



REGISTRATION PACKAGE FALL/WINTER 2022-23

SEPT 6, 2023 – APRIL 13, 2023

Okotoks Skating Club

PO Box 1002

Okotoks, Alberta T1S 1B1

(403) 969-5442

info@okotoksskatingclub.ca

Arena Locations:

Okotoks Recreation Centre – Piper Arena
99 Okotoks Drive, Okotoks

Scott Seaman Sports Rink (SSSR)
32156 Highway 552 E, De Winton



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Welcome to the Okotoks Skating Club 2022-23 Season!

The OSC Board of Directors and team coaches are excited to welcome both new and returning skaters to the ice. We have an exciting year planned, full of exciting programming, test days, competitions and more.

We look forward to having a great season!



PROGRAM OUTLINE

CANSKATE / PRE-CANSKATE / PREPOWER

Skate Canada's national flagship CanSkate program is the leading learn to skate program in Canada. The Okotoks Skating Club offers Pre-CanSkate, CanSkate and PrePower and class times are in the chart below. All of our learn to skate programs are taught by Skate Canada Professional coaches and assisted by trained members of our figure skating program.

This season we are offering 6 sessions of each program during the Fall and Winter sessions.

CanSkate

CanSkate is for beginners to ice skating and to those looking to improve on the basics whether the focus is figure skating, hockey/ringette, speed skating or just for fun. Conducted in a fun and friendly environment, the CanSkate program teaches skaters a comprehensive series of skills in our areas of focus: Agility, Balance and Control. Each session includes a warm-up, group lesson time run through skill circuits, a group activity and a cooldown.

Prerequisites: For ages 5 and up. Participants are not required to have previous skating experience. For participants under the age of 5, completion of the Pre-CanSkate program is required.

Mandatory Equipment - Skates, gloves and a CSA approved hockey helmet (bike helmets will not be permitted on the ice).

Pre-CanSkate

Pre-CanSkate is an un-parented program for ages 3 years and up (typically ages 3-5), who have never skated before or who are not yet confident alone on the ice. Skaters work on the basics of falling down and getting up, marching or moving forward and balancing on 2 feet. Conducted in a fun and friendly environment, skaters participate in games and activities to encourage movement without fear. Skaters who complete all the necessary Pre-CanSkate skills will then be ready to join the CanSkate program.

Prerequisites: For ages 3 and up. No previous skating experience required.

Mandatory Equipment - Skates, gloves and a CSA approved hockey helmet (bike helmets will not be permitted on the ice).

PrePower

PrePower is an introductory power skating program geared to skaters who are interested in getting involved or currently in an entry level hockey or ringette program. This program will further develop basic skating skills following our CanSkate curriculum of Balance, Control and Agility while focusing on power skating.

Prerequisites: For ages 5 and up with some previous skating experience – either completion of the PreCanSkate program, past participation in the CanSkate program or participation in a hockey/ringette program. Skaters must be able to move forwards, backwards and have basic stopping skills.

Mandatory Equipment - Skates, gloves, a hockey or ringette stick, water bottle and a CSA approved hockey helmet (bike helmets are not permitted). Full hockey/ringette equipment is strongly recommended but not mandatory.



FALL 2022

CANSKATE / PRE-CANSKATE / PREPOWER

| Learn to Skate - Fall 2022 | | | | | Sept 30, 2022 - Dec 10, 2022 | | | | |
|----------------------------|---|------------|-----------|--------------|------------------------------|----------|--------------|----------|------------------------------|
| | Session | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location | No Skating |
| CanSkate | CanSkate Tuesday 5:00pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:00pm | 5:45pm | 45mins | Piper | - |
| | CanSkate Tuesday 5:45pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:45pm | 6:30pm | 45mins | Piper | - |
| | CanSkate Wednesday Fall 2022 | 05-Oct-22 | 07-Dec-22 | 10 | 6:30pm | 7:15pm | 45mins | SSSR | - |
| | CanSkate Friday Fall 2022 | 30-Sep-22 | 09-Dec-22 | 10 | 1:45pm | 2:30pm | 45mins | Piper | Nov 11, 2022 |
| | CanSkate Saturday 10:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 10:15am | 11:00am | 45mins | Piper | Nov 12, 2022 Nov 26, 2022 |
| | CanSkate Saturday 11:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 11:15am | 12:00pm | 45mins | Piper | Nov 12, 2022 Nov 26, 2022 |
| Pre-CanSkate | Pre-CanSkate Tuesday 5:00pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:00pm | 5:30pm | 30mins | Piper | - |
| | Pre-CanSkate Tuesday 5:45pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:45pm | 6:15pm | 30mins | Piper | - |
| | Pre-CanSkate Wednesday Fall 2022 | 05-Oct-22 | 07-Dec-22 | 10 | 6:30pm | 7:00pm | 30mins | SSSR | - |
| | Pre-CanSkate Friday Fall 2022 | 30-Sep-22 | 09-Dec-22 | 10 | 1:45pm | 2:15pm | 30mins | Piper | Nov 11, 2022 |
| | Pre-CanSkate Saturday 10:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 10:15am | 10:45am | 30mins | Piper | Nov 12, 2022 Nov 26, 2022 |
| | Pre-CanSkate Saturday 11:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 11:15am | 11:45am | 30mins | Piper | Nov 12, 2022 Nov 26, 2022 |
| PrePower | PrePower Tuesday 5:00pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:00pm | 5:45pm | 45mins | Piper | - |
| | PrePower Tuesday 5:45pm Fall 2022 | 04-Oct-22 | 06-Dec-22 | 10 | 5:45pm | 6:30pm | 45mins | Piper | - |
| | PrePower Wednesday Fall 2022 | 05-Oct-22 | 07-Dec-22 | 10 | 6:30pm | 7:15pm | 45mins | SSSR | - |
| | PrePower Friday Fall 2022 | 30-Sep-22 | 09-Dec-22 | 10 | 1:45pm | 2:30pm | 45mins | Piper | Nov 11, 2022 |
| | PrePower Saturday 10:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 10:15am | 11:00am | 45mins | Piper | Nov 12, 2022 Nov 26, 2022 |
| | PrePower Saturday 11:15am Fall 2022 | 01-Oct-22 | 10-Dec-22 | 9 | 11:15am | 12:00pm | 45mins | Piper | Nov 12, 2022 Nov 26, 2022 |

