



## REGISTRATION GUIDE FALL/WINTER 2023-24

SEPT 5, 2023 – MARCH 27, 2024

Okotoks Skating Club

PO Box 1002

Okotoks, Alberta T1S 1B1

(403) 969-5442

[info@okotoksskatingclub.ca](mailto: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

*Last revised: Nov 22, 2023*



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## **Welcome to the Okotoks Skating Club 2023-24 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're glad to have you here, we're going to having a great season!**

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### **About Us**

The Okotoks Skating Club (OSC) is a non-profit organization sanctioned by Skate Canada and has offered skating lessons to the Foothills area for over 50 years! Founded in 1965 and starting with 35 skaters and 1 coach, the club has grown to over 500 participants per year and 7 coaches on our coaching team.

OSC is proud to offer Skate Canada's national flagship learn-to-skate program, CanSkate, which is the foundation for many Canadian athletes, including Patrick Chan, Tessa Virtue & Scott Moir and NHL players like Mark Scheifele and Matt Duchene. We offer this program in our Fall, Winter and Spring seasons.

OSC is also proud to offer the STARSkate figure skating program. STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skills, free skate and artistic skating. OSC offers STARSkate lessons using our team coaching format. We offer STARSkate year round in our Fall/Winter, Spring and Summer seasons.

Rounding out our programming is our very popular and dynamic power skating program, CanPower. This popular, high-energy instructional Skate Canada exclusive power skating program is geared to hockey and ringette players and has propelled some of NHL's biggest stars including Nathan MacKinnon, and Jeff Skinner. CanPower is offered in three different age groups, PrePower, Power A and Power B and is offered in our Fall, Winter and Spring Seasons.

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### **Mission Statement**

To provide a Team Coaching approach, in a positive, energetic and fun working atmosphere. Through a variety of coaching methods, instill a concrete base, which will develop and inspire all OSC members to achieve his/her personal highest level of performance within the sport of skating.

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## How to Register

To register for programs at OSC, all members must create an account on our website:  
<https://www.okotoksskatingclub.ca>

- The main account holder is the parent/guardian of the participant and must be of age of majority (your skater will be added as a participant after the account is set up).
- The account must have a full physical and mailing address (for statistical purposes, PO Boxes will not be accepted).
- Only one account is needed per family. If you already have an account and have previously registered, do not need to create a new account. Contact the registrar for help if needed.
- For insurance purposes, birth dates must be correct for all participants.

All registration is online, through our website. You must be logged into your account to complete a registration. Click the links here for the registration info page:  
<https://www.okotoksskatingclub.ca/registration/fall-winter-2023-24>

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## Payment Options

- All fees are listed and payable in Canadian funds. Forms of payment include Visa or Mastercard.
  - For CanSkate/CanPower programs, registration is NOT considered complete until all fees are PAID IN FULL. Payment is required for all programs within 48 hours of registration – non-payments will result in removal from the program.
  - All registration fees are due on receipt. Non-payment may result in removal from the program.
  - For STARSkate program registration, instalment payments are optional and available for selection at registration checkout. Payments are due on the 1<sup>st</sup> of the month starting Oct 1<sup>st</sup> 2023 with final payments due March 1<sup>st</sup>, 2024.
  - If you require additional information or help registering your skater, please contact the Registrar at [info@okotoksskatingclub.ca](mailto:info@okotoksskatingclub.ca) and we will be happy to assist you.
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## Financial Assistance

At OSC, skating is for everyone, no matter the circumstances. We accept funding assistance through the following grant programs:

- **KidSport** (local) - <https://kidsportcanada.ca/alberta/okotoks/>
- **JumpStart** (national) - <https://jumpstart.canadiantire.ca/>

To apply for funding, please complete the applications online. Registration fees are still due at the time of registration, however once a grant is approved and received, the funds will be reimbursed to you.

Note: Funding through these programs may take up to 6-8 weeks to be received.

Once completed and you've received an approval notice from the grant program, contact our Registrar at [info@okotoksskatingclub.ca](mailto:info@okotoksskatingclub.ca)

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## Registration Deadlines - Fall 2023

**CanSkate/CanPower:** October 12, 2023 (or until sessions are full)

**STARSkate,** Fall/Winter 2023/23: January 31, 2024 (or until sessions are full)

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## Registration Link

<https://www.okotoksskatingclub.ca/registration/fall-winter-2023-24>

## 2023-24 PROGRAM INFORMATION

### CanSkate- Fall 2023

*Start dates: Week of Sept 29-Oct 4, 2023*

*End dates: Week of Dec 8-13, 2023*

CanSkate is our flagship learn-to-skate program. With a focus on agility, balance and control, skaters will learn fundamental skating skills from our NCCP Skate Canada coaches with assistance from our trained Program Assistants.

For ages 5+, this 45-min fun session will see skaters learning skills from Stage 1 to 6, using circuits, zones, music and a wide variety of teaching aides. Badges, ribbons and other incentives are used to benchmark skater's progress and reward their efforts while working through the stages and skills. All participants are required to purchase a Skate Canada Membership for the 2023/24 season, only due once per season (Sept 1/23 to Aug 31/24). More information below chart.

