



Parent & Skater Handbook

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WELCOME TO THE SNOW VALLEY SKATING CLUB

This handbook has been prepared to help all our club members and their parents understand the many aspects of figure skating. It will help to answer any questions and make your skating year much easier. Please take time to read this handbook in order for you to familiarize yourself with the club, the sport of figure skating and what will be expected from you as a member of our club.

MISSION STATEMENT

The Snow Valley Skating Club is dedicated to the belief that all skaters should be able to participate fully in skating for fun, fitness and a lifetime of achievement. We are a non-profit, volunteer run organization dedicated to the development of all skates. We offer a broad selection of affordable, effective skating programs, designed to provide the social and physical benefit of all skating fundamentals, not only to figure skaters, but to aspiring young hockey players as well.

SKATE CANADA

The Snow Valley Skating Club is a Skate Canada sanctioned club. Our programs are developed and implemented by Skate Canada standards. Skate Canada is the governing body of amateur figure skating in Canada. It provides standards and rules for the activities of its members, qualifies and appoints evaluators, judges, referees and other officials, conducts training seminars for coaches and skaters, provides information to the general public, and provides financial support. Membership includes all amateur Figure Skating Clubs, all skaters of each club, coaches and officials. All members are registered with Skate Canada through their home club upon payment of the annual registration fee. Each skater shall receive a Skate Canada registration card with an identification number that has been recorded at the national office. Please keep this card as a permanent record. This number does not change and it remains your link to Skate Canada forever, even in the years you are not an active member. Our club belongs to the BC/Yukon Section of Skate Canada.

SKATE CANADA FEES/INSURANCE

All skaters must be registered with Skate Canada prior to taking to the ice. The Annual Skate Canada Membership and Insurance is valid from September 1 to August 31. This fee is 100% non-refundable.

Membership Benefits

Become part of the skating family and a national recognized association with a strong history and an outstanding national and international reputation.

- Participation in the Member Accident insurance program as a reduced rate
- Access to Skate Canada Programs and program incentive materials
- Expertly developed and professional delivered Skate Canada Programs
- The opportunity to participate in interclub and invitational competitions
- Special member prices on merchandise from the on-line store
- Receive the option to purchase selected Skate Canada event tickets prior to the general public or at a discounted prices for members
- Opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills

**Information from Skate Canada www.skatecanada.ca

EXECUTIVE MEMBER LIST

All board positions in the Snow Valley Skating Club are volunteer positions. The SVSC board is active 12 months of the year - organizing fundraising activities, registering skaters, holding test days, and planning competitions and other opportunities for skaters to perform. If you are interested in being on the board and would like more information, contact any of the existing board members.

President: Sam Anderson

The President is the principal leader and representative of the Snow Valley Skating Club (SVSC), responsible for guiding the organization in accordance with its policies and strategic objectives. This role involves overseeing all club operations, fostering strong governance, and ensuring effective stewardship of all resources and assets in collaboration with the Executive Committee. The President serves as the key liaison between SVSC, Skate Canada, and other stakeholders.

Vice-President: Heather Baker

The Vice President supports the leadership and governance of the Snow Valley Skating Club (SVSC), acting as the primary advisor and deputy to the President. This role provides oversight of policy development, organizational compliance, and internal governance processes. The Vice President ensures operational continuity, supports executive coordination, and actively contributes to long-term planning, asset management, and succession strategies.

Treasurer: Bev Gibaldi

The Treasurer is responsible for managing the financial operations and reporting of the Snow Valley Skating Club. This includes maintaining accurate financial records, preparing budgets, ensuring regulatory compliance, and supporting the financial sustainability of Club activities. The Treasurer plays a key leadership role in asset stewardship, long-term planning, and fiscal accountability.

Secretary: Michelle Matos

The Recording Secretary is responsible for maintaining accurate, timely, and secure documentation of the Snow Valley Skating Club's (SVSC) governance and communications. This role ensures procedural transparency, organizational memory, and compliance with reporting obligations. As the custodian of Club records and correspondence, the Recording Secretary plays a vital role in supporting effective decision-making, continuity, and alignment with Club policies and administrative requirements.