Available Discount

Purchase 2 or more weekly sessions and receive a discount. Discount applied at checkout.

| # of Sessions | Discount |
|---------------|--------------|
| 2 Sessions | 10% Discount |
| 3 Sessions | 15% Discount |
| 4 Sessions | 20% Discount |

Multi-Participant Discount – Register 2-3 participants in the same season on the same invoice and receive \$25 off for each participant. Discount applied at checkout.



WINTER 2023*

CANSKATE / PRE-CANSKATE / PREPOWER

| Learn to Skate - Winter 2023 | | | | | Jan 10, 2023 - March 18, 2023 | | | | |
|------------------------------|---|------------|-----------|--------------|-------------------------------|----------|--------------|----------|--------------|
| | Session | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location | No Skating |
| CanSkate | CanSkate Tuesday 5:00pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:00pm | 5:45pm | 45mins | Piper | Feb 21, 2023 |
| | CanSkate Tuesday 5:45pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:45pm | 6:30pm | 45mins | Piper | Feb 21, 2023 |
| | CanSkate Wednesday Winter 2022 | 11-Jan-23 | 15-Mar-23 | 9 | 6:30pm | 7:15pm | 45mins | SSSR | Feb 22, 2023 |
| | CanSkate Friday Winter 2022 | 13-Jan-23 | 17-Mar-23 | 9 | 1:45pm | 2:30pm | 45mins | Piper | Feb 24, 2023 |
| | CanSkate Saturday 10:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 10:15am | 11:00am | 45mins | Piper | Feb 18, 2023 |
| | CanSkate Saturday 11:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 11:15am | 12:00pm | 45mins | Piper | Feb 18, 2023 |
| Pre-CanSkate | Pre-CanSkate Tuesday 5:00pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:00pm | 5:30pm | 30mins | Piper | Feb 21, 2023 |
| | Pre-CanSkate Tuesday 5:45pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:45pm | 6:15pm | 30mins | Piper | Feb 21, 2023 |
| | Pre-CanSkate Wednesday Winter 2022 | 11-Jan-23 | 15-Mar-23 | 9 | 6:30pm | 7:00pm | 30mins | SSSR | Feb 22, 2023 |
| | Pre-CanSkate Friday Winter 2022 | 13-Jan-23 | 17-Mar-23 | 9 | 1:45pm | 2:15pm | 30mins | Piper | Feb 24, 2023 |
| | Pre-CanSkate Saturday 10:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 10:15am | 10:45am | 30mins | Piper | Feb 18, 2023 |
| | Pre-CanSkate Saturday 11:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 11:15am | 11:45am | 30mins | Piper | Feb 18, 2023 |
| PrePower | PrePower Tuesday 5:00pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:00pm | 5:45pm | 45mins | Piper | Feb 21, 2023 |
| | PrePower Tuesday 5:45pm Winter 2022 | 10-Jan-23 | 14-Mar-23 | 9 | 5:45pm | 6:30pm | 45mins | Piper | Feb 21, 2023 |
| | PrePower Wednesday Winter 2022 | 11-Jan-23 | 15-Mar-23 | 9 | 6:30pm | 7:15pm | 45mins | SSSR | Feb 22, 2023 |
| | PrePower Friday Winter 2022 | 13-Jan-23 | 17-Mar-23 | 9 | 1:45pm | 2:30pm | 45mins | Piper | Feb 24, 2023 |
| | PrePower Saturday 10:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 10:15am | 11:00am | 45mins | Piper | Feb 18, 2023 |
| | PrePower Saturday 11:15am Winter 2022 | 14-Jan-23 | 18-Mar-23 | 9 | 11:15am | 12:00pm | 45mins | Piper | Feb 18, 2023 |

*Available for Registration Nov 15, 2022

Available Discount

Purchase 2 or more weekly sessions and receive a discount. Discount applied at checkout.

| # of Sessions | Discount |
|---------------|--------------|
| 2 Sessions | 10% Discount |
| 3 Sessions | 15% Discount |
| 4 Sessions | 20% Discount |

Multi-Participant Discount – Register 2-3 participants in the same season on the same invoice and receive \$25 off for each participant. Discount applied at checkout



PROGRAM OUTLINE CANPOWER

CanPower is an action-packed, high energy instructional power skating program geared to hockey and ringette skaters that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations.

Mandatory Equipment: Full hockey/ringette gear including CSA approved hockey helmet, stick and water bottle. Skaters will be provided a practice jersey.

~~This season we are offering a Power A & B session on Thursday mornings, and is included in our Fall Warm-Up Week taking place in August. See dates below.~~

Available Discount: Multi-Participant Discount – Register 2-3 participants in the same season on the same invoice and receive \$25 off for each participant. Discount applied at checkout

Power A

Prerequisites: For ages 6 - 10. Previous hockey/skating experience is required, Canskate/PrePower is preferred. Skaters are typically in or entering U7 (Initiation) to U11 (Atom) hockey/ringette programs. Completion of the PrePower program is recommended but not required.

