

Connaught Skating Club

SKATER CODE OF CONDUCT

On & Off the Ice Etiquette, Safety & Behavioral Guidelines

“Sportsmanship is not how you perform when winning,
but how you behave when you are not.”

On Ice

Skating is an individual sport but also brings us together as a family and as a community. How we treat each other within the training facility is of the utmost importance at Connaught Skating Club. While activities during most practice sessions are somewhat unstructured, some basic rules must be observed for safety and to ensure that everyone has a quality training environment and can make effective use of their ice time. Violation of these principles may result in a reduction in coaching service and/or training opportunities.

Courtesy & Conduct

- Engaging with your Coaches, fellow skaters, icemen and volunteers with gratitude, respect and support is expected by all Connaught Skating Club athletes.
- Be sure to thank your coach at the end of each lesson.
- Be sure to thank the music players for the volunteer time.
- There will be no standing around and chatting on the ice.
- Ice time is expensive, it is not to be spent socializing.
- Refrain from communicating with parents unless there is a family emergency or urgent non-related skating matter.
- DO NOT be late for On Ice training sessions.
- DO NOT be late for Off Ice training sessions.
- If late, you will be expected to provide a rationale to the coach/instructor.
- Filming other members is not permitted at any time. Only the parent of the direct child is permitted to film their specific child.
- **Violation of the above principles may result in a reduction in coaching service and/or training opportunities.**

Conflict & Resolution

- Verbal and/or physical abuse will not be tolerated within the training environment of Connaught Skating Club.
- All athletes are expected to treat others how they wish to be treated themselves.
- All athletes are expected to uphold a positive training environment on and off the ice, via on site daily training support, supportive social media interactions and engagements along with sportsmanship at events/simulations.
- Be sure to cheer and support your training mates during practice sessions and competitions.
- Any negative, derogatory or abusive behavior on site or on social media platforms will not be tolerated.
- Damage or rough housing within the premises of the training venue will not be tolerated as these are rented spaces. Any damages could be liable to the organization.
- **Violation of the above principles may result in a reduction in coaching service and/or training opportunities.**

Priority and Right of Way

- **The skater whose music is playing has the right of way at all times.**
- Other skaters are expected to give them free maneuvering room.
- However, the skater performing the program **must also** keep an alert eye open to avoid collisions.
- **Second in priority are those skaters who are currently in lessons with their coach.** Always look in the direction of travel when skating backwards.
- Skaters will be wearing a reflective vest during high-volume sessions.

Falls and Injuries

- When you fall, you must get up quickly, unless you are having a medical situation.
- Learn to fall properly so that you can protect your body as much as possible.
- If you fall and do not get up quickly, it will be assumed you are having a medical situation and need First Aid assistance.
- If you suspect that someone is seriously hurt, the best thing to do is to alert a Coach right away so they can assess and administer First Aid.
- Bum pads are required when learning new skills, but are not necessary for full duration of training.

Lutz Corners

Due to the nature of the Lutz jump, it is most commonly performed in opposite corners of the rink. These corners are informally called the "Lutz Corners". Strive to avoid long-term practice activities in these corners and be especially aware of your surroundings when you are in them. The approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. Spinning in the Lutz corner area is NOT A WISE IDEA.

Off Ice

- Off-ice warm-ups should reflect the exercises learnt during dryland training.
- Skaters should not perform off-ice jumps beyond their on-ice training level unless directed by a Coach.
- Please take time to have proper warm-ups before stepping on ice.
- While warming up or waiting between training sessions, skaters must remember that facility lobbies and dressing rooms are shared public spaces.
- Filming other members is not permitted at any time. Only the parent of the direct child is permitted to film their specific child.
- For all off-ice sessions held at Holiday Inn, skaters are expected to wait **outside** of Holiday Inn by the side door quietly to not disturb hotel patrons.
- **Violation of the above principles may result in a reduction in coaching service and/or training opportunities.**

Board of Directors & Coaching Team
Connaught Skating Club