

CODE OF CONDUCT - STARSKATE

Figure skating is a competitive and individualized sport, which requires safe and courteous behaviour from all participants, on and off the ice. OSC functions as a positive team environment and skaters are expected to encourage and support all team members.

Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below. All Skaters registered for sessions at the Okotoks Skating Club are expected to exhibit the following behaviours at all times while training at practice sessions, and while representing our Club at Competitions.

I therefore pledge to be responsible for my words and actions and shall conform my behavior to this code of conduct:

1. I will be at my session on time and ready to learn.
2. I will come to my session with a plan (my training book, if applicable) and mindset of how this session will help me achieve my goals. I will do my best to keep moving constantly and if unsure of what to practice, I will refer back to my training plan.
3. I will try my best not to stand in the middle of the ice and if I need a break, I will move to the boards, and will be sure to look both ways before resuming skating.
4. I will try my best to focus on my goals and not distract others from their lessons, unless asking permission to leave the ice or in the case of emergency.
5. If I must leave the ice early, or need a washroom break, I will get permission from an OSC coach.
6. I promise to demonstrate good sportsmanship, courtesy, consideration and respect towards others and that foul language, eye rolling, slamming of objects, abusive or aggressive behaviour, including bullying and kicking holes in the ice, is prohibited.
7. I promise to get up quickly after a fall, unless I am injured or unable to do so, knowing it is unsafe to remain down.
8. I understand I am a representative of the Okotoks Skating Club at my home club and at out-of-club events and I will do my best to represent our club with dignity and class.
9. I promise to treat all members of the Okotoks Skating Club coaching staff, parents, skaters, guests and arena staff with courtesy and respect.
10. I will remember that while I am training, I must learn to maneuver around other skaters and still complete the skill(s). If I must call out for space, I will politely ask, or say "excuse me", or "heads up", knowing that my fellow skaters will do the same.
11. I promise to know and follow the Skater Priority Right of Way, to the best of my abilities:

Skater Priority Right of Way:

1. Soloist Performing their Program (with Music)
2. Skaters in Lesson with a Coach
3. Skaters in a Jump or Spin Entrance

General Rules for Skating Sessions:

- No food, drink (other than water) or gum chewing is permitted on the ice.
- Water bottles are acceptable but must be left at the boards. Glass bottles are prohibited.

- Use of cell-phones (except for use by music playing, or coach video purposes) is prohibited during on-ice and off-ice sessions.
- Dressing room space is a privilege and participants are expected to be mindful of the space they take up. Skaters are expected to clean up after themselves and be respectful of the area, others personal belongings and the rules of the facility.
- While parents of skaters 12 are encouraged to stay in the arena while their skater is on the ice, it is not required as skaters will be under coaches supervision.

I hereby agree that if I fail to conform my conduct to this Code of Conduct, I will be subject to disciplinary action including, but not limited to the following depending on the severity of the offense:

1. First Offence - Verbal warning from OSC Coach or Board member, parent informed of warning. A copy of the Code of Conduct will be given to the skater to review again.
2. Second Offence - Letter of warning from President to Skater stating the areas of conduct that are undesirable to the Okotoks Skating Club.
3. Third Offence - Dispute Resolution Meeting of all people concerned. Letter of apology issued to offended party.
4. Fourth Offence - Temporary suspension from Club Ice Sessions and Events (Test days and Competitions).

DRESS CODE

On-Ice

- Proper skating attire made of flexible, warm apparel; includes tights, skating dresses, skirts, leggings, comfortable fitted jackets or sweaters, mittens/gloves.
- Not permitted: jeans, hoodie sweatshirts, flared pants, clothing with drawstrings or dangling items, and clothing with inappropriate words, gestures or scenes.
- Long hair is to be pulled back, tidy, and out of the skaters face.

Off-Ice Apparel

- Comfortable, flexible clothing including leggings, t-shirts, etc. (skating apparel is acceptable).
- Proper footwear includes runners or sneakers. Flip flops, boots or slip on shoes are not permitted.