Power B

Prerequisites: For ages 11+. Previous hockey/skating experience is required, typically U11 hockey/ringette programs or higher. Completion of the PreCanPower or Power A program is recommended but not required.

| Fall 2022 Warm-Up Week Aug 22 - Sept 2, 2022 | | | | | | | | |
|--|---------|------------|-----------|--------------|------------|----------|--------------|----------|
| | Name | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location |
| Fall Warm-Up Week | Power B | 22-Aug-22 | 26-Aug-22 | 5 | 8:00 AM | 8:45 AM | 45 mins | Piper |
| | Power A | 22-Aug-22 | 26-Aug-22 | 5 | 8:45 AM | 9:30 AM | 45 mins | Piper |

*Update as of Aug 15th – Due to low registration, Power A & B Warm-Up Weeks have been cancelled.

| FALL 2022 | | | | | | | | | |
|-------------|---------------------|------------|-----------|--------------|------------|----------|--------------|----------|--------------|
| | Session | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location | No Skating |
| Power | Power A Fall 2022 | 06-Oct-22 | 08-Dec-22 | 10 | 7:15am | 8:00am | 45mins | Piper | - |
| | Power B Fall 2022 | 06-Oct-22 | 08-Dec-22 | 10 | 6:30am | 7:15am | 45mins | Piper | - |
| Winter 2023 | | | | | | | | | |
| | Session | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location | No Skating |
| Power | Power A Winter 2022 | 12-Jan-23 | 16-Mar-23 | 9 | 7:15am | 8:00am | 45mins | Piper | Feb 23, 2023 |
| | Power B Winter 2022 | 12-Jan-23 | 16-Mar-23 | 9 | 6:30am | 7:15am | 45mins | Piper | Feb 23, 2023 |



PROGRAM OUTLINE STARSKATE

Skills, Tests, Achievement, Recognition!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and artistic skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating.

The OSC structures its figure skating program around a team coaching environment that exposes skaters to each member of the coaching staff with their particular areas of expertise.

Academy

Academy is OSC's entry level introduction to figure skating program. Skaters are taught in small groups and focus on the basics of figure skating; edge development, jump and spin techniques, dance and creative movement. Coaching fees are included in registration.

Prerequisites: For ages 7 & under, skaters are invited from CanSkate by OSC coaches and have passed at least CanSkate Stage 3. Athletes interested in joining may arrange a try out assessment by contacting the Registrar.

Mandatory equipment: Figure skates (rec or hockey skates will not be permitted), gloves, and proper skating attire. Coaches will advise skaters on helmet use.

Junior STARSkate

Junior STARSkate is for skaters currently working on their first set of Skate Canada STAR tests, Star 1-2 in Dance, Freeskate, and Skills. Skaters will also be introduced to competitions at the STAR 1-2 level.

Registration includes ice fees only. Additional fees are outlined later in this document. It is recommended participants contact the OSC Head Coach at or prior to registration to discuss lessons and budgets. Please refer to the OSC Coaches brochure for coaching fees, lesson guidelines and recommendations.

Intermediate STARSkate

Skaters are grouped according to skating skills and coaches discretion. Members will be advised of skater's group prior to registration.



Registration includes ice fees only. Additional fees are outlined later in this document. It is recommended participants contact the OSC Head Coach at or prior to registration to discuss lessons and budgets. Please refer to the OSC Coaches brochure for coaching fees, lesson guidelines and recommendations.

Senior STARSkate

Skaters are grouped according to skating skills and coaches discretion. Members will be advised of skater's group prior to registration.

Registration includes ice fees only. Additional fees are outlined later in this document. It is recommended participants contact the OSC Head Coach at or prior to registration to discuss lessons and budgets. Please refer to the OSC Coaches brochure for coaching fees, lesson guidelines and recommendations.

OPEN STARSkate:

OPEN Wednesday – The Open STAR Wednesday session is open to skaters in the Intermediate B level and up, including Senior and Adult skaters. All other skaters may contact their coach for approval to skate on this session.

OPEN Friday - Open STARSkate is open to all levels of figure skaters at coaches discretion.

Off-Ice Training:

This season for our figure skaters, we are excited to offer an integrated off-ice training program. We are providing two off-ice training sessions (on Sundays and Fridays) that includes traditional training geared towards figure skating (cardio, flexibility, strength), figure skating specific training (jump and spin techniques), an intro to Pilates training, and Progressing Ballet Technique training (PBT) provided through Burn the Floor Danceworks and more. Participation in off-ice is strongly encouraged.

| Fall 2022 Warm-Up Week Aug 22 - Sept 2, 2022 | | | | | | | | |
|--|--------------|------------|-----------|--------------|------------|----------|--------------|----------|
| | Name | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location |
| Fall Warm - Up Week | Power B | 22-Aug-22 | 26-Aug-22 | 5 | 8:00 AM | 8:45 AM | 45 mins | Piper |
| | Power A | 22-Aug-22 | 26-Aug-22 | 5 | 8:45 AM | 9:30 AM | 45 mins | Piper |
| | OPEN | 22-Aug-22 | 26-Aug-22 | 5 | 9:45 AM | 11:00 AM | 1 hr 15 mins | Piper |
| Fall Warm - Up Week | Academy | 29-Aug-23 | 02-Sep | 5 | 4:00 PM | 4:45 PM | 45 mins | Piper |
| | Junior | 29-Aug-23 | 02-Sep | 5 | 4:00 PM | 4:45 PM | 45 mins | Piper |
| | Intermediate | 29-Aug-23 | 02-Sep | 5 | 4:45 PM | 6:00 PM | 1 hr 15 mins | Piper |
| | Senior | 29-Aug-23 | 02-Sep | 5 | 6:15 PM | 7:30 PM | 1 hr 15 mins | Piper |

