



2017 – 2018 INTRODUCTORY MEMBERSHIP PACKET

Welcome to the 2017-2018 skating season with the South Dayton Figure Skating Club! This season continues the three Club ice sessions at Kettering Ice Arena and the two sessions at South Metro Ice Arena. Introductory members are eligible to skate during one ice session (one hour) each week.

Your membership is valid July 1, 2017 through June 30, 2018; an active USFSA membership is required to participate in tests or competitions including the summer months.

In this packet you will find:

1. SDFSC dues outline.
2. Introductory Membership Registration form (2 pages).
3. Volunteering Commitment form.
4. Waiver of Liability: must be on file before you may skate. This waiver must be signed by both parents (if applicable).
5. Concussion Information Sheet: This waiver must be signed by both parents (if applicable).
6. Statement of Understanding regarding skater behavior.
7. SDFSC Skating Guidelines for skaters and parent.
8. City of Kettering Code of Conduct.
9. Club Ice Schedule.
10. Club Event Schedule.

Please return completed

- Registration**
- Volunteering Commitment**
- Waiver of Liability**
- Ohio Department of Health Concussion Information Sheet**
- Statement of Understanding**

with dues payment to:

**South Dayton Figure Skating Club
P.O. Box 293003
Kettering, Ohio 45429**



2017 – 2018 DUES – INTRODUCTORY MEMBERS

USFSA Membership Dues

- \$55 non-refundable membership fee (membership valid July 1-June 30)
- Include membership for skater and one voting sponsor (typically a parent, if the skater is under the age of 18)

SDFSC Club Ice Fees (1 hourly session each week)

- Club ice fees for 2017–18: \$60 / month, September 2017 through May 2018.

Security Deposit

- \$50 one time fee
- May be carried over from one skating year to the next
- May be refunded at the end of the skating year for an account in good standing
- Will be forfeited if a skater renews their membership but does not fulfill their skating commitment (pays for the membership but does not sign up for sessions or complete the skating year)

Show Tickets:

- Each family is charged \$40 for 8 Winter Recital tickets and 4 Spring Fling tickets.



2017 – 2018 INTRODUCTORY MEMBERSHIP REGISTRATION (2 Pages)

Skater Information:

Last Name _____ First Name _____

Gender M or F

USFSA or USFSA Basic Skills # _____ Birthdate _____

Ice Force member? Yes ___ No ___ If "Yes" which team: _____

Highest Test Passed: Basic Skills _____ Free Style _____

Moves _____ Dance _____

Coach(es): _____

This will be my ___ year as a member of SDFSC. School: _____ Grade Level _____

Parent/Guardian Information:

Voting Parent/Guardian _____ USFS# _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

If joint custody, Additional

Parent/Guardian _____

Address _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

E-MAIL ADDRESSES:

Parent 1 E-mail: _____@_____

Parent 2 -Email: _____@_____

Skater E-mail: _____@_____

Additional E-Mail: _____@_____

E-mail and our website are our primary means for communication. The Board attempts to keep e-mails to the minimum necessary. All official club e-mails will start with "SDFSC". *I would prefer that my email NOT be included in the SDFSC roster or the SDFSC distribution Group. I understand this means I will not receive important club information by email.

(Initial here.) _____

SDFSC Introductory 2017 – 2018 Dues

Due at registration:

USFSA member dues (includes one voting parent)	\$55.00
Deposit-\$50 [Maximum \$100 per family]	
Show tickets-8 for Christmas show, 4 for Spring Fling	\$40.00
Total due at Registration	

Check No. _____

Parent Signature _____

Date _____

Skater Signature _____

Date _____

Please return completed Registration, Waiver of Liability, Concussion Information Sheet, and Statement of Understanding forms with dues payment to:

**South Dayton Figure Skating Club
P.O. Box 293003
Kettering, Ohio 45429**



2017 – 2018 VOLUNTEERING COMMITMENT

Volunteering

Bridge-to-Club member families are required to do a minimum of 10 volunteer credits/ hours:

Club Ice Sessions	5 credits / hours
Silver Skate or Other Events	5 credits / hours

If the volunteer credits are not fulfilled by the Awards Banquet, a payment of \$15 per unfilled credit / hour is due by June 1st.

