines, skaters must learn to maneuver around other skaters and still do jumps, spins, and footwork successfully. The skater whose music is playing has the right of way. Calling out "Excuse me!" or "Heads up!" will alert other skaters to move out of the way.

Skaters should use the center of the ice, between the blue lines and away from the boards, for practicing spins. This allows room at the ends of the rink for preparations for jumps, and for other skaters to maneuver around the spinning skater.

Foul language, yelling, and abusive or aggressive behavior, including kicking holes in the ice, are prohibited, and will result in loss of privileges.

I have read and understood the Code of Conduct outlined above, and agree to abide by it. I understand that failure to abide by these guidelines may result in disciplinary action by the Club.

Signature of skater Date

Signature of parent/guardian if skater is under 18 Date

Parent's Code of Conduct

The Silver Blades Skating Club, through Skate Canada, is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.

Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.

Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.

Parents shall refrain from any behavior, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.

Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.

Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)

Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.

Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.

Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.

Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.

Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development.

Parents shall respect that the professional coach is responsible and empowered for the on-ice

and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.

Parents shall ensure their son/daughter wears proper skating clothing and equipment.

Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.

Parents shall never provide or advocate the use of performance enhancing drugs or substances.

Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.

Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.

Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

I have read and understood the Code of Conduct outlined above, and agree to abide by it. I understand that failure to abide by these guidelines may result in disciplinary action by the Club.

Signature of parent/guardian (if skater is under 18)