FALL/WINTER 2022-23 STARSKATE DETAILS

| | Name | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location | No Skating Days |
|--------------|-----------------------------|------------|-----------|--------------|------------|----------|--------------|---------------------|--|
| Academy | Academy Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 7:00am | 7:45am | 45mins | Piper | Nov 13, 2022 Dec 11, 2022 |
| | Academy Off-Ice Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 8:00am | 8:30am | 30mins | Community Room | |
| | Academy Monday | 12-Sep-22 | 10-Apr-23 | 26 | 4:00pm | 4:45pm | 45mins | Piper | Oct 10, 2022 Feb 20, 2023 March 20, 2023 |
| | Academy Wednesday | 07-Sep-22 | 12-Apr-23 | 29 | 4:00pm | 4:45pm | 45mins | Piper | Mar 22, 2023 |
| | Academy Friday | 09-Sep-22 | 17-Mar-23 | 23 | 5:15pm | 6:00pm | 45mins | Piper | Nov 11, 2022 Dec 16, 2022 |
| | Academy Off-Ice Friday | 09-Sep-22 | 17-Mar-23 | 23 | 6:15pm | 7:00pm | 45mins | Natural High Studio | |
| Junior | Junior Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 7:00am | 8:15am | 1hour 15mins | Piper | Nov 13, 2022 Dec 11, 2022 |
| | Junior Off-Ice Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 8:30am | 9:00am | 30mins | Community Room | |
| | Junior Monday | 12-Sep-22 | 10-Apr-23 | 26 | 4:00pm | 5:15pm | 1hour 15mins | Piper | Oct 10, 2022 Feb 20, 2022 March 20, 2023 |
| | Junior Wednesday | 07-Sep-22 | 12-Apr-23 | 29 | 4:00pm | 4:45pm | 45mins | Piper | Mar 22, 2023 |
| | Junior Thursday | 08-Sep-22 | 13-Apr-23 | 28 | 4:00pm | 4:45pm | 45mins | Piper | Dec 15, 2022 March 23, 2022 |
| | Junior Friday | 09-Sep-22 | 17-Mar-23 | 23 | 5:15pm | 6:00pm | 45mins | Piper | Nov 11, 2022 Dec 16, 2022 |
| | Junior Off-Ice Friday | 09-Sep-22 | 17-Mar-23 | 23 | 6:15pm | 7:00pm | 45mins | Natural High Studio | |
| Intermediate | Intermediate Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 8:00am | 8:45am | 45mins | Piper | Nov 13, 2022 Dec 11, 2022 |
| | Intermediate Off-Ice Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 9:00am | 9:45am | 45mins | Community Room | |
| | Intermediate Monday | 12-Sep-22 | 10-Apr-23 | 26 | 5:15pm | 6:30pm | 1hour 15mins | Piper | Oct 10, 2022 Feb 20, 2023 March 20, 2023 |
| | Intermediate Tuesday | 06-Sep-22 | 11-Apr-23 | 29 | 4:00pm | 5:00pm | 1hour | Piper | Mar 21, 2023 |
| | Intermediate Wednesday | 07-Sep-22 | 12-Apr-23 | 29 | 6:30am | 8:00am | 1hour 30mins | Piper | Mar 22, 2023 |
| | Intermediate Friday | 09-Sep-22 | 17-Mar-23 | 23 | 5:45pm | 7:00pm | 1hour 15mins | Piper | Nov 11, 2022 Dec 16, 2022 |
| | Intermediate Off-Ice Friday | 09-Sep-22 | 17-Mar-23 | 23 | 4:45pm | 5:30pm | 45mins | Natural High Studio | |

| | | | | | | | | | |
|--------|---------------------------|-----------|-----------|----|-------------------|-------------------|-----------------|---------------------|--|
| Senior | Senior Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 8:45am 11:00am | 9:45am 12:00pm | 1hour | Piper | Nov 13, 2022 Dec 11, 2022 |
| | Senior Off-Ice Sunday | 11-Sep-22 | 19-Mar-23 | 24 | 10:00am | 10:45am | 45mins | Community Room | |
| | Senior Monday | 12-Sep-22 | 10-Apr-23 | 26 | 6:30am | 8:00am | 1hour 30mins | Piper | Oct 10, 2022 Feb 20, 2023 March 20, 2023 |
| | Senior Tuesday | 06-Sep-22 | 11-Apr-23 | 29 | 6:45pm | 8:00pm | 1hour 15mins | Piper | Mar 21, 2023 |
| | Senior Wednesday | 07-Sep-22 | 12-Apr-23 | 29 | 4:45pm | 5:45pm | 1hour | Piper | March 22, 2023 |
| | Senior Thursday | 08-Sep-22 | 13-Apr-23 | 28 | 4:45pm | 5:45pm | 1hour | Piper | Dec 15, 2022 March 23, 2022 |
| | Senior Friday | 09-Sep-22 | 17-Mar-23 | 23 | 4:00pm | 5:15pm | 1hour 15mins | Piper | Nov 11, 2022 Dec 16, 2022 |
| | Senior Off-Ice Friday | 09-Sep-22 | 17-Mar-23 | 23 | 5:30pm | 6:15pm | 45mins | Natural High Studio | |
| OPEN | Open - Sr/Int B Wednesday | 05-Oct-22 | 15-Mar-23 | 18 | 7:15pm | 8:30pm | 1hour 15mins | SSSR | Oct 12, 2022 Dec 14, 2022 Dec 21, 2022 Feb 22, 2023 March 22, 2023 |
| | Open Friday | 30-Sep-22 | 17-Mar-23 | 19 | 2:30pm | 3:45pm | 1hour 15mins | Piper | Nov 11, 2022 Dec 16, 2022 Feb 24, 2023 |

| Winter 2023 Warm-Up Week Jan 3 - 6, 2023 | | | | | | | | |
|--|--------------------|------------|----------|--------------|------------|----------|----------------|----------|
| | Name | Start Date | End Date | # of Classes | Start Time | End Time | Class Length | Location |
| Winter Warm-Up Week | Academy | 03-Jan | 06-Jan | 4 | 9:00am | 10:00am* | 1 hour | Piper |
| | Group A (STAR 1-3) | 03-Jan | 06-Jan | 4 | 9:00am | 10:00am | 1 hour | Piper |
| | Group B (STAR 4+) | 03-Jan | 06-Jan | 4 | 10:00am | 11:30am | 1 hour 30 mins | Piper |

*Academy will be 45 mins lesson time and 15 mins free practice time.