Ice Chair: Cynthia Medeiros

This person is responsible for coordinating the use of Club ice time and managing the music-playing systems and volunteers that support practices, tests and events. This role supports program delivery and Club events through careful scheduling, equipment maintenance and clear communication with families and coaches. They contribute to the Club's operation efficiency and ensure a consistent and professional environment for skaters.

Test Chair: Bev Gibaldi

The Test Chair is responsible for coordinating all activities related to Skate Canada test days, both hosted by SVSC and at other clubs. This position ensures that SVSC skaters are given the opportunity to participate in formal assessments in alignment with Skate Canada policies and guidelines. The Test Chair plays a vital role in organizing logistics, maintaining test records, and ensuring administrative compliance with Skate Canada standards.

Competition Chair:

The Competition Chair is responsible for organizing and coordinating all aspects of Club and regional competition participation. This role supports skaters, families, and coaches by managing travel logistics, ensuring registration requirements are met, and facilitating a strong team environment. The position also supports the Club's visibility and athlete development through proactive communication and event planning.

Publicity Chair: April Mendoza

The Publicity Chair leads communication efforts for the Snow Valley Skating Club, promoting events, celebrating accomplishments, and sharing key information with members and the public. This role ensures the Club maintains a consistent presence across print, digital, and social media while supporting recruitment, engagement, and community recognition.

Gala Chair: Marni Starr

The Gala Chair is responsible for the planning, coordination, and execution of the Club's seasonal ice shows, including the Christmas and Year-End Skating Galas. This role works closely with the Director of Skating, Executive members, and volunteers to deliver a professional and engaging showcase of Club talent. The Chair ensures that logistics, scheduling, creative planning, and volunteer engagement are seamlessly managed to provide a positive experience for skaters and spectators alike.

Membership & Registration Chair: Alannah Larson Farrell

The Membership & Registration Chair oversees the registration process for all Club members, including skaters, judges, and Executive members. This role ensures accurate records are maintained, financial transactions are documented, and communication with families is clear and timely. The Chair supports Club operations through detailed data management, collaboration with Skate Canada, and coordination of registration-related logistics and reporting.

Fundraising & Sponsorship Chair: Meagan Garlough

The Fundraising & Sponsorship Chair is responsible for securing financial and in-kind support for the Snow Valley Skating Club through coordinated fundraising efforts, sponsorship acquisition, and donor recognition. This role plays a vital part in enhancing the Club's financial sustainability and community presence by engaging local businesses, organizing events, and promoting sponsor partnerships.

Recreation & Program Assistant Chair: Sam Anderson

The Recreational & Program Assistant (PA) Chair serves as the key liaison between the Executive Committee, coaching staff, and families involved in SVSC's recreational programs. This role supports the operational delivery of programs like PreCanSkate, CanSkate, and PreStar, while coordinating the recruitment, training, and scheduling of Program Assistants. The Chair fosters strong program engagement and helps enhance the experience for beginner skaters and their families.

Hospitality Co-Chair: Sam Davis & Anna Jackson

The Hospitality Chair coordinates food and beverage services for Club-hosted events and ensures a welcoming atmosphere for judges, officials, volunteers, and participants. This role manages inventory, logistics, and volunteer coordination for hospitality services while supporting Club visibility and community building through thoughtful event support.

Equipment & Storage Room Co-Chair: Bev Gibaldi & Jocelyne Harris

The Equipment & Storage Room Chair manages the inventory, condition, and use of the Snow Valley Skating Club's physical assets (costumes, props, etc.). This includes maintenance and coordination of costumes and shared spaces such as the Club's storage areas. This role plays a key function in asset stewardship, ensuring resources are organized, functional, and available to support the Club's programs and events.

Awards Chair: Jocelyne Harris

The Awards Chair is responsible for organizing and coordinating the annual awards process for the Snow Valley Skating Club, including the Year-End Banquet and Club, regional, or section award nominations. This role supports recognition of skater achievements, volunteer contributions, and community partnerships through the planning and distribution of awards and acknowledgments.