Club Ice Sessions: Each Club Ice session at Kettering Ice Arena requires one Ice Monitor and one Music Attendant. Each Club Ice session at South Metro requires one Ice Monitor. Sign ups will take place in August.

Please check the Silver Skate activities in which you would like to participate:

- | | |
|--|--|
| <input type="checkbox"/> Registration | <input type="checkbox"/> Set Up / Take Down |
| <input type="checkbox"/> Ice / Program Schedule Monitor | <input type="checkbox"/> Vendors |
| <input type="checkbox"/> Music / Announcing | <input type="checkbox"/> Printed Program |
| <input type="checkbox"/> Awards | <input type="checkbox"/> Hospitality |

Please check the Events in which you would like participate:

- | | |
|--|---|
| <input type="checkbox"/> Winter Recital | <input type="checkbox"/> Test Session - Summer |
| <input type="checkbox"/> Spring Fling | <input type="checkbox"/> Test Session - November |
| | <input type="checkbox"/> Test Session - March |

Parent's Signature & Date

Please return completed form to:

**South Dayton Figure Skating Club
P.O. Box 293003
Kettering, Ohio 45429**



2017 – 2018 WAIVER OF LIABILITY

(Return With Registration Form)

The following must be completed by every skater before stepping on the ice contracted by SDFSC with the City of Kettering and South Metro:

I/we hereby agree that the South Dayton Figure Skating Club, its members, the pros paid by it and its Board Members and (collectively known as the “Club”), the City of Kettering, its employees, agents, officials and volunteers (collectively referred to as the “City”), and South Metro Ice, Inc., its agents, servants, employees and members (collectively referred to as “South Metro”) shall not be liable for any injury or loss which my child or children, or myself, may sustain while participating in activities at the Kettering Recreation Complex or at South Metro Sports Facility in connection with the ice skating training sponsored by the club during the period July 1, 2017 through June 30, 2018.

I/we agree to indemnify and hold harmless the Club, the City, and South Metro from any claim whatsoever in connection with ice skating and/or off-ice training sponsored by the Club at the Kettering Recreation Center and at the South Metro Sports Facility during the period July 1, 2017 through June 30, 2018.

I/we understand that all such training, including but not limited to use of a jump harness, is not merely sponsored by but is conducted solely by the Club. Accordingly, I/we agree that the City has no legal liability or responsibility whatsoever for any injury, incident, claim or other matter which occurs during or in connection with such training, other than for the condition of the ice itself at the time of each particular training session begins.

Optional consent to medical treatment (if the persons who sign this form do not grant consent to medical treatment, the following paragraph **must be** crossed out):

I/we consent to medical treatment and/or checkup or emergency medical services being given or administered for the illness or injury to myself which arises or is apparent at a training session sponsored by the Club. Those services may be given by any doctor, nurse, hospital or emergency personnel called to assist and/or to transport me or my child to a hospital, and also includes surgical treatment if determined necessary by a physician.

Our insurance policy for medical/surgical treatment is with the following company or health organization:

_____ policy # _____

Full name of skater _____

Skater signature (required) _____ Date _____

Parent full name _____

Home phone: _____ Cell phone: _____

Parent signature (required) _____ Date _____

Parent full name _____

Parent signature (required, if joint custody) _____ Date _____

Home phone: _____ Cell phone: _____

**Please return completed form to:
South Dayton Figure Skating Club
P.O. Box 293003 - Kettering, Ohio 45429**

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

Dear Parent/Guardian and Athletes,

This information sheet is provided to assist you and your child in recognizing the signs and symptoms of a concussion. Every athlete is different and responds to a brain injury differently, so seek medical attention if you suspect your child has a concussion. Once a concussion occurs, it is very important your athlete return to normal activities slowly, so he/she does not do more damage to his/her brain.