#### CANSKATE FALL 2023 DATES & FEES

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
CanSkate Tuesdays Fall 2023	Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5, 12	5:30pm - 6:15pm	Piper Arena, ORC	\$ 200
CanSkate Wednesday 5pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	5:00pm - 5:45pm	Piper Arena, ORC	\$ 200
CanSkate Wednesday 6:30pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	6:30pm - 7:15pm	Scott Seaman Sports Rink	\$ 200
CanSkate Thursdays Fall 2023	Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 14	5:00pm - 5:45pm	Piper Arena, ORC	\$ 200
CanSkate Friday Fall 2023	Sept 29, Oct 6, 13, 20, 27, Nov 3, 17, 24, Dec 1, 8	1:45pm - 2:30pm	Piper Arena, ORC	\$ 200
CanSkate Saturday 11:45am Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	11:45am - 12:30pm	Piper Arena, ORC	\$ 200
CanSkate Saturday 12:45pm Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	12:45pm - 1:30pm	Piper Arena, ORC	\$ 200

\*See additional fees info below.

#### Required Equipment

Hockey or figure skates, mittens or gloves, and CSA approved hockey helmet. We DO NOT recommend the "adjustable or expandable" skates.

#### What's after CanSkate?

Whether you skater has an interest in figure skating, hockey or ringette, we want to help point them in the right direction!

## Figure Skating

For skaters interested in joining our intro to figure skating program, Pre-Junior, skaters must have completed up to Stage 3 of CanSkate and must be able to do the following skills: forwards push/glide sequence, basic skating backwards, stopping, and sustain a 1 foot glide.

The Pre-Junior program is by OSC coach invite only. Once skaters are able to demonstrate the skills required, an invitation will be issued. If you have a CanSkater interested in figure skating, please inform one of our CanSkate coaches at any time. An on-ice assessment may also be arranged for the fee of \$10 - contact the Registrar for more info.

## Hockey/Ringette

For skaters currently participating in or looking to start playing hockey/ringette, once skaters have completed up to Stage 2 or 3, consider the PrePower power skating session. Offered during our CanSkate sessions, athletes have the opportunity to skate in their full gear with a stick and focus on power skating skills. PrePower is for any age skater and is offered during most CanSkate sessions.

## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## Available Discounts

### Multi-Participant Discount

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.

### Multi-Session Discount

Register your skater for 2 or more weekly sessions and receive the following discounts. Qualifying registrations will see discount applied at checkout.

# of Sessions	Discount
2 sessions/week	10% Discount
3 sessions/week	15% Discount
4 sessions/week	20% Discount

## PRE-CANSKATE – Fall 2023

*Start dates: Week of Sept 29-Oct 4, 2023*

*End dates: Week of Dec 8-13, 2023*

We are proud to offer our Pre-CanSkate class for skaters aged 3 - 5 years old who are itching to get skating!

This 30-min program will see skaters learning skills like how to get up and fall down, move forward and backwards and more! Using lots of colourful skating aids and fun music, skaters will learn to skate in an energetic and fun environment taught by our NCCP Professional Coaches and trained Program Assistants.

For easier transition to CanSkate and to offer classes at the same time, this class is offered during our CanSkate sessions but has its own section of ice separate from the larger CanSkate group.

All participants are required to purchase a Skate Canada Membership for the 2023/24 season, only due once per season (Sept 1/23 to Aug 31/24). More information below chart.

### PRE-CANSKATE FALL 2023 DATES & FEES

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Pre-CanSkate Tuesdays Fall 2023	Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5, 12	5:30pm - 6:00pm	Piper Arena, ORC	\$ 180
Pre-CanSkate Wednesday 5pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	5:00pm - 5:30pm	Piper Arena, ORC	\$ 180
Pre-CanSkate Wednesday 6:45pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	6:30pm - 7:00pm	Scott Seaman Sports Rink	\$ 180
Pre-CanSkate Friday Fall 2023	Sept 29, Oct 6, 13, 20, 27, Nov 3, 17, 24, Dec 1, 8	1:45pm - 2:15pm	Piper Arena, ORC	\$ 180
Pre-CanSkate Saturday 11:45am Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	11:45am - 12:15pm	Piper Arena, ORC	\$ 180
Pre-CanSkate Saturday 12:15pm Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	12:15pm - 12:45pm	Piper Arena, ORC	\$ 180

\*See additional fees section below.

## Required Equipment

Hockey or figure skates, mittens or gloves, and CSA approved hockey helmet. We DO NOT recommend the "adjustable or expandable" skates.



## What's after Pre-CanSkate?

At the end of the 10 week program, skaters will receive a report card. If the Coach has assessed that your skater has completed all the skills required for Pre-CanSkate, your skater is now welcome to register for CanSkate. Once a skater has completed Pre-CanSkate, there is not an age restriction. For example, if a skater is 4 years old and passed Pre-CanSkate, they may register for CanSkate (as long as Pre-CanSkate was completed at OSC).

If your skater has completed the skills before mid-season, the coaches will look to transition your skater directly onto the CanSkate session offered at the same time as Pre-CanSkate and you will be contacted with more information. As Pre-CanSkate is 30 mins and CanSkate is 45mins, additional program fees may apply (classes are prorated and fees would be \$20 or lower).

## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## Available Discounts

### Multi-Participant Discount

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.

### Multi-Session Discount

Register your skater for 2 or more weekly sessions and receive the following discounts. Qualifying registrations will see discount applied at checkout.