Multi-Session Discount - Discount applied at checkout.

| Session | Discount |
|--------------|--|
| Academy | Register for 3 or more sessions and receive a 10% Discount |
| Junior | Register for 4 or more sessions and receive a 10% Discount |
| Intermediate | Register for 4 or more sessions and receive a 10% Discount |
| Senior | Register for 5 or more sessions and receive a 10% Discount |

Multi-Participant Discount – Register 2-3 participants in the same season on the same invoice and receive \$25 off for each participant. Discount applied at checkout



REGISTRATION

REGISTRATION TIMELINE

The Fall/Winter season will open for registration to new and returning skaters and to in-club STARSkater's on Friday, July 15th. This includes registration for the Fall Warm-Up Weeks, all STARSkate and Academy regular sessions, and Fall CanSkate / Pre-CanSkate / PrePower and CanPower. Registration for out-of-club STARSkate will open as of August 8th, 2022.

Registration for Learn to Skate programs including CanPower will conclude two (2) weeks after the first sessions start date, or when the program fills.

Registration for STARSkate will remain open until sessions are full. To register in a program after the season start on Sept 6th 2022, members must seek approval from the OSC coaches to register for additional sessions.

The Winter 2023 CanSkate / Pre-CanSkate / PrePower and CanPower sessions including the STARSkate Winter Warm-Up week will open for registration to in-club members on November 15, 2022. Out-of-club skaters may register for the Winter Warm-Up week as of Dec 1st.

ADDITIONAL FEES

The Okotoks Skating Club is sanctioned by Skate Canada. All skaters must be registered with Skate Canada prior to taking to the ice. The annual membership fee is \$44.00 and covers the participant's Annual Skate Canada Membership and Insurance for the year starting September 1st to August 31st of the following year. This fee is 100% non-refundable.

Registration fees for STARSkate in Junior and up do not include coaching fees. Any coaching related items for STARSkate including but not limited to lesson fees, competition fees, choreography, program/music creation, test fees, etc., will be invoiced to members directly and paid to coaches as per the [Coaches Brochure](#) (Members Only access, must be a member and logged in to OSC account to view). Please reference this document for all coach related fees and invoicing.

This year, the Volunteer policy requires families of Academy and STARSkate to commit to 20 credits of volunteering with the club (typically 1 credit equals 1 hour). On the first registration of the year, you will see a Volunteer Commitment Fee of \$200 added to your account. This will NOT be charged to your account at this time. Once your family has fulfilled the commitment, the charge will be removed from your account. If your family has not fulfilled the commitment by April 15, this charge will be processed on the credit card, from your original registration, on April 20, 2023. More information is provided in the Volunteer Policy below.

HOW TO REGISTER

All program registration is done online, through our website at www.okotoksskatingclub.ca

Parents/guardians of participants must first create an account before registering, found by clicking on Login and First Time Registering. Parent/guardians must provide their contact information for the main account and participants are added once the main account is set up. Please ensure your information is correct and accurate. Please contact us if you need an update to your information.

Each season will have a separate registration information page as well as the main Registration page. Access the main registration page by clicking the menu heading called Registration. For individual session registrations, click the arrow on the Registration menu for the dropdown list of registration pages and select the program you are seeking. For quick access, the links for the main and individual registration pages are provided below.

Select the programs for registration and follow the prompts to checkout. All applicable discounts will be applied at checkout.

Out-of-Club registrations must be approved by the OSC Head Coach. Once approved please contact the Registrar for help in registration. All out-of-club registrations will include a 15% out-of-club registration fee added to the invoice at time of checkout.

For any issues or help in registering, please contact the Registrar.

PAYMENT OPTIONS

All registration invoices are due on receipt. Payment is accepted by Visa, MasterCard or Interac Online only.

For Academy and STARSkate sessions only, members may choose to pay their balance through installment payments. This option may be selected at check-out.

We accept [KidSport](#) or [JumpStart](#) grants for those who may require them. Please visit their websites for directions on how to apply and contact OSC for help in registering.

REGISTRATION LINKS

[Main Registration Page](#)

[CanSkate Registration](#)

[Pre-CanSkate Registration](#)

[PrePower Registration](#)

[Power A & B Registration](#)

[Fall Warm- Up Week Registration](#)

[Academy Registration](#)

[Junior STARSkate](#)

[Intermediate STARSkate](#)

[Senior STARSkate](#)



POLICIES & WAIVERS

MEDICAL / INJURY LIABILITY WAIVER

I, the registrant, to any Okotoks Skating Club Program admit knowingly and willingly that I have voluntarily enrolled in the programs/events that includes, but is not limited to, all on-ice and off-ice activities as described in the official event announcements. I am in good health, without injury or illness, and have not been told by any doctor that I may not participate in any physical activity.

In consideration of my fees paid for entry to any program and of my own free will, I do hereby for myself and my heirs, executors, and administrators, waive, release, and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injury to me or my wrongful death) against The Okotoks Skating Club and Skate Canada and its instructors, volunteers, employees, agents and any other persons involved in the event, that may arise from my participation in the event or while traveling to and from the event, even if caused in whole or in part by the negligence or other fault of the aforementioned parties or persons. I am aware of and fully understand the inherent and significant risks associated with my participation in the event. I fully understand that I may injure myself as a result of my participation in the events and hereby release the Okotoks Skating Club and Skate Canada and its instructors, volunteers, employees, agents and any other persons involved in the events from any liability, now or in the future, including but not limited to all physical, mental or emotional illnesses or injuries, however caused, occurring during or after my participation in the event. I agree that all my participation in the event, as well as travel to and from the event shall be at my own risk.