What is a Concussion?

A concussion is an injury to the brain that may be caused by a blow, bump, or jolt to the head. Concussions may also happen after a fall or hit that jars the brain. A blow elsewhere on the body can cause a concussion even if an athlete does not hit his/her head directly. Concussions can range from mild to severe, and athletes can get a concussion even if they are wearing a helmet.

Signs and Symptoms of a Concussion

Athletes do not have to be “knocked out” to have a concussion. In fact, less than 1 out of 10 concussions result in loss of consciousness. Concussion symptoms can develop right away or up to 48 hours after the injury. Ignoring any signs or symptoms of a concussion puts your child’s health at risk!

Signs Observed by Parents of Guardians

- ◆ *Appears dazed or stunned.*
- ◆ *Is confused about assignment or position.*
- ◆ *Forgets plays.*
- ◆ *Is unsure of game, score or opponent.*
- ◆ *Moves clumsily.*
- ◆ *Answers questions slowly.*
- ◆ *Loses consciousness (even briefly).*
- ◆ *Shows behavior or personality changes (irritability, sadness, nervousness, feeling more emotional).*
- ◆ *Can’t recall events before or after hit or fall.*

Symptoms Reported by Athlete

- ◆ *Any headache or “pressure” in head. (How badly it hurts does not matter.)*
- ◆ *Nausea or vomiting.*
- ◆ *Balance problems or dizziness.*
- ◆ *Double or blurry vision.*
- ◆ *Sensitivity to light and/or noise*
- ◆ *Feeling sluggish, hazy, foggy or groggy.*
- ◆ *Concentration or memory problems.*
- ◆ *Confusion.*
- ◆ *Does not “feel right.”*
- ◆ *Trouble falling asleep.*
- ◆ *Sleeping more or less than usual.*

Be Honest

Encourage your athlete to be honest with you, his/her coach and your health care provider about his/her symptoms. Many young athletes get caught up in the moment and/or feel pressured to return to sports before they are ready. It is better to miss one game than the entire season... or risk permanent damage!

Seek Medical Attention Right Away

Seeking medical attention is an important first step if you suspect or are told your child has a concussion. A qualified health care professional will be able to determine how serious the concussion is and when it is safe for your child to return to sports and other daily activities.

- ◆ *No athlete should return to activity on the same day he/she gets a concussion.*
- ◆ *Athletes should **NEVER** return to practices/games if they still have ANY symptoms.*
- ◆ *Parents and coaches should never pressure any athlete to return to play.*

The Dangers of Returning Too Soon

Returning to play too early may cause Second Impact Syndrome (SIS) or Post-Concussion Syndrome (PCS). SIS occurs when a second blow to the head happens before an athlete has completely recovered from a concussion. This second impact causes the brain to swell, possibly resulting in brain damage, paralysis, and even death. PCS can occur after a second impact. PCS can result in permanent, long-term concussion symptoms. The risk of SIS and PCS is the reason why no athlete should be allowed to participate in any physical activity before they are cleared by a qualified healthcare professional.

Recovery

A concussion can affect school, work, and sports. Along with coaches and teachers, the school nurse, athletic trainer, employer, and other school administrators should be aware of the athlete’s injury and their roles in helping the child recover.

During the recovery time after a concussion, physical and mental rest are required. A concussion upsets the way the brain normally works and causes it to work longer and harder to complete even simple tasks. Activities that require concentration and focus may make symptoms worse and cause the brain to heal slower. Studies show that children’s brains take several weeks to heal following a concussion.