# of Sessions	Discount
2 sessions/week	10% Discount
3 sessions/week	15% Discount
4 sessions/week	20% Discount

## Teen/Adult CanSkate - Fall 2023

*Start dates: Week of Sept 29-Oct 4, 2023*

*End dates: Week of Dec 8-13, 2023*

At OSC, we believe that skating is for everyone! We are very proud to once again offer our Teen/Adult CanSkate class. Taught by NCCP Skate Canada coaches with assistance from our trained Program Assistants, this 45-min class is for participants aged 13+ who have never skated before, skated in their youth or would like to refresh their skills.

Offered separately from our CanSkate class, adult/teen skaters will focus the fundamentals of skating including moving forward, moving backwards and stopping with confidence and in a comfortable and safe environment.

All participants are required to purchase a Skate Canada Membership for the 2023/24 season, only due once per season (Sept 1/23 to Aug 31/24). More information below chart.

### TEEN/ADULT CANSKATE FALL 2023 DATES & FEES

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Teen/Adult CanSkate Saturday Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	12:45pm - 1:30pm	Piper Arena, ORC	\$ 200

\*See additional fees section below.

## Required Equipment

Hockey or figure skates, mittens or gloves, and CSA approved hockey helmet. We DO NOT recommend the "adjustable or expandable" skates.

## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## Available Discounts

### Multi-Participant Discount

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.



## POWER SKATING

### Pre-Power – Fall 2023

*Start dates: Week of Sept 29-Oct 4, 2023*

*End dates: Week of Dec 8-13, 2023*

Calling all aspiring hockey/ringette players! The PrePower program is an introductory power skating group geared towards skaters aged 5+ who are interested in or are currently in a first time hockey/ringette program. Participants in PrePower take part in our CanSkate classes as a separate group and focuses on the basics of power skating; balance, power, agility, speed and endurance.

**NOTE: This is NOT a learn to skate program!** Skaters must be able to move forward, move backwards and stop prior to registering. If you are a beginner, we recommend participating in a season of CanSkate before participating in any power skating class.

Badges, ribbons and other incentives are used to benchmark skater's progress and reward their efforts while working through the skills.

All participants are required to purchase a Skate Canada Membership for the 2023/24 season, only due once per season (Sept 1/23 to Aug 31/24). More information below chart.

#### *Pre-Power FALL 2023 DATES & FEES*

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
PrePower Tuesdays Fall 2023	Oct 3, 10, 17, 24, Nov 7, 14, 21, 28, Dec 5, 12	5:30pm - 6:15pm	Piper Arena, ORC	\$ 200
PrePower Wednesday 5pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	5:00pm - 5:45pm	Piper Arena, ORC	\$ 200
PrePower Wednesday 6:30pm Fall 2023	Oct 4, 11, 18, 25, Nov 8, 15, 22, 29, Dec 6, 13	6:30pm - 7:15pm	Scott Seaman Sports Rink	\$ 200
PrePower Friday Fall 2023	Sept 29, Oct 6, 13, 20, 27, Nov 3, 17, 24, Dec 1, 8	1:45pm - 2:30pm	Piper Arena, ORC	\$ 200
PrePower Saturday 11:45am Fall 2023	Sept 30, Oct 7, 14, 21, 28, Nov 4, 18, 25, Dec 2, 9	11:45am - 12:30pm	Piper Arena, ORC	\$ 200

\*See additional fees section below.

### Required Equipment

A CSA approved hockey helmet and stick are mandatory. Full hockey/ringette gear or water bottle is recommended but not mandatory.

For this program, we strongly recommend proper lace-up hockey skates.

## What's after PrePower?

Once a skater has completed a full season of PrePower and has reached the age of 6 years old, skaters can look to register for the Power A program. Designed for skaters at the 2nd year Initiation (U7) to 1st year U11 hockey/ringette levels, this 45 min full ice action packed and high energy power skating class focuses on skills, techniques and conditioning drills taught in a progressive format that emphasizes how the skills apply to game situations.

Taught by specially trained NCCP Skate Canada coaches, with many years of experience including overseas training, this is an excellent supplementary program to refine and hone skating skills for life.

Power A is offered three times per season - Fall, Winter and Spring - and is offered as a Warm-Up week in late August to prep for hockey/ringette evaluations. This session is offered as a morning class.

## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## Available Discounts

### Multi-Participant Discount

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.

### Multi-Session Discount

Register your skater for 2 or more weekly sessions and receive the following discounts. Qualifying registrations will see discount applied at checkout.

# of Sessions	Discount
2 sessions/week	10% Discount
3 sessions/week	15% Discount
4 sessions/week	20% Discount

## Power A – Fall 2023

Start date: Oct 5, 2023

End date: Dec 7, 2023

The Power A program is for players aged 6 to 10 years old that are at the Initiation (U7) to 1st year U11 level hockey or ringette programs. Taught by specially trained NCCP Skate Canada Coaches, this full ice 45 min action packed, high energy program focuses on balance, stopping, initial power, crossovers, and endurance with specific training and techniques to developing proper and efficient forward and backward stride.

**NOTE: This is NOT a learn to skate program.** Participants must have either completed up to Stage 3/4 of the CanSkate Program, or has completed a season of a PreCanPower Program or has participated in hockey/ringette for at least one season.