BOARD MEETINGS

The Snow Valley Skating Club board meetings are held every month. Everyone is welcome to attend. We will notify the place and time via our Facebook page.

REGISTRATION

Registration for all our programs is online at <http://snowvalleyskatingclub.uplifterinc.com>. The current skating schedules and registration link can be found on our website. All programs are currently held at the Tamitik Ice Arena.

Please visit our website for our refund policy and any frequently asked questions.

FUNDRAISING

In addition to registration Fees, fundraising is an expectation of each skating family to help keep registration fees lower and to ensure the continued financial success of the club and its viability. We welcome any fundraising ideas you may have for the club.

Expectations:

- Canskate/PreCanskate - \$50 per member/session
 - Prestar - \$150 per member/year
 - StarSkaters - \$250 per member/year
 - Families with 2+ skaters - \$350 per family/year
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SVSC RULES AND REGULATIONS

RESPONSIBILITIES OF SKATERS

1. Proper courtesy must be extended to all skaters and coaches at all times. Swearing, kicking or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents of offending skaters will be notified.
2. Skaters must not eat while on the ice and never bring breakable containers to the ice (glass bottles).
3. Skaters should be on time for all skating sessions and lesson times, whether group, private, skating skills or stroking. Coaches should not have to leave the ice to find their students.
4. Permission must be attained before leaving the ice for any reason; this is both a courtesy to staff and a safety factor for the skaters.
5. Appropriate skating attire must be worn – no blue jeans.
6. No skater is to be on the ice at the same time as the zamboni.
7. No skater is to be on the ice without a coach present.
8. No parents are allowed on the ice at any time, for insurance reasons.
9. Skaters are not to enter or leave the ice over the boards or to sit on the boards.
10. Do not stand and socialize in the middle of the ice or along the boards. Do not assemble in front of the music machine. These are very dangerous practices and strictly prohibited.
11. Do not lie on the ice unless you are injured and need assistance.
12. If you need to speak to a coach, do so while they are off the ice. Try not to interrupt them while they are teaching. Please be sure to advise your coach if you will be missing any sessions, insufficient notice will result in lessons being charged for.
13. Skaters must be “in good standing” to participate in Skate Canada sanctioned events – test days, carnivals, competitions, etc. “good standing” assumes that the skater’s registration and coaching fees are paid to date and that the skaters are not under any disciplinary action.

ON ALL DANCE SESSIONS

1. Freeskate is not permitted on dance time other than at the coaches discretion on sessions that are not busy.
2. Skaters who are not dancing should stay to the edge of the rink, out of the pattern of the dances.
3. Give ‘right of way’ to skaters in the following priority
 - a. Skaters having a lesson with music being played.
 - b. Skaters in a lesson

RESPONSIBILITIES OF THE CLUB

1. Conducting a variety of figure skating programs at the skill and age levels appropriate to the club's membership.
2. Providing professional coaches to teach the programs offered in a group and/or private lessons.
3. As required, conducting Skate Canada tests in accordance with Skate Canada rules.
4. As required, conducting competitions for the various skills and age levels of the membership.
5. Conducting club business according to the club's constitution and bylaws and the rules of Skate Canada.
6. Liaison with the Skate Canada Office, Section and the community.
7. Raising funds for club events.
8. Ensuring that the amateur status of skaters is protected.

THE SVSC IS NOT RESPONSIBLE FOR LOST ARTICLES.

RESPONSIBILITIES OF COACHES

1. Figure skating coaches have the fundamental responsibility to promote figure skating and to coach to the best of their ability.
2. Figure skating coaches are responsible to the skaters – not only as athletes but as individuals who are developing values and beliefs that will last a life time.
3. Figure skating coaches must respect other coaches teaching methods, techniques and/or opinions.
4. SVSC coaches have the authority to “discipline” skaters. Disciplinary action taken will be based upon the offense and behavioral history. (Verbal reprimand, request to sit out a portion of practice, suspension from all activities for a period of time etc.)