Returning to Daily Activities

1. Be sure your child gets plenty of rest and enough sleep at night – no late nights. Keep the same bedtime weekdays and weekends.
2. Encourage daytime naps or rest breaks when your child feels tired or worn-out.
3. Limit your child's activities that require a lot of thinking or concentration (including social activities, homework, video games, texting, computer, driving, job-related activities, movies, parties). These activities can slow the brain's recovery.
4. Limit your child's physical activity, especially those activities where another injury or blow to the head may occur.
5. Have your qualified health care professional check your child's symptoms at different times to help guide recovery.

Returning to Learn (School)

1. Your athlete may need to initially return to school on a limited basis, for example for only half-days, at first. This should be done under the supervision of a qualified health care professional.
2. Inform teacher(s), school counselor or administrator(s) about the injury and symptoms. School personnel should be instructed to watch for:
 - a. Increased problems paying attention.
 - b. Increased problems remembering or learning new information.
 - c. Longer time needed to complete tasks or assignments.
 - d. Greater irritability and decreased ability to cope with stress.
 - e. Symptoms worsen (headache, tiredness) when doing schoolwork.
3. Be sure your child takes multiple breaks during study time and watch for worsening of symptoms.
4. If your child is still having concussion symptoms, he/she may need extra help with school-related activities. As the symptoms decrease during recovery, the extra help or supports can be removed gradually.
5. For more information, please refer to Return to Learn on [the ODH website](#).

Resources

ODH Violence and Injury Prevention Program
<http://www.healthy.ohio.gov/vipp/child/returntoplay/>

Centers for Disease Control and Prevention
<http://www.cdc.gov/headsup/basics/index.html>

National Federation of State High School Associations
www.nfhs.org

Brain Injury Association of America
www.biausa.org/

Returning to Play

1. Returning to play is specific for each person, depending on the sport. *Starting 4/26/13, Ohio law requires written permission from a health care provider before an athlete can return to play.* Follow instructions and guidance provided by a health care professional. It is important that you, your child and your child's coach follow these instructions carefully.
2. Your child should NEVER return to play if he/she still has ANY symptoms. (Be sure that your child does not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration).
3. Ohio law prohibits your child from returning to a game or practice on the same day he/she was removed.
4. Be sure that the athletic trainer, coach and physical education teacher are aware of your child's injury and symptoms.
5. Your athlete should complete a step-by-step exercise -based progression, under the direction of a qualified healthcare professional.
6. A sample activity progression is listed below. Generally, each step should take no less than 24 hours so that your child's full recovery would take about one week once they have no symptoms at rest and with moderate exercise.*

Sample Activity Progression*

Step 1: Low levels of non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: walking, light jogging, and easy stationary biking for 20-30 minutes).

Step 2: Moderate, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: moderate jogging, brief sprint running, moderate stationary biking, light calisthenics, and sport-specific drills without contact or collisions for 30-45 minutes).

Step 3: Heavy, non-contact physical activity, provided NO SYMPTOMS return during or after activity. (Examples: extensive sprint running, high intensity stationary biking, resistance exercise with machines and free weights, more intense non-contact sports specific drills, agility training and jumping drills for 45-60 minutes).

Step 4: Full contact in controlled practice or scrimmage.

Step 5: Full contact in game play.

*If any symptoms occur, the athlete should drop back to the previous step and try to progress again after a 24 hour rest period.

Ohio Department of Health Concussion Information Sheet

For Interscholastic Athletics

I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators and healthcare provider.

I also understand that I/my child must have no symptoms before return to play can occur.

Athlete

Date

Athlete *Please Print Name*

Parent/Guardian

Date





2017 – 2018 SDFSC STATEMENT OF UNDERSTANDING

(Return With Registration Form)

Skater Parent
Initial Initial

We have read the SDFSC Skating Guidelines for skaters and parents and the City of Kettering Code of Conduct and agree to abide by them.

