



# CHAMPLAIN VALLEY FIGURE SKATING CLUB

## Code of Conduct

For the benefit and safety of our skaters, we are asking all parents, skaters and coaches to agree to the following Guidelines for the club's figure skating sessions. We are presenting these Guidelines to provide a safe, smooth running figure skating session that allows all skaters the opportunity to progress toward their individual skating goals.

### **A) RESPECT EACH OTHER – Skaters should treat other skaters the way they would like to be treated**

Skaters are expected to be friendly and courteous to other skaters, coaches and parents. Good behavior and sportsmanship is expected at all times, both on and off the ice. While skating is an individual sport, we strive to have a supportive environment.

### **B) RESPECT THE COACHES – CVSC coaches are empowered to enforce the Guidelines**

CVSC coaches are empowered to monitor safety on freestyle sessions, *regardless of whether or not it is the skater's own coach*. Any suggestions or reprimands by the CVSC coaches are to be received with sincere respect and courtesy.

### **C) RESPECT THE SESSION – Think of a freestyle session as if it was a busy street with lots of traffic**

#### **1. All Skaters Must Check-In With The Ice Monitor Upon Arrival**

Ice monitors track attendance of contracted skaters, record walk-on skaters, collect coupon book passes and play music.

#### **2. Skaters should pay attention to what is happening around them**

- Skaters should look in both directions, before entering the ice or skating away from the boards
- Skaters should check behind them before they change direction
- Skaters should be aware of other skaters setting up for jumps or spins and NOT cross their path

#### **3. Traffic Flow Considerations**

Figure skating sessions are designed for figure skaters to practice their Programs, Dances, advanced skills including jumps and spins, and Moves in the Field. The general traffic flow protocol is:

- Skaters should always be moving on the ice, unless receiving instruction from a coach
- If a skater must stop, they should stand by the long-side boards
- Do not stand around in groups talking or playing. Please take these conversations off-ice.
- Skaters may work together in groups if the activity is constructive. If group work becomes a distraction to others, skaters will be asked to work individually.
- If a skater falls, they must get up immediately to avoid any collisions. Unless they are injured and need assistance. If a skater is injured, they should call for assistance. Someone will come over immediately to help.

#### **4. During A Skater's Program Or Dance, They Should Make Others Aware Of Their Path**

If a skater is in the midst of their program, a friendly and courteous "Heads Up" works wonders in educating new or inattentive skaters. Outside of a program, skaters should not be yelling for another skater to get out of their way unless it is to avoid an immediate collision.

#### **5. Skaters Should Apologize If They Interfered With Another Skater's Practice**

If a skater accidentally interferes with another skater's practice, apologize. Most infractions happen by accident and should be politely acknowledged as such. However, if these interferences happen regularly it will be considered careless behavior and be subject to further discussion.

#### **6. Bring a Good Attitude to Every Session**

Regardless of a skater's frustrations (either with themselves, their coach or other skaters and coaches), a cordial disposition is expected. Any display of negative behavior (stomping, dragging a toe pick, skating aggressively without regard to others, skating in an intimidating way or using foul language) is cause for immediate removal from the ice.

#### **7. Right-Of-Way Rules**

In addition to observing the Session guidelines outlined above, certain right-of-way rules are in place on each session. All skaters and coaches need to be aware of the other skaters at all times:

- a) Mid-Spin Skater -- A skater mid-spin has the right-of-way to finish their spin over all others
- b) Program/Dance Skater Wearing the Vest – The skater whose program/dance music is playing AND who is wearing the bright colored vest has the second priority for right-of-way.
- c) Skater in Lesson
- d) Skater who is in the process of skating on a specific pattern, and who's pattern is recognizable to other skaters

#### **D OTHER SAFETY RULES:**

- All spectators shall be in the stands or snack bar area
- No cell phone calls on the ice. Save texting and phone calls for the lobby (this includes coaches)
- Skating with headphones on during freestyle sessions is not permitted.
- Eating, drinking (other than water) or chewing gum is not permitted on the ice

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#### **IMPORTANT NOTE:**

A skater who does not follow these Guidelines and is considered a danger to the other skaters may be asked to leave the ice for the remainder of the session by a CVSC coach, Ice Monitor or CVSC Board Member. In those instances, no refund will be given.

CVSC coaches, Ice Monitors and CVSC Board Members have the authority to remove a skater or parent from the ice or building for violations not limited to: safety, rudeness and/or aggressive behavior.

If escalation does not result in an improved situation, CVSC may terminate the right of the skater to skate on CVSC ice.