I fully understand that I am forever giving up, in advance, any right to sue or make claims against the parties that I am releasing, if I suffer any injuries or damages, even though I do not know what or how extensive those injuries and damages might be and am voluntarily assuming the risk of such injuries or damages.

PUBLICITY WAIVER

I hereby acknowledge and consent that Club activities and events may be recorded and/or televised either in whole or in part for showing on a world-wide basis. I hereby consent to the use of my participant's image by photography or video of his or her performances, name, biography and likeness on or in connection with any television or radio program, video/DVD, web streaming, web archiving, print media, social media or the advertising and publicizing of such program as may be designated by The Okotoks Skating Club or Skate Canada. I waive all rights to remuneration or otherwise in connection with the above.

The foregoing is subject to assurance that the eligible status of the athlete will be fully protected by Skate Canada.

PRIVACY POLICY

We respect your privacy and are committed to maintaining your confidence and trust. Accordingly, we maintain the following privacy policy to protect the personal information you provide. This policy applies to your use of the Okotoks Skating Club website and any other site that we may own or operate currently or in the future.

Personal Identification Information

We may request personal identification information from you in connection with your use of, or participation in, membership registration for the Okotoks Skating Club, our contests, games, surveys, forums, subscription registrations, content submissions, chats, bulletin boards, discussion groups, requests for suggestions, and in connection with other activities, services or resources we make available on any of our sites. In all of these cases, we will collect personal identification information from you only if you voluntarily submit such information to us. We will never intentionally disclose any personal identification information about you as an individual user (such as, for example, your full name, street address, telephone number, credit card number or e-mail address) to any third party without having received your permission. If you do provide us with personal information for any of these activities, we may use it to conduct the activity. We may also use cookie technology (discussed in detail below) to improve your experience of these activities, including remembering your preferences, customizing the content and advertisements that you see or authenticate your access to your personal information. In addition, in the event you're personally identifiable information is requested as part of our surveys or polls, such personally identifiable information may be added to your registration information.

Okotoks Skating Club does not sell, rent or lease its member lists to third parties. Okotoks Skating Club may, from time to time, contact you on behalf of external business partners about a particular offering that may be of interest to you. In those cases, your unique personally identifiable information (e-mail, name, address, telephone number) is not transferred to the third party. Okotoks Skating Club may however share data with trusted partners such as for example in helping us perform statistical analysis. In such a case, we request that the partner limit the use of your personal information to the provision of the services to Okotoks Skating Club and we request that they maintain the confidentiality of your information.

We have the following exceptions regarding the disclosure of your personal information: we will disclose your personal information, without notice, (a) to comply with any valid legal inquiry, order or process served on Okotoks Skating Club or the site; (b) to protect and defend the rights or property of Okotoks Skating Club; (c) to protect the personal safety of users of Okotoks Skating Club, or the public; and (d) to submit your personal identification to Skate Canada (see Notice of Collection below). We may also transfer user information, including personally identifiable information, to a successor corporate entity in connection with a corporate merger, consolidation, sale of assets or corporate division or other fundamental corporate change.

Access To/Correction of Information



To review any personal information, we have retained about you, a written request for the information may be submitted. A correction of personal information will be done, to the best of our ability, only after identity and information is confirmed to be accurate, however noting, it is not always possible to completely remove or modify database and server information but a reasonable effort will be made and communicated.

Skate Canada – Notice of Collection

By signing below, you acknowledge that you have read, understood and agree to comply with the Skate Canada Privacy Code as provided and hereby request, and consent to, the registering of myself with Skate Canada.

By signing below and registering with a club or skating school and allowing yourself to be registered nationally with Skate Canada and submitting this form, you indicate your acceptance of all terms and conditions associated with the Skate Canada Privacy Code and expressly provide your consent to the collection, use and disclosure of your confidential information to register you with Skate Canada in any capacity including, without limitation, as a Skate Canada registrant, coach or in connection with your affiliation with a skating club or skating school and to administer various services, such as Skate Canada programs, services and events, all as set forth in the Privacy Code. In addition, through the submission of form, you expressly consent to the sharing or exchange of your confidential information with Skate Canada affiliates, which includes your local skating club or skating school or provincial association or section, and with service providers.

CANCELLATION & REFUND POLICY

ALL REFUNDS ARE SUBJECT TO AN ADMINISTRATION FEE OF \$25

The OSC reserves the right to cancel sessions/classes, limit the number of skaters per session/class and to change the session/class levels when necessary. All requests for withdrawals are to be made in writing to the Registrar. The Skate Canada Membership fee is non-refundable.

Withdrawing from a program prior to the start of the program: Notice in writing must be received prior to the start of the program. Refunds will be made less the Skate Canada registration fee and a \$25 administration fee. This applies to all seasons, including Spring and Summer.

Withdrawing from a program during the first month of skating: Notice in writing prior to the end of the first month of skating. Refunds will be pro-rated less the Skate Canada registration fee and a \$25 administration fee. This applies to all seasons, including Spring and Summer.

Withdrawing from a program after the first month of skating: No refunds will be provided for classes after the first month of skating. If the withdrawal is due to an illness or injury, notice in writing must be provided, including a medical physician's note. Refunds will be pro-rated less the Skate Canada registration fee and a \$25 administration fee. The refund will take effect from the date of the physician's note. This applies to all seasons, including Spring and Summer.

Please allow four weeks for receipt of all eligible refunds.

MAKE-UP CLASS POLICY

CanSkate / PreCanSkate / CanPower: Due to high registration numbers and to ensure quality program delivery, make-up classes are not permitted.