No exceptions to the age restrictions will be accepted and the age bracket will be STRICTLY adhered to. Skaters younger or older than the Power A age bracket may look to our PrePower or Power B programs. If a skaters demonstrated ability is clearly higher than their applicable aged program, only then will the coaches consider moving the skater.

### POWER A FALL 2023 DATES & FEES

Session Name	Dates	Times	Arena	Fees*
Power A Fall 2023	Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7	7:15 AM - 8:00 AM (Morning)	Piper Arena, ORC	\$ 270

\*See additional fees section below.

### Required Equipment

Full hockey/ringette gear including stick, water bottle and CSA approved hockey helmet are mandatory.

### What's after Power A?

Once a skater has reached the age of 10 years old and is at the 2nd year U11 level or higher, skaters can look to register for the Power B program. This 45 min full ice program will take existing skills and further develop and enhance a players speed, strength and agility.

Taught by specially trained NCCP Skate Canada coaches, with many years of experience including overseas training, this is an excellent program to continue building up skills trained in Power A and into the higher levels of hockey/ringette.

Power B is offered three times per season - Fall, Winter and Spring - and is offered as a Warm-Up week in late August to prep for hockey/ringette evaluations. This session is offered as a morning class.



## **Additional Fees**

### **Skate Canada Membership Fee 2023-24 - \$59**

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## **Available Discounts**

### **Multi-Participant Discount**

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.

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## Power B – Fall 2023

Start date: Oct 5, 2023

End date: Week of Dec 7, 2023

The Power B program is for players aged 10 and over that are in 2nd year U11 level hockey/ringette or higher. Taught by specially trained NCCP Skate Canada Coaches, this full ice 45 min fast paced, agility driven power program is geared towards those with a strong level or skating abilities and those looking to build off the skills previously learned in Power A or in their hockey/ringette experience.

**NOTE: This is NOT a learn to skate program.** Participants **MUST** be either a current participant in 2nd year U11 hockey or higher or has completed at least one season of the Power A program.

No exceptions to the age restrictions will be accepted and the age bracket will be STRICTLY adhered to. Skaters younger than the Power B age bracket may look to the Power A or PrePower programs.

### POWER B FALL 2023 DATES & FEES

Session Name	Dates	Times	Arena	Fees*
Power B Fall 2023	Oct 5, 12, 19, 26, Nov 2, 9, 16, 23, 30, Dec 7	6:30 AM - 7:15 AM (Morning)	Piper Arena, ORC	\$ 270

\*See additional fees section below.

## Required Equipment

Mandatory: Full hockey/ringette gear with stick, water bottle and CSA approved hockey helmet.

## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

## Available Discounts

### Multi-Participant Discount

Register 2 or more participants in the same season on the same invoice and receive \$25 off the overall registration. Qualifying registrations will see discount applied at checkout.



## STARSKATE FALL/WINTER 2023/24

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.

### Important Updates to the 2023-24 season

- To better align with programming names, the Academy program will now be known as **Pre-Junior**.
- This season there will be NO mandatory sessions required for all STARSkate. Skaters may register for the sessions in the level communicated to you by the OSC Coaches. For level confirmation or more info, contact [coachtalia@okotoksskatingclub.ca](mailto:coachtalia@okotoksskatingclub.ca)
- NEW PROGRAM ALERT - OSC is excited to offer a new dryland session for Intermediate & Senior skaters. Monday Dryland, Stretch/Strengthen/Style will incorporate aspects of stretching, fitness, strengthening and dance and creative movement. Program is included with the Monday Senior ice time - Intermediate skaters will need to add it as a separate class.
- This season, a \$20 fee will be added to each skaters initial registration to cover a Coach/Skater goal setting meeting, to be scheduled by the coaches at the start of the season.
- The Volunteer Policy has been updated to 20 credits per family for Jr/Int/Sr skater levels and 10 credit per family for Pre-Junior level skaters. Families with skaters in both levels will follow the credits required for their highest level skater. Transitions into the STARSkate program mid-season will see credit amounts prorated.
- **IMPORTANT DATE! Mark your calendars - Parent Information Meetings will be held via Google Meet on Sunday, Sept 10th - Pre-Junior parents are invited to attend from 7:00pm to 8:00pm. And Junior/Intermediate/Senior parents are invited to attend from 8:00pm to 9:00pm. All parents are expected to attend.**



## Pre-Junior STARSkate (formerly Academy)

All Pre-Junior sessions are offered in group format and are no longer than 45 minutes on-ice. Skaters will be supervised for their entire ice time.

Program fees include costs for ice and coaching fees. Additional costs are noted below. Payment by instalments is optional and may be selected at checkout.

Dryland training is an off-ice training session, that allows skaters the ability to develop technique in stretching, balance, coordination and flexibility to support their on-ice progress. Dryland training is included in the Sunday and Friday ice sessions.

Our skaters are strongly encouraged to participate in a session with dryland training as it supports a variety of skill development in core awareness and sport specific jumps and spin techniques.