We understand there is a 25 credit / hour volunteer commitment. We further understand that if the volunteer credits / hours are not fulfilled by the date of the end of season banquet, a payment of \$15 per credit is due by June 1, 2018 up to a maximum of \$450.

We understand that the skating year is from July 1, 2017 to June 30, 2018. Full members will forfeit their skating deposit if they do not complete the entire skating year.

We understand that returning skaters who renew after May 31, 2017 will pay a late fee in accordance with the late fee schedule.

We understand that the board reserves the right to adjust session offerings and/or increase fees during the season to ensure the financial viability of the club. A minimum of 30 days notice will be provided for any changes to the schedule or fee structure.

We understand that all fees are due the 1st of the month, and must be paid in full no later than the 8th of the month, or testing, skating, and performance privileges will be revoked.

I give permission for my/ my child's photo or video image to be used by South Dayton Figure Skating Club for club activities and/or promotions. _____

I do NOT give permission for my/my child's photo or video image to be used by South Dayton Figure Skating Club for club activities and/or promotions. _____

Parent Signature _____ Date: _____

Skater Signature _____ Date: _____

Please return completed form to:

**South Dayton Figure Skating Club
P.O. Box 293003
Kettering, Ohio 45429**



2017 – 2018

SDFSC SKATING

GUIDELINES

- ❖ Skaters practicing a program with music have the **first** right of way.
- ❖ Skaters should limit their social talking on the ice including along the boards. Please move to the hockey box.
- ❖ All club skaters must behave responsibly and be considerate of others.
- ❖ Skaters must wait until the beginning of the session to enter the ice and must exit the ice immediately at the end of the session.
- ❖ Groups of skaters (dance, group numbers, MIF, pairs, shadowing other skaters, or synchronized skating) are limited to two skaters in formation – unless they are in a class.
- ❖ Skaters should take care when entering the ice and enter using the hockey box nearest the ice entrance (Kettering) or the gate closest to the lobby doors (South Metro).
- ❖ The number of times that skaters may request personal program or synchronized skate music played is twice during a session. (Coaches have one priority music request in any 15 minute period.)
- ❖ Eating, drinking, gum chewing, and using boom boxes or earphones is prohibited. Water bottles are permitted in the hockey box.
- ❖ Skaters must not talk to a pro when that pro is teaching another skater, and skaters are not permitted in the pro office unless requested by their coach.
- ❖ Skaters should not leave anything of value in the lobby or the locker room. Lockers are available in the lobby.
- ❖ Skaters must wear appropriate skating attire for safe skating. Long hair must be tied back. Jeans and shorts are not permitted.
- ❖ Visiting skaters must have permission from the walk-on registration volunteer or a Board member.
- ❖ Parents/non skating family members must sit behind the Plexiglass barriers during ice time. No parents or non skaters are permitted in the hockey boxes or in the area where skaters enter or exit the ice..
- ❖ Parent/skater/pro conference must take place in the lobby or office area before or after ice sessions.
- ❖ Parents are responsible for the behavior of their children.
- ❖ The skating year runs from July 1 to June 30. Full members will forfeit their skating deposit if they do not complete the entire skating year.



2017 – 2018

CITY OF KETTERING

CODE OF CONDUCT

Upon entering a city of Kettering recreation facility an/or grounds, you are a participant of the Parks, Recreation, and Cultural Arts Department program, and therefore are required to abide by the rules of the Department. Your cooperation and consideration of these rules will ensure all participants' enjoyment of our programs. The following list of rules and regulations will be adhered to at all times.