STARSkate: Skaters who miss ice times due to illness or other reasons will not be permitted to make-up their ice time on another session.

If any sessions are cancelled/changed by OSC, skaters will receive a prorated credit at the discretion of the Board of Directors.

OSC VOLUNTEER POLICY 2022-23

Volunteers are essential to the operation of the Okotoks Skating Club. The combined efforts of all our members ensure the successful facilitation of our events and activities. Hundreds of hours go into running our club and each member and family is expected to volunteer their time.

This year, each family registered in Academy, STARSkate and Competitive Skate is required to commit to completing 20 credits of volunteering (typically 1 credit equals 1 hour).

On the first registration of the season, families will see a Volunteer Commitment Fee added to their registration in the amount of \$200, however, this fee will NOT be charged at that time. If volunteer credits have been satisfied by April 15, 2023, this payment will be removed from your account. If a family has not completed their required credits or chooses to pay the fee instead of volunteering, this fee will automatically be charged to the credit card used on the original registration and will be processed on April 20, 2023.

During our regular season, the OSC will provide many volunteering opportunities with a variation of time commitments and requirements. Some of those roles include but are not limited to;

- Music / Ice Supervision
- Dress Sales
- Apparel Sizing/Fitting
- Test Days
- Competitions
- Casino
- Gala and Ice Showcase
- AGM/Banquet
- Board of Director Role
- OSC Committee Chair or Role

The OSC is committed to providing ample notice of available opportunities, full description of roles, the time commitment required and applicable credits per position. The OSC is also committed to providing members with plenty of opportunities to complete their credits and hope to also create a fun and safe community for our skaters and families.

The OSC will be using [SignUp Genius](#) for most volunteering opportunities.

We are committed to providing volunteers with safe working conditions. All off-ice volunteers are covered by the General Liability insurance and the Skate Canada Injury Benefit at no charge; any on-ice volunteers must have a current Skate Canada membership.

HELMET USE - INFORMATION FOR CLUBS, COACHES AND PARENTS

Helmet Use Policy

On July 1, 2011 Skate Canada implemented a Helmet Use policy. This policy was implemented as a proactive safety measure to help protect members in the early stages of the CanSkate program that are learning how to skate. Skate Canada believes it is an appropriate time to implement such a policy to help prevent future injuries to its members that are learning how to skate. In the development of the policy Skate Canada consulted various groups of individuals including parents, and the policy was approved by the Skate Canada Board of Directors earlier in 2011.

Skate Canada is proud of its CanSkate program, the best learn-to-skate program in Canada, and we will continue to develop policies and programming that create a better and safer learn-to-skate experience for our skaters. If you would like more information on helmet use and injury prevention, we recommend you visit [Parachute Canada](#).

Coaches, clubs or skating school should not dictate that a skater should not wear a helmet.

- Skaters working on STAGE 5 and below, as well as all skaters in the CanPowerSkate program, MUST wear CSA approved hockey helmets.
- Skaters working on STAGE 6 or higher may choose to continue to wear a helmet at their discretion. The skater, parent/guardian have the final say as to whether or not the skater will or will not wear a helmet.
- Coaches are in charge of ensuring what a skater wears on the ice is safe. This applies to clothing, hair, skates etc.

How should the hockey helmet fit?

- A hockey helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.
- For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.
- Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.
- All CSA certified helmets have a sticker indicating their certification.

Why only hockey helmets?

- Hockey helmets are designed to help protect against head injuries occurring on ice, whether from a fall or collision. A bicycle helmet, for example, is designed to protect against head injuries should a fall occur while riding a bicycle. It is important to ensure that when a skater is on the ice, they are protected with equipment designed for their sport or activity.

Are face masks required as well?

- Face masks are not mandatory; however young skaters may benefit from the added protection.

Are used hockey helmets acceptable?

- Hockey helmets and face protectors sold in Canada must meet safety standards set by the Canadian Standards Association (CSA). If the CSA sticker is not present, throw the product away. Hockey helmets must have labelling with the date of manufacture and have a chin strap. CSA takes the position that the life span of a helmet is not easy to determine and so CSA does not give expiry dates for hockey helmets. CSA advocates that “consumers should exercise good judgement as to the suitability of a hockey helmet for play. Helmets that are cracked, have loose fitting or missing liner pieces, or that have been subjected to a severe blow should be replaced. For a hockey helmet to function effectively, it must be in very good working order and worn properly in accordance with the manufacturer’s instructions.”

Can a parent sign a waiver absolving the club from any liability and allow their child to participate without a helmet?

- No. The requirement to wear a helmet is a Skate Canada Policy and all clubs and members must abide by our policies. Therefore, in order to participate in the CanSkate program all skaters who have not achieved Stage 5 in the CanSkate program or who lack good balance and control must wear a CSA approved hockey helmet while on the ice.

Why has up to and including Stage 5 been selected as the benchmark for helmet use?

- Skaters who lack good control/balance when skating forward, backward and have difficulty stopping, as well as maneuvering around obstacles on the ice are at a higher risk of being unable to control a fall, regardless of their age.
- The CanSkate program has been developed to introduce basic skating skills to beginners in a safe and sequential manner. The learning progressions leading to and included in Stage 5 allow skaters to gain the necessary skills (balance, agility, and control) required to safely participate on the ice. While it may be likely that many Stage 5 skaters can skate reasonably well, ice surfaces can be very unpredictable and there is always a risk of falling, no matter what stage a skater is at. CanSkaters participate in a group environment with other skaters on the ice of different levels who may fall and cause other skaters to fall.

This is an additional cost for parents. Does Skate Canada provide any incentives or fee reductions for CanSkate members having to purchase a helmet?

- Most hockey helmets retail for approximately \$50. Many CSA approved hockey helmets are adjustable and could be used for many years of skating both within

the club and recreationally outdoors during the winter months. Skate Canada does not currently offer incentives for parents.