RESPONSIBILITY OF CLUB TO COACHES

1. The club shall cooperate with and support the coach with regard to the technical aspects of the club skaters.
2. The club shall only hire certified NCCP (National Coaching Certification Program) coaches and only hire the number of coaches required based on the needs of members.
3. The club shall not interfere with a coach-skater relationship unless agreed upon by both parties.

RESPONSIBILITIES OF THE PARENT

The responsibility of the club can only be met by parent participation since the club is operated by the parents of the skaters for all the skaters. Parents are expected to contribute to the overall operation of the club in the following areas:

1. Registration Fees: Fees, as set by the club, are payable upon registration. There are separate registrations for Jamborees, Elite Ice, and Summer sessions. Check the website or contact the club office for further details.

2. Operation and Administration: Club operation is administered by a club executive which is composed of parent volunteers. In order for the smooth operation of the club and so that a small percentage of parents will not be doing the work, all parents are expected to help out at club fundraisers and home events.
 3. Safety: Every effort is made to ensure the safety of our skaters. Please make it a responsibility to pick up children immediately following sessions. An arena is not a place for children to be left unattended.
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EQUIPMENT

Proper equipment is essential to become skilled in most sports, and figure skating is no exception. Skaters cannot learn skills unless their boots fit well and support their ankles. Medium priced figure skates are usually sold with the boot and blade either riveted, or screwed together as a unit. Purchasing appropriate skates to suit the level of skater and your budget is of the utmost importance. There is nothing wrong with good quality second hand skates. However, the boots must be in good condition and be able to support the skater's ankles well.

FIT OF BOOTS

Boots should be fitted with one pair of stockings only. There should be room to move toes but the foot should not slide around. The maximum amount of space between the toes and the end of the boot should be 1/2" or 1.3 cm. Figure skating boots are normally a size smaller than your normal walking shoe.

- Skates should fit snugly around the ankle and heel.
- There should be some room for movement but the ankle, instep and heel must be firmly supported.
- The ball of the foot should come just ahead of the point where the sole starts to cut in for the arch. This ensures proper positioning of the arch and is extremely important for balance.
- The tongue should be sufficiently wide so that it will stay in place and it should be well padded to prevent the laces from cutting into the foot.
- The front of the boot should be sufficiently wide to pull the laces tight.
- Never buy skates so big that they will last another season, because not only will they break down faster, skater progress may be hampered by ill fitting equipment.

SETTING AND SHARPENING THE BLADES

Even if your blades come already attached, it is important to ensure that they are located in the correct position on the boot soles (generally slightly inside the center line). These adjustments should only be done by an expert. Very few people who sharpen hockey skates really understand what is required for figure skating blades. Be sure to check your blades on a regular basis for sharpening. Experienced skaters have their blades sharpened approximately once a month.

LACING SKATES

- Skates should be laced fairly loosely over the toe and front of the boot but snugly over the ankles.
- Be sure the tongue is centered and pulled all the way up.
- Laces should be hooked securely with sufficient tension to permit one finger down at the top of the back of the boot.
- Laces should be long enough to be tied in a double bow and tucked in. Never wrap laces around the top of the boot.

SKATE GUARDS

Skate guards should be worn when walking to and from the ice. Skate guards are necessary because they protect the edges of the blade, prolong the life of the skates, and are a safety factor when walking in various surfaces. Permanent damage can be done to a blade by walking on concrete without guards. Skate guards should be removed from the blades when the skates are stored. This is to prevent the blades from rusting.

CARE OF EQUIPMENT

- After each wearing, blades should be dried with a cloth and stored without guards. Guards should be washed out or replaced occasionally.
- Have a skate bag to keep skates, guards, soft guards, wipe cloths, extra laces, helmets, etc. organized and at hand.
- Boots and laces should be kept clean.
- While removing skates make sure they are sufficiently unlaced so that the back of the boot will not break down.
- Blades are sharpened properly on a regular basis. This is very important as the blade is the contact that makes the edges enabling a skater to do jumps and spins. Better quality steel requires less frequent sharpening. Each blade is hollow ground, giving both the inside and outside edges. For an experienced skater, sharpening is serious business! A poor sharpening can ruin the blade forever and affect their skating ability. It may cost a bit more, but having them done by an experienced technician will increase the blade's longevity.
- The bottom pick should not be removed from a beginner's figure skates. The bottom pick may take a bit of getting used to but it is important for jumping, footwork, and balance.