### PRE-JUNIOR FALL/WINTER 2023-24

<b>Session Name</b>	<b>Start &amp; End Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Pre-Junior Sundays w/ Dryland	Sept 10, 2023 - March 24, 2024 (No skating: Nov 12, 26 & Dec 17)	On-Ice: 7:00 AM - 7:45 AM Dryland: 8:00 AM - 8:30 AM	Piper Arena, ORC Community Room, ORC	\$ 405
Pre-Junior Mondays	Sept 11, 2023 - March 25, 2024 (No Skating: Oct 9, Feb 19)	4:00pm - 4:45pm	Piper Arena, ORC	\$ 375
Pre-Junior Thursdays (Shared w/ CanSkate)	Oct 5, 2023 - March 14, 2024	5:00pm - 5:45pm	Piper Arena, ORC	\$ 300
Pre-Junior Fridays w/ Dryland	Sept 8, 2023 - March 22, 2024 (No Skating: Nov 10, Dec 15. Dec 22 - On-ice only, no dryland)	On-ice: 5:15pm - 6:00pm Dryland: 6:15pm - 7:00pm	Piper Arena, ORC Natural High Fitness Studio, ORC	\$ 465

### OPTIONAL SESSIONS

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Pre-Junior Warm-Up Week Fall 2023	Aug 28 - Sept 1, 2023	4:00pm - 4:45pm	Piper Arena, ORC	\$ 90
Winter Warm-Up Week Winter 2024	Jan 2 - Jan 5, 2024	TBA	Piper Arena, ORC	TBA

## Required Equipment & Apparel

Skaters at this level are required to wear proper leather, lace up figure skates with picks intact. Skaters are to wear flexible but warm skating appropriate apparel which can include

skating tights, skating dress, leggings, gloves, etc. Members are expected to dress their participant in appropriate apparel and equipment.

Helmets are to be worn by participants up to Stage 5 of CanSkate. Pre-Junior skaters may refer to their coaches for further information on helmet use.

Costs vary and members should expect to add this expense to their budget. OSC will offer OSC branded apparel from time to time and will host used dress/skate sales annually.

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## **Additional Fees**

### **Skate Canada Membership Fee 2023-24 - \$59**

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

### **Mini-Competition, November 26, 2023 – Fees TBA**

OSC will be hosting a mini-competition for skaters at the Pre-Junior to STAR 3 level this season as well. Pre-Junior skaters will be invited and encouraged to attend. Fees for competitions are extra and are not included in registration. Costs will be announced at a later date. Registration for the event is optional.

Additional mini-competitions at other Skate Canada Clubs may be announced throughout the season and each event will require an additional registration and fees to that event. More information will be provided during the season.

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## **Available Discounts**

### **Full Package Discount**

Register for all (3) Pre-Junior offered sessions and receive a 10% discount. Discount applied at checkout. Deadline for full package discount is Sept 30th, 2023.

### **Multi-Participant Discount**

Register 2 or more participants in a program and receive \$25 off the overall registration.

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## Junior level STARSkate

Junior level STARSkate session fees include ice costs only. Payment by instalments is optional and may be selected at checkout.

Dryland training is included in the Sunday and Friday ice sessions. Dryland training is encouraged to support balance, coordination flexibility, core awareness and sport specific jumps and spin techniques.

Daily Drop-In sessions are available for purchase at an in-club rate of \$5/15 mins. Weekday morning ice drop-in rates are priced at \$20/session. Skaters wishing to drop-in for a session MUST contact the coaches for approval prior to registration. Contact [coachtalia@okotoksskatingclub.ca](mailto:coachtalia@okotoksskatingclub.ca) for approval.

### JUNIOR STARSKATE FALL/WINTER 2023-24

Session Name	Start & End Dates	Times	Arena	Fees*
Junior Sundays w/ Dryland	Sept 10, 2023 - March 24, 2024 (No skating: Nov 12, 26 & Dec 17)	On-Ice: 7:00 AM - 8:15 AM Dryland: 8:30 AM - 9:00 AM	Piper Arena, ORC Community Rm, ORC	\$ 430
Junior Mondays	Sept 11, 2023 - March 25, 2024 (No Skating: Oct 9, Feb 19)	4:00pm - 5:00pm	Piper Arena, ORC	\$ 335
Junior Wednesdays AM	Sept 6, 2023 - March 27, 2024	6:30 AM - 8:00 AM	Piper Arena, ORC	\$ 320
Junior Fridays w/ Dryland	Sept 8, 2023 - March 22, 2024 (No Skating: Nov 10, Dec 15. Dec 22 - On-ice only)	On-ice: 5:15pm - 6:00pm Dryland: 6:15pm - 7:00pm	Piper Arena, ORC Natural High Fitness, ORC	\$ 355

### OPTIONAL SESSIONS

Session Name	Dates	Times	Arena	Fees*
Junior Monday AM- BY APPROVAL (Shared w/ Int)	Sept 11, 2023 - March 25, 2024 (No Skating: Oct 9, Feb 19)	6:30 AM - 8:00 AM	Piper Arena, ORC	\$ 355
Junior Wednesday PM (Shared w/ Int)	Sept 6, 2023 - March 27, 2024	4:00 PM - 5:00 PM	Piper Arena, ORC	\$ 320
Junior Warm-Up Week Fall 2023	Aug 28 - Sept 1, 2023	4:00pm - 4:45pm	Piper Arena, ORC	\$ 100
Jr & Int Winter Warm-Up 2024	Jan 2 - Jan 5, 2024	9:00 AM - 10:00 AM	Piper Arena, ORC	TBA

## Available Discounts

### Full Package Discount

Register for 3 or more Junior level sessions and receive a 10% discount. Discount applied at checkout. Deadline for full package discount is Sept 30th, 2023.