The following are prohibited:

- ❖ Fighting or disorderly conduct
- ❖ Any destruction or defacing of City property, to include lettering
- ❖ Insulting, vulgar, or disrespectful language
- ❖ Smoking of cigarettes, cigars, or pipes
- ❖ Chapter 612.12 of the City ordinance prohibits any use of alcoholic beverages of any kind on City property without a permit
- ❖ Possession or sale of drugs, gambling, possession of guns, knives or other possible weapons
- ❖ Dogs, cats, and other pets (except those required for mobility assistance)
- ❖ Loitering in cars around the parking lot
- ❖ Persons vandalizing or stealing cars, equipment, supplies, or personal items belonging to participants or personnel will be referred to the authorities
- ❖ No one is permitted on the ice without skates
- ❖ Skaters/hockey players may not sit or lean over the boards which the Zamboni is on the ice
- ❖ Hockey players will not swing sticks or any other equipment outside of players' box while the Zamboni is on the ice
- ❖ Players will not stretch or warm-up on the ice while the Zamboni is on the ice
- ❖ The players' box door **MUST** remain closed upon entering and exiting
- ❖ **NO ONE** is permitted on the ice until Zamboni doors are closed by a staff member, after the Zamboni has finished
- ❖ The Arena Manager reserves the right to terminate any ice time (during the rental) which violates any rules or regulations



2017 – 2018 SDFSC CLUB ICE SCHEDULE

Kettering Ice Arena
2900 Glengarry Drive
Kettering, OH 45420

South Metro Sports
10561 Success Lane
Centerville, OH 45458

TUES: 4p – 5p	TUES: 5p – 6p	THUR: 4p – 5p	THUR: 5p – 6p	SAT: 7:50-8:50am
Kettering	Kettering	South Metro	South Metro	Kettering
August 29	August 29	August 31	August 31	September 2
September 5	September 5	September 7	September 7	September 9
September 12	September 12	September 14	September 14	September 16
September 19	September 19	September 21	September 21	September 23
September 26	September 26	September 28	September 28	September 30
October 3	October 3	October 5	October 5	October 7
October 10	October 10	October 12	October 12	October 14
October 17	October 17	October 19	October 19	October 21
October 24	October 24	October 26	October 26	October 28
October 31	October 31	November 2	November 2	November 4
November 7	November 7	November 9	November 9	November 11
November 14	November 14	November 16	November 16	November 18
November 21	November 21	No Ice (Nov 23)	No Ice (Nov 23)	November 25
November 28	November 28	November 30	November 30	December 2
December 5	December 5	December 7	December 7	No Ice (Dec 9)
December 12	December 12	December 14	December 15	December 16
December 19	December 19	December 21	December 21	December 23
December 26	December 26	December 28	December 28	December 30
January 2	January 2	January 4	January 4	January 6
January 9	January 9	January 11	January 11	January 13
January 16	January 16	January 18	January 18	January 20
January 23	January 23	January 25	January 25	January 27
January 30	January 30	February 1	February 1	February 3
February 6	February 6	February 8	February 8	February 10
February 13	February 13	February 15	February 15	February 17
February 20	February 20	February 22	February 22	February 24
February 27	February 27	March 1	March 1	March 3
March 6	March 6	March 8	March 8	March 10
March 13	March 13	March 15	March 15	March 17
March 20	March 20	March 22	March 22	March 24
March 27	March 27	March 29	March 29	March 31
April 3	April 3	April 5	April 5	April 7
--- Tuesday, Thursday & Saturday Ice @ South Metro ---				
April 10	April 10	April 12	April 12	April 14
April 17	April 17	April 19	April 19	April 21
April 24	April 24	April 26	April 26	April 28
May 1	May 1	May 3	May 3	May 5



2017 – 2018

SDFSC CLUB EVENTS

***** TENTATIVE EVENT SCHEDULE *****

<i>[Tentative] July 18, 2017</i>	<i>[Tentative] Summer Test Session</i>
August 19, 2017	Season Kick-Off Event
November 5, 2017	Fall Test Session <i>[Daylight Savings Time ends!]</i>
December 10, 2017	Winter Recital
March 4, 2018	Spring Test Session
April 8, 2018	Spring Fling
May 12, 2018	Silver Skate Competition
May 17, 2018	Annual Banquet