SKATING CLOTHING

A pair of warm pants and a sweater or jacket without a hood is suitable for beginners, as skaters progress they will be required to wear proper skating tights and a skating dress. Snowsuits should not be worn as they tend to be bulky and slippery. Gloves or mitts should be worn for warmth and safety. Helmets are mandatory for PreCanSkate, CanSkate and PreStar to avoid injury in case of a fall. Bike helmets are not permitted. Only hockey helmets are acceptable, as per Skate Canada.

SNOW VALLEY SKATING CLUB PROGRAMS

PRECANSKATE, CANSKATE & PRESTAR

- Minimum of one certified Skate Canada Coach teaching on the ice; Program Assistants assist as required
- 1:10 coach/Program Assistant to skater ratio
- Minimum 10 minute lesson to each group by Skate Canada Coach per session
- 90% continuous movement - little standing around, no waiting to take turns to practice skills
- Use entire ice surface at least once during session to promote speed
- Evidence of sufficient progress of skaters from one level to the next (skaters should not be held back)
- Uses of circuits and stations to teach and practice skills
- Uses of a variety of age-appropriate activities, teaching methods (target groups: preschool, mainstream, adult)
- Use of age appropriate music, teaching aids, props
- Uses of Skate Canada CanSkate awards and incentives
- Award Skate Canada CanSkate badges with report cards. (Twice a year)
- Canskate Program Assistance will complete the required course and be 12 years of age to qualify as an assistant for the program.

STARSKATE

- Minimum 1 Skate Canada professional coach teaching on the ice (may be assisted by experienced/trained Program Assistants)
 - Provide stroking, free skating, skating skills and dance instruction (synchronized skating is optional) on a regular basis
 - Skaters are encouraged to choose group lessons, private lessons or both formats to enhance their skill development
 - 90% continuous movement - limited waiting to take turns to practice skills
 - Use entire ice surface throughout session to promote speed
 - Evidence of sufficient progress of skaters from one level to the next (skaters should not be held back)
 - Use circuits and stations to teach and practice skills
 - Use of a variety of age-appropriate activities and teaching methods
 - Use of an age-appropriate music and teaching aids
 - Use Skate Canada STARSkate Program awards and incentives
 - Skaters will be allowed one new program built per skating season.
-

TESTS & COMPETITIVE PROGRAMS

All test and competitive programs are designed for skaters who are willing to commit more time and effort to their skating skills and wish to train for, and be tested on levels of achievement from Preliminary to Gold.

The program is tailored to the individual. Ice time is chosen from available scheduled sessions. Lessons are arranged privately with the Coaching staff and lesson fees are paid directly to the coach. Lessons will be structured around private, semi-private or small group.

The skater refines skills in skating skills, freeskate, dance and interpretive disciplines. There are 6 skill levels (6 tests), 6 freeskate levels (6 two-part tests), 6 dance levels (21 dance tests). 4 interpretive levels (4 tests) – potentially leading to a gold achievement in each discipline.

Highly motivated skaters may also choose to enter the Skate Canada competitive program which involves competing at a range of events from Regional competitions to Sectionals (Provincials), Challenge (Western Canada), Canadians (Nationals) and beyond.

Skaters may also choose whether or not they wish to enter competitions or compete at a recreational level. It is solely up to each individual and their passion. There is something for everyone.

It is up to the skater/parent to keep in contact with the coaches to decide on your goals for the year and to follow up on the skater's progress.

SKATE CANADA TESTS

A great deal of work is involved in the hosting of a test session. We would ask for parents' co-operation and also to remember that the evaluators/judges are VOLUNTEERS, and have spent many hours apprenticing and writing exams in order to qualify as Skate Canada Evaluators and Judges. They warrant our respect and gratitude. Test sessions are held throughout the winter and spring sessions and during summer school.

