

# Riverview Skating Club

## *StarSkate Code of Conduct*



1. First and foremost is COURTESY. Respect the rights of other skaters and be aware of who is around you. If you are surrounded by skaters of greater or lesser skills, be especially careful to avoid collision.
2. Be on time! This is important as being late is disruptive to other skaters.
3. The skater whose music is playing always has the right of way. Other skaters are expected to give them maneuvering room. Second in priority are those skaters who are currently on lessons with their coach. Always yield to these skaters as well.
4. If you should fall, get up quickly. Other skaters will have a much harder time seeing you when you are down low on the ice.
5. Proper attire must be worn at all times. This includes on-ice and off-ice classes. Females are required to wear dresses or leotards/leggings on-ice with their hair tied back and males are required to wear skating pants for on-ice. Baggy or loose clothing is not suitable. Proper fitting clothing is important so that proper body movement assessment can be made by the coaches. Clothing that restricts body movement can slow individual progress.
6. No personal objects other than a box of tissue and a water bottle or medical aid (*inhalers for asthma, epipens etc.*) are to be brought onto the ice. Food and gum are not permitted. Please ensure used tissues are put in the garbage and not left lying on the boards. Pick up your sweaters, sweatshirts, gloves, mitts, skate guards etc, from along the boards after the sessions are finished.
7. Refrain from standing around, drinking water, talking and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid. In the event of excessive talking, wasting time, etc., disciplinary actions will be taken.
8. Foul language will not be tolerated.
9. Permission to leave the ice surface during the session **MUST BE** granted by a coach.
10. Dressing rooms, bathrooms and the music room are to be left clean
11. Skaters should confine their jumping to the ends of the rink (outside the blue lines) unless they are having a lesson. Avoid the "Lutz Corner" and strive to avoid long-term practice in these corners. Remember, the approach to a Lutz jump is long and blind. The skater doing the Lutz is not likely to see you.

12. Spins should be done mid ice. Camel spins are dangerous, so please ensure it is safe to do one, prior to beginning it.

13. When commencing a free style session, the following laps should be completed:

<b>Jumpstart/Star 1</b>	<b>Star 2-5</b>	<b>Star 6+/Competitive</b>
➤ 2 forward clockwise	3 forward clockwise	4 forward clockwise
➤ 2 forward counter-clockwise	3 forward counter-clockwise	4 forward counter clockwise
➤ 2 backward clockwise	3 backward clockwise	4 backward clockwise
➤ 2 backward counter-clockwise	3 backward counter-clockwise	4 backward counter clockwise

14. **STROKING sessions** are mandatory for all skaters, who are not on a lesson with a coach. If for some reason you are not able to participate in a stroking session, please inform the coach doing the stroking session prior to the session.

15. **DANCE Sessions:** Please do not practice Jumps during dance sessions. This is dangerous for fellow skaters.

16. **SKILL Sessions:** If you do not participate in skill sessions (passed Gold skills) please remain off the ice until your next session begins, or you may practice your footwork or work on upright or sit spins. No jumps during skills sessions please!

17. Skaters, Parents and Executive Committee Members are asked to refrain from speaking to The Coaches while they are giving lessons. Interaction with the Coaches should be done during break times and floods or you can contact them at home.

18. Requests for the purchase of extra ice time must be taken to your coach.

19. If a skater is not in good financial standing with the club the skater will not be permitted to participate in test days and/or competitions. (This is as per the Skate Canada Standards.)

20. A skater is allowed to skate up a level, but only when on a lesson and for no more than ½ hour per week.

21. If you have a medical problem, please make sure your parents have made our club executive and your coach aware of it. Please provide a plan of action to follow in case of emergency.

22. Leave the ice immediately when it is time for the Zamboni to come on the ice or when your session is over.

23. If you have an issue or concern with your skater's participation, please communicate your concern with your coach via email. If you feel the issue has not been resolved to your satisfaction, please contact a member of the Club Executive, in writing, to discuss your situation. Miscommunication otherwise can ensue which does not and will not benefit your skater or the club itself.

24. All skaters in Star 2 & higher are required to volunteer to teach Pre-Can or CanSkate at least once per week. This helps to reduce the clubs costs, and be able to keep the registration fees for these groups down.