

# SKATER'S CODE OF CONDUCT & ICE ETIQUETTE

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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.