I am a coach. What do I do if there is a skater on the ice that should be wearing a helmet, but is not?

- The helmet policy is not optional for clubs therefore should a skater who, according to our policy must wear a CSA approved hockey helmet, arrives at the rink and wishes to go on the ice without a helmet, he/she must be refused entry onto the ice surface.
- Coaches are aware of this new policy and coaches should not be put into a situation where a skater who must wear a CSA approved hockey helmet is on the ice without the proper helmet. If this happens, the coach should escort the child off the ice as he/she does not meet the Skate Canada helmet policy requirement to participate in that program. Coaches must ensure the safety of the skaters at all times therefore if a skater is on the ice without an approved hockey helmet, this is a safety concern that must be addressed.
- A coach cannot be reprimanded for enforcing Skate Canada Rules and Policies within a club.
- Coaches should encourage and positively reinforce the use of hockey helmets in the CanSkate program

What other tips could you provide regarding prevention of falls and head injury?

There are several ways to avoid head injury, in addition to wearing a helmet. The following are some basic guidelines:

- Use quality equipment - skates with good support, proper fit, laced correctly and sharpened regularly help the skater maintain control on the ice - therefore less chance of falling
- Dress appropriately - no scarves, overly bulky snowsuits, or hair in the face as this may restrict movement, vision
- Warm up and cool down appropriately - to avoid muscle strain and stress on the joints
- Use skill progressions to prepare for more difficult moves; coach must ensure that beginners are taught proper way to fall and get up
- Ensure coaches have valid first aid certification
- Group activity and practice areas must be well-supervised; during skill circuits and drills, skaters should be travelling in one direction to avoid collisions.
- Use pylons to mark any holes or cracks on the ice.
- Teaching aids must be safe and appropriate for the level of skater.
- Ensure sufficient space between skaters while executing skills.
- The number of skaters on the ice should be appropriate to the size and skill level of the skaters, the size of the ice surface and the nature of the activity.
- Enforce on-ice safety rules:
 - get up quickly after falling down
 - look in the direction of travel when skating backwards
 - no pushing, playing tag or other horse play
 - no gum, candy on the ice
 - keep rink doors closed during sessions

- stops should be done a safe distance from the boards
- keep first aid kit accessible

My club is planning to host a Bring a Friend Day and there will be participants on the ice whose skating skill level may not be known prior to the session beginning. What should our club do?

- In order to ensure the safety of all the skaters all "friends" must wear a CSA approved hockey helmet, no matter their skating ability. This will also ensure the coach(es) will be able to begin the session promptly engaging the participants which will provide a positive and fun experience for everyone.

How can I identify a hockey helmet that is CSA approved? Where will the logo appear on the hockey helmet?

- The CSA approved logo will be found on the back of the hockey helmet affixed to the outer shell of the helmet. For more information about CSA standards visit www.csa-international.org

SKATER'S CODE OF CONDUCT & ICE ETIQUETTE

Skating is a competitive and individualized sport, which requires safe and courteous behaviour from all participants, on and off the ice. Skaters need to be aware of one another and react predictably to ensure their own and others' safety.

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. If I will be absent, I will provide notice to my coach with plenty of time before the session start time.
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.
3. I will do my best to constantly keep moving. If I am unsure of my next training skill, I will continue to skate (around the perimeter of the rink) while thinking of the next step.
4. I will be courteous and mindful of the other skaters on the ice. I will try my best not to stand in the middle of the rink or alongside the boards.
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 know and follow the Skater Priority Right of Way, to the best of my abilities.
7. I will remember that while I am training, I must learn to maneuver around other skaters and still complete the skills. 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.
8. I promise to abide by the rules of ice etiquette and remember that foul language, eye rolling, slamming of objects, abusive or aggressive behaviour, including bullying and kicking holes in the ice is prohibited.
9. I will finish each training session with a presentation stroke, giving thanks to spectators and coaches and clear the ice promptly.
10. 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.
11. 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.
12. I promise to treat all members of the Okotoks Skating Club coaching staff, parents, skaters, guests and arena staff with courtesy and respect.
13. I promise to follow the rules of the dressing rooms as outlined by the arena staff and by the OSC.

ICE ETIQUETTE - General Guidelines 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.
- The doors along the rink-side must be kept closed while a session.
- Chatting, loitering or standing around is not permitted.

- Use of cell-phones (except for use by music playing, or coach video purposes) is prohibited during on-ice and off-ice sessions.
- Only registered Skate Canada members are permitted on the ice, except in a medical emergency.
- All members shall demonstrate good sportsmanship, courtesy, consideration and respect towards others
- All members are expected to behave in a safe manner at all times. Coaches will never ask skaters to perform any unsafe maneuvers.
- For CanSkate participants in Level 5 and lower are required to wear a CSA approved hockey helmet.
- Parents of skaters 12 and under are strongly encouraged to stay in the arena while their skater is on the ice.

Priority Right of Way:

1. Coaches
2. Soloist Performing their Program (with Music)
3. Skater in Lesson
4. Skater in a Jump or Spin Entrance

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 OSC Athlete 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 (unless part of a performance outfit).
- Long hair is to be pulled back, tidy, and out of the skaters face.
- CanSkate participants in Stage 5 and lower are required to wear a CSA approved hockey helmet, no exceptions.

Off-Ice Apparel

- Comfortable, flexible clothing including leggings, t-shirts.
- Running shoes, sneakers, footwear appropriate for running, stretching, jumping, etc.
- Not permitted; flip flops, slip-on shoes, boots, clothing with inappropriate words, gestures or scenes.

SKATE CANADA'S PARENT CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

- Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same.
- Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instil confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life -balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.

*OSC Members will be required to approve this Code of Conduct at checkout once each season.