

NBSSC Code of Conduct

Team members are respectful of one another

- Competition is friendly and respectful.
- Skaters give encouragement to each other.

Team members are respectful to coaches

- Skaters listen to their coaches and do not talk while the coaches are talking.
- Skaters remember that coaches are there to help everyone.
- Skaters minimize distractions caused by arriving late or needing to leave the ice. (Come prepared with water bottles, inhalers, etc.)
- Skaters come to practice in a positive mindset, ready to work and focused on the goal of learning/improving their sport.

Team members follow all safety rules

- All personal safety equipment is used in each practice.
- Skaters remain in the center of the ice until otherwise instructed by coaches.
- Skaters remember the potential harm done by sharp blades; minimize rough play and leave skate blades flat on ice unless engaged in practice drills assigned by the coaches.

Team members represent NBSSC with pride

- Skaters follow rules of the Northbrook Park District while at the Sport Center.
- Team members respect the skaters and/or observers who are on the ice before and after us.
- When visiting other teams, NBSSC skaters respect the property and rules of others.
- During meets, skaters demonstrate good sportsmanship. Skaters demonstrate positive behaviors in the heat box, on the ice, and between races.

Skater Signature

Parent Signature