### Multi-Participant Discount

Register 2 or more participants in a program and receive \$25 off the overall registration.

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## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

### Coach/Skater Goal Setting Meetings

A fee of \$20 per skater will be added to your registration to cover the cost of a Coach/Skater goal setting meeting. This meeting will be scheduled within the first month of skating. Parents are welcome to attend.

### Mini-Competition, November 26, 2023 – Fees TBA

OSC will be hosting a mini-competition for skaters at the Pre-Junior to STAR 3 level this season as well. Pre-Junior skaters will be invited and encouraged to attend. Fees for competitions are extra and are not included in registration. Costs will be announced at a later date. Registration for the event is optional.

Additional mini-competitions at other Skate Canada Clubs may be announced throughout the season and each event will require an additional registration and fees to that event. More information will be provided during the season.

### Coaching Fees

Coaching fees are not included in registration fees. Members can expect to be charged by coaches directly, with payment due to the coaches. Coaching fees are due on receipt.

Depending on your skater(s) level and participation, members can expect charges, including but not limited to: Competition coaching and fees, Program (music) creation and choreography, test fees, simulations, off-ice training, Gala Ice Show fees, etc.

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## Intermediate level STARSkate

Intermediate level STARSkate session fees include ice costs only. Payment by instalments is optional and may be selected at checkout.

Dryland training is included in the Sunday and Friday ice sessions. Dryland training is encouraged to support balance, coordination flexibility, core awareness and sport specific jumps and spin techniques.

**NEW PROGRAM** - Monday Dryland Stretch/Strengthen/Style is available to all Intermediate and Senior level skaters. Registration is separate from any ice times.

### INTERMEDIATE STARSKATE FALL/WINTER 2023-24

<b>Session Name</b>	<b>Start &amp; End Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Int Sundays w/ Dryland	Sept 10, 2023 - March 24, 2024 (No skating: Nov 12, 26 & Dec 17)	On-Ice: 8:00 AM - 8:45 AM Dryland: 9:00 AM - 9:30 AM On-Ice: 10:00 AM - 11:00 AM	Piper Arena, ORC Community Rm, ORC	\$ 610
Int Monday AM	Sept 11, 2023 - March 25, 2024 (No Skating: Oct 9, Feb 19)	6:30 AM - 8:00 AM	Piper Arena, ORC	\$ 335
Int Monday Dryland - Stretch/ Strengthen/ Style	Sept 11, 2023 - March 25, 2024 (No Class: Oct 9, Feb 19)	Dryland: 6:45pm - 7:30pm	Community Rm, ORC	\$ 90
Int Tuesdays	Sept 5, 2023 - March 26, 2024	4:00pm - 5:30pm	Piper Arena, OR	\$ 475
Int Wednesday	Sept 6, 2023 - March 27, 2024	4:00pm - 5:00pm	Piper Arena, ORC	\$ 320
Int Thursdays	Sept 7, 2023 - March 21, 2024 (No Skating: Dec 7)	4:00pm - 5:00pm	Piper Arena, ORC	\$ 345
Int & Sr Fridays 2:30pm	Sept 8, 2023 - March 22, 2024	2:30pm - 3:45pm	Piper Arena, ORC	\$ 355
Int Fridays w/ Dryland	Sept 8, 2023 - March 22, 2024 (No Skating: Nov 10, Dec 15. Dec 22 - On-ice only)	Dryland: 4:45pm - 5:30pm On-Ice: 5:45pm - 7:00pm	Natural High Fitness, ORC Piper Arena, ORC	\$ 490

### OPTIONAL SESSIONS

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Int Wednesday AM (Shared w/ Jr)	Sept 6, 2023 - March 27, 2024	6:30 AM - 8:00 AM	Piper Arena, ORC	\$ 320
Int Warm-Up Week 2023	Aug 28 - Sept 1, 2023	4:45 PM to 6:00 PM	Piper Arena, ORC	\$ 125
Int & Sr Winter Warm-Up 2024	Jan 2 - Jan 5, 2024	10:00 AM - 11:30 AM	Piper Arena, ORC	TBA

## Available Discounts

### Full Package Discount

Register for 5 or more Intermediate level ON-ICE sessions and receive a 10% discount. Discount applied at checkout. Deadline for full package discount is Sept 30th, 2023.

### Multi-Participant Discount

Register 2 or more participants in a program and receive \$25 off the overall registration.

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## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

### Coach/Skater Goal Setting Meetings - \$20

A fee of \$20 per skater will be added to your registration to cover the cost of a Coach/Skater goal setting meeting. This meeting will be scheduled within the first month of skating.

### Coaching Fees

Coaching fees are not included in registration fees. Members can expect to be charged by coaches directly, with payment due to the coaches. Coaching fees are due on receipt.

Depending on your skater(s) level and participation, members can expect charges, including but not limited to: Competition coaching and fees, Program (music) creation and choreography, test fees, simulations, off-ice training, Gala Ice Show fees, etc.

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## Senior level STARSkate

Senior level STARSkate session fees include ice costs only. Payment by instalments is optional and may be selected at checkout.

Dryland training is included in the Sunday and Friday ice sessions. Dryland training is encouraged to support balance, coordination flexibility, core awareness and sport specific jumps and spin techniques.

