

**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, skating shorts and respectable sport tops are acceptable. No hats or hoodies unless otherwise specified by your coach. Midriffs, low cut tops or loose clothing that shows midriffs or cleavage is not allowed.

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

Spins should be done in the middle of the ice and jumps around the perimeter of the rink. 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. Holding hands and skating around the rink is not permitted.

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. Skaters are not allowed to request or reject their music.

Buy Ons

Cloverdale ice can accommodate up to 22 skaters. Any skater not registered on a session may "buy-on". Skaters must sign in and pay before stepping onto the ice. This will be strictly monitored. Buy-ons are designed for skaters to attain extra ice time, particularly before tests and competitions. Buy-ons are on a 1st come, 1st served basis up to the maximum of 22 skaters.

Late Arrivals

We would ask that all skaters be on time, especially for group lessons as late arrivals disrupt the session. If a skater is more than 5 minutes late on a stroking session they must wait at the boards for the coach to signal for them to come onto the ice. This is so that the stroking session will not be interrupted. The coach will tell the skater what to do as a warm up since the warm up was missed.

Freeskaters

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

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 tests.

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 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!

Skater Sign. _____

Parent Sign. _____

Date _____