TEST REGULATIONS:

1. A skater must be a 'member in good standing' to be allowed to test. Test fees must be paid prior to the test.
2. To be eligible for a test, the skater must have passed all preceding tests.
3. Skaters are required to be at the rink 1 hour before the scheduled time of the test. Skaters must not go on the ice until instructed to do so.
4. Common sense, appropriate attire, and appropriate behavior is expected on Test Days. Skaters must show respect for themselves (i.e.-properly dressed, skates

clean, etc.) for others (conduct themselves quietly while others are testing), and for the judges (be on time, courteous and practice self-control)

5. It is your responsibility to keep your individual test result and record for future inquiries.

COMPETITION CHECKLIST

In addition to our own competition hosted annually by SVSC, skaters will have the opportunity to attend competitions held by other skating clubs in the region and the province. The skater and parent(s) work with the skater's coach to determine eligibility and desire to compete. The competition chair will distribute competition entry forms to the skaters or online entry information to the parents by email. It is the responsibility of the parent to ensure that forms are completed accurately and submitted by the deadline with payment.

TO DO:

- Fully complete all competition entry forms before deadline date and return to coach or competition chairperson prior to deadline with appropriate payment. Any forms that are incomplete may be denied.
- Polish skates and new washed laces (cut to correct length and melt ends)
- Sharpening (minimum one week before competition)
- Costume (tried out prior for fit and comfort and possible alterations)
- Warm up sweater and matching gloves, for warm-up period only. Form fitting, zip, button or wrap. No hood. White, black or matching color of dress.
- Hair must be worn neat and tidy (braid or bun, off face, must not catch on costume). Nothing loose, bobby pins must "lock". Tested at same time as costume before event.
- Extra tights, boys' extra socks. Clear nail polish for emergency runs.
- Skate bag, guards, wipe for skates, and possibly a garment bag.

ORDER OF EVENTS

Arrive a minimum of 1 hour before the start of your event (1/2 hr for the first event of the day). Note: Competition events are permitted to start 1 hour early regardless of whether all skaters are present.

When you first arrive, go to the registration area and check in. Find your groups dressing room and let the ice captain (person with the clipboard) know you are there. Find out the skating order and whether it will be early or late. Find your coach (they will be looking for you as well).

Do your off-ice warm-ups in a quiet place if possible (20 minutes minimum). Include stretching, light jog, jumps, program walk-through. Look at ice for start place. No silliness or running around while waiting. Focus on preparation. Use a device if you have one with your music on it.

NOTES TO REMEMBER

While wearing your costume, be careful where you sit.

Laces must be tucked securely between tongue and boot, not loose and hanging out.

You should never compete on a completely empty stomach, especially in the morning. However, avoid greasy, spicy, sweet or heavy foods. Avoid drinking quantities of liquids, especially pop.

Results are posted within an hour of skating times. Check the results area. Sometimes placements 1-6 receive an award in the lower levels and are expected at presentation area. Find out at the registration desk. Sometimes there are qualifying rounds to finals particularly at StarSkate Championships.

Bring a camera for the awards presentations. Never use a flash in the rink as it is extremely dangerous for the skaters.

COACHES EXPENSES

Coaches will also have their expenses for attending out-of-town competitions and test days paid. Their expenses will be split evenly among the skaters they have attending and the events they skate in. (A skater doing 3 events will have a higher portion to pay than a skater doing 1 event). The coaches submit their expenses to the SVSC and the SVSC pays them and then bills the skaters back for their share of the expenses.

ENFORCEMENT OF CODE OF CONDUCT

Responsibility for enforcement of this Code of Conduct shall reside with the Board of Directors of the Snow Valley Skating Club.

- 1st Offence: Verbal warning by the Skater's Coach or the SVSC Board of Directors. The Skater's Parent/Guardian will be informed of the warning if the Skater is under the Age of Majority.
 - 2nd Offence: Letter from the SVSC Board will be addressed to the Skater, Parent/Guardian and Coach outlining the nature of the violation.
 - 3rd Offence: The skater is suspended from all Club programs without compensation for 1 week. This includes all lessons, competitions, and test days.
 - 4th Offence: Skater may be asked to leave the Club at the Board's discretion. In the case of a serious breach of conduct, the skater may be immediately suspended at the Board's discretion. In cases of suspension or expulsion, no refund of any kind will be granted.
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SKATERS' CODE OF CONDUCT

All athletes shall recognize that being a member of the community carries with it responsibilities and rewards, and they shall not only embrace those responsibilities, but also conduct themselves both on and off the ice in a way that exhibits respect for others and themselves.