**NEW PROGRAM** - Monday Dryland Stretch/Strengthen/Style is available to all Intermediate and Senior level skaters. Registration is separate from any ice times.

### SENIOR STARSKATE FALL/WINTER 2023-24

<b>Session Name</b>	<b>Start &amp; End Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
Senior Sundays w/ Dryland	Sept 10, 2023 - March 24, 2024 (No skating: Nov 12, On-ice only: Nov 26)	On-Ice: 8:45 AM - 9:45 AM Dryland: 10:00 AM - 10:45 AM On-Ice: 11:00 AM - 12:00 pm	Piper Arena, ORC Community Rm, ORC	\$ 675
Senior Mondays w/ Dryland - Stretch/ Strengthen/ Style	Sept 11, 2023 - March 25, 2024 (No Skating: Oct 9, Feb 19)	On-Ice: 5:00pm - 6:30pm Dryland: 6:45pm - 7:30pm	Piper Arena, ORC	\$ 515
Senior Tuesdays	Sept 5, 2023 - March 26, 2024	6:30pm - 8:00pm <i>TIME CHANGES</i> Sept 5, 12, 19, 26, Oct 31, Dec 19, Mar 19, 26; 5:30 - 7:00pm	Piper Arena, ORC	\$ 530
Senior Wed	Sept 6, 2023 - March 27, 2024	7:15pm - 8:30pm <i>TIME CHANGES</i> Sept 6, 13, 20, 27, Nov 1, Dec 20, Mar 20, 27; 4:45pm - 5:45pm	Scott Seaman Rink <i>LOCATION CHANGES</i> Sept 6, 13, 20, 37, Nov 1, Dec 20, Mar 20, 27; Piper Arena	\$ 395
Senior Thursdays	Sept 7, 2023 - March 21, 2024 (No Skating: Dec 7)	4:45pm - 5:45pm	Piper Arena, ORC	\$ 345
Int & Senior Fridays 2:30pm	Sept 8, 2023 - March 22, 2024	2:30pm - 3:45pm	Piper Arena, ORC	\$ 355
Senior Fridays w/ Dryland	Sept 8, 2023 - March 22, 2024 (No Skating: Nov 10, Dec 15, Dec 22 - On-ice only)	On-Ice: 4:00pm - 5:15pm Dryland: 5:30pm - 6:15pm	Piper Arena, ORC Natural High Fitness, ORC	\$ 490

### OPTIONAL SESSIONS

<b>Session Name</b>	<b>Dates</b>	<b>Times</b>	<b>Arena</b>	<b>Fees*</b>
SR Warm-Up Week 2023	Aug 28 - Sept 1, 2023	6:15pm - 7:30pm	Piper Arena, ORC	\$ 120
Int & Sr Winter Warm-Up 2024	Jan 2 - Jan 5, 2024	10:00 AM - 11:30 AM	Piper Arena, ORC	TBA

## Available Discounts

### Full Package Discount

Register for 5 or more Senior level ON-ICE sessions and receive a 10% discount. Discount applied at checkout. Deadline for full package discount is Sept 30th, 2023.

### Multi-Participant Discount

Register 2 or more participants in a program and receive \$25 off the overall registration.

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## Additional Fees

### Skate Canada Membership Fee 2023-24 - \$59

The Skate Canada Membership fee is due once per season and is mandatory for all on-ice participants. This fee is non-refundable and non-transferrable. The current season dates are Sept 1st, 2023 to August 31st 2024. The fee is made up of a registrant fee to both the National office and Section office (Alberta-NWT/Nun), the Safe Sport fee and Injury Benefit Charge.

### Coach/Skater Goal Setting Meetings - \$20

A fee of \$20 per skater will be added to your registration to cover the cost of a Coach/Skater goal setting meeting. This meeting will be scheduled within the first month of skating.

### Coaching Fees

Coaching fees are not included in registration fees. Members can expect to be charged by coaches directly, with payment due to the coaches. Coaching fees are due on receipt.

Depending on your skater(s) level and participation, members can expect charges, including but not limited to: Competition coaching and fees, Program (music) creation and choreography, test fees, simulations, off-ice training, Gala Ice Show fees, etc.

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## POLICIES & WAIVERS

### MEDICAL / INJURY LIABILITY WAIVER

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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.



## OSC PUBLICITY WAIVER & PHOTO RELEASE

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I hereby acknowledge that there may be photos and/or videos of my participant while participating or being in close proximity to Okotoks Skating Club or Skate Canada activities. The purpose of this waiver is to consent to the Okotoks Skating Club using these photos and/or videos publicly.

The Okotoks Skating Club is not responsible for photos or videos taken by members and/or the public, and those that may be released or shared by members/and or the public. These photos or videos are not protected by this Publicity Waiver.

I am aware that photographs or video taken of multiple participants (such as group photos) may be shared within the membership to all participants within that photo or video. It is the responsibility of the member to ensure that their participant does not participate in performances or group photos that will be shared within the membership.

I hereby consent to Okotoks Skating Club to 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.

I hereby consent to Okotoks Skating Club to use of my participant's image by photography or

## PRIVACY POLICY

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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

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### **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 2023-24

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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 STARSkate and Competitive Skate is required to commit to completing 20 credits of volunteering. Families with skaters solely registered in the Pre-Junior program are required to commit to completing 10 credits of volunteering.**

Note: Typically, 1 credit equals 1 hour of volunteering.

Skaters who join the club or change programs after December 31, 2023 will have their volunteer credits prorated for a partial season.

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 June 30, 2024, no charge to your account will be made. 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 their account on July 1, 2024.

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
- Ice Show or Skater 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 an online Signup app for all 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 POLICY

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All Skate Canada member clubs and skating schools who offer a CanSkate program must ensure all CanSkate participants up to and including Stage 5 must wear a CSA approved hockey helmet while on the ice.

In general, any participant who lacks good control/balance when skating forward, backward and has difficulty stopping, as well as maneuvering around obstacles on the ice must wear a CSA approved hockey helmet.

This policy is enforced during all on-ice skating activities throughout the season for this level of skater. Face masks are not mandatory; however young skaters may benefit from the added protection.

Full Skate Canada Helmet Use Information is available on our website.

## CODE OF CONDUCT - STARSKATE

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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 an 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
1. 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.

**Failing to conform my conduct to these guidelines may result in being dismissed from the session or suspended without refund.**

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 the offended party.
4. Fourth Offence - Temporary suspension from Club Ice Sessions and Events (Test days and Competitions).

**Dress Code**

**On-Ice Apparel**

- 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 skater's 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.

## CODE OF CONDUCT – CANSKATE/CANPOWER

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Skating is a 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.

My participant(s) will be responsible to conform their behavior to the following code of conduct:

1. My participant(s) will be at their session on time and ready to learn.
2. My participant(s) will do their best to constantly keep moving.
3. My participant(s) will be courteous and mindful of other skaters on the ice.
4. My participant(s) promises 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 and may result in session removal.
5. My participant(s) promises to get up quickly after a fall, unless they are injured or unable to do so, knowing it is unsafe to remain down.
6. My participant(s) promises to treat all members of the Okotoks Skating Club coaching staff, parents, skaters, guests and arena staff with courtesy and respect.
7. My participant(s) promise to follow the rules of the dressing rooms as outlined by the arena facility and OSC.

### General Guidelines for Skating Sessions:

- No food, drink (other than water) or gum chewing is permitted on the ice.
- The doors along the rink-side must be kept closed during a session.
- Only registered Skate Canada members are permitted on the ice, with the exception of 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.
- CanSkate participants in Stage 5 or lower are required to wear a CSA approved hockey helmet.
- All parents of skaters 12 and under are strongly encouraged to stay in the arena while their skater is on the ice.

If my participant(s) fails to conform to this Code of Conduct, they may be subject to disciplinary action including, but not limited to, being removed from the session. Continued behaviour against this code of conduct could result in removal from the season.

## PARENT CODE OF CONDUCT

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Parents/guardians have an enormous influence on skaters' experiences in this sport and because of that, all parents/guardians of a participant registered with the Okotoks Skating Club, and as associate members of Skate Canada, are expected to exhibit the following behaviours.

**As a parent/guardian of a skater at the OSC, I therefore pledge to be responsible for my words and actions and shall conform my behavior to this code of conduct:**

1. At all times, I promise to treat all individuals 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.
2. I will model positive and responsible behaviour at all times to my participant and their coach(es) and I will communicate to my participant(s) that they are expected to do the same.
3. I will assume the responsibility of my skater(s) on ice conduct, apparel and attitude.
4. I will refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence especially against or directed at any member of OSC.
5. I will emphasize the importance of values like sportsmanship, respect, cooperation, healthy competition and teamwork to my participant(s) with their fellow skater(s) and parents.
6. I will do my best to instill confidence in my participant(s)' ability and skill development, and will do my best to avoid comparing my skater(s) with others.
7. Myself, 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. **I promise to respect and trust that the professional coach is responsible and empowered for the on-ice and off-ice development of my athlete(s).**
8. I will refrain from coaching my skater from the stands, side of the ice or over the boards to not distract them from the learning environment. I understand that spectators are not permitted in the players box area at any time.
9. I will be responsible to notify coaches of any absences or pick-up ice requests. If my skater will be absent, I am aware that I must provide enough notice to their coach(es) or I may be charged for the missed lesson time.
10. I will be respectful to the facilities and to others using these facilities. I will ensure that any children who are watching, are supervised, cleaned up after and are not distracting to the skaters or other spectators.
11. I will never provide alcohol or drugs to minors in an OSC and/or Skate Canada environment and promise to never provide or advocate the use of performance enhancing drugs or substances.

12. I promise to adhere to the policies, procedures, rules, standards, and ethics of OSC and Skate Canada at all times.

13. **I promise to 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.**

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**In the instance there is an issue or complaint with any member of the OSC team, I agree to follow the 24-hour rule, which states:**

- When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they **MUST wait 24 hours** before acting.
- After the 24-hour time period, they may put the issue in writing and submit it to the appropriate party.

*No matter the issue, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the issue can be resolved quickly, and in a civilized manner that will be to everyone's satisfaction.*

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Failing to conform my conduct to these guidelines may result in my skater(s) being dismissed from the session or suspended without refund.

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 parent to review again.
2. Second Offence - Letter of warning from President to parent 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 the offended party.
4. Fourth Offence - Temporary suspension from Club Ice Sessions and Events (Test days and Competitions).