Specific Principles:

- Skaters are to extend proper courtesy to all skaters and coaches at all times. Swearing, kicking or stomping the ice or other disrespectful behavior will not be tolerated. Offending skaters will be asked to leave the ice immediately. Parents of offending skaters will be notified.
- Skaters must behave respectfully to other skaters, parents, coaches, and officials while off the ice. This includes behavior in the dressing rooms.
- Skaters are not permitted to eat while on the ice. Only unbreakable beverage containers are permitted at the boards.
- Skaters are to be on time for all skating sessions and lessons.
- Skaters are to receive permission from a coach before leaving the ice for any reason.
- Skaters are to wear appropriate skating attire, no blue jeans.
- Skaters are not to be on the ice at the same time as the Zamboni.
- Skaters are not to be on the ice without a coach present.
- Skaters are not to enter or leave the ice over the boards.
- Skaters are not to sit on the boards.
- Skaters are not to stand or socialize in the middle of the ice or along the boards. Do not assemble in front of the music player. Skaters are not to lay on the ice unless unable to stand due to injury requiring assistance.
- Skaters are to limit speaking to a coach to their lesson time. Skaters are not to interrupt another skaters' lesson.
- Skaters are to notify their coach of any planned missed lessons.
- Skaters must be in good standing with the club to participate in Skate Canada sanctioned events including test days, ice shoes, competitions, etc. "Good standing" implies the skater's registration fees and coaching fees are paid to date and that the skater is not subject to any ongoing disciplinary action.
- Skaters acting contrary to this code of conduct may be subject to disciplinary action.

I, the undersigned, am aware of the contents of this document and agree to uphold them

Skater Name: _____ **Date:** _____

Skater Signature: _____ **Parent Signature:** _____

PARENTS' CODE OF CONDUCT

You are the most influential people in your child's life. Your job is not only to teach them to win or lose, but to do both graciously. You must also remind them that skating is meant to be FUN. The athletic skills these young people learn may only be used for a few years. The attitudes they develop towards themselves and others will last a lifetime.

- Promote integrity, fairness and respect.
- Help your child develop a positive self image. Encourage your child's participation by promoting good sportsmanship and providing constant positive reinforcement.
- Children learn by example. Promote respect for rules, coaches, judges and evaluators, other parents and skaters.
- Children look at parents as mentors, therefore, lead by example to create a motivating and rewarding environment built on trust and mutual respect between parents, coaches and the Board. Children are a product of their environment.
- Recognize the value and importance of the volunteer. They give their time and resources to provide a Club for your child.
- Be proactive and informed. Take the initiative to contact the office, coaches or the Board to obtain information pertaining to your skater or the Club. Please don't wait for other to inform you.
- If you have questions, concerns, and/or suggestions we encourage you to approach the appropriate Board Member or submit them in writing to the appropriate Board Member.
- When an issue of concern should arise encourage an open and respectful verbal dialogue with members and/or coaches to promote a healthy resolve.
- Show respect, appreciation and be supportive.
- Show respect for officials, coaches' and Club Members by not questioning their judgment, integrity and honesty, in public.
- Encourage your child to approach their coach with any comments or questions regarding their performance after test days or competitions.
- Parent(s) are responsible for ensuring the safety of the skater when off the ice.
- Please ensure that if you are not at the arena, arrangements are made to meet your child for drop off and pick up in a safe area.
- Any person who deliberately deviates from the Code of Conduct by demonstrating poor behavior or disrespect to any of the Coaches, Board Members, Club Members or skaters may have their club membership revoked.

I, the undersigned, am aware of the contents of this document and agree to uphold them

Parent Name: _____

Date: _____

Parent Signature: _____