

1. **Conduct:** Skaters represent the HSC (or their home club) at the arena, competitions, and online. They are expected to always behave properly and politely.
2. **Times:** All times are set by the arena clock.
3. **Session Participation:** Skaters may only skate during sessions they are qualified and registered for, unless they have Board/Director approval.
4. **Membership Standing:** Only members in good standing can participate in assessments and special events. Members not in good standing may be suspended at the board's discretion.
5. **Safe Environment:** All participants have the right to a safe environment on and off the ice. Verbal or physical abuse will not be tolerated and may result in immediate suspension. No Profanity allowed.
6. **Dressing Room Behavior:** Inappropriate behavior in the dressing room will result in the 3-strike rule. Serious violations may lead to a ban from the dressing room, either temporarily or permanently.
7. **Off-Ice Attire:** Required attire includes running sneakers, a yoga mat, and a skipping rope. Additional equipment may be requested by the instructor.
8. **Class Participation:** Skaters must work to their full ability and minimize talking and distractions during group classes on and off the ice.
9. **Food and Drink:** No food is allowed in off-ice classes. Only water is permitted on the ice.
10. **Valuables:** Do not leave money and valuables in the changing areas. The club is not responsible for loss or theft.
11. **Weapons:** Possession of weapons or using items as weapons is prohibited.
12. **Punctuality and Attire:** Skaters must be on time, properly attired, and ready to participate. Required attire includes a skating dress/skirt or activewear leggings. Warm-up pants and sweatpants are allowed, but no jeans or pajama pants. Long hair must be pulled back. Participants are expected to arrive on time for off ice classes. Entry to off-ice classes close 5 minutes after the start time. Participants will not be allowed to attend after this time due to safety concerns.
13. **Ice Entry:** Enter the ice along the boards to avoid the path of other skaters.
14. **Right of Way:** Skaters in private lessons, especially those with music playing, have the right of way. Skaters with their music playing have second priority.
15. **On-Ice Behavior:** No standing or chatting on the ice. Talk at the boards. No kicking, stomping, picking, or making intentional snow on the ice. No pushing, tripping, horseplay, tag, or intentional interference with other skaters.
16. **Leaving the Ice:** Skaters must have their coach's permission to leave the ice.
17. **Parental Responsibility:** Parents are responsible for their child's behavior during all sessions.
18. **Parental Presence:** Parents are not allowed on or at the ice level ice during lessons and cannot sit in the player's bench or inside the ice pad area. They may watch from the stands or through the glass to avoid interfering with lessons.
19. **Complaints:** All complaints or concerns must be addressed to the board in writing, either given to a board member or by email. A decision will be made at the next scheduled board meeting. Do not approach board members individually at the arena, their home, or place of business.

3-Strike Rule:

1. If a skater violates the code of conduct, they will receive a verbal warning and parents will be informed by the coaching team.
2. If the violation continues, a written warning will be sent via email to the skater, coach, and parent.
3. If the behavior persists, the skater will be suspended at the board's discretion (usually a minimum of 1 month).

Serious Violations: If a skater's behavior is a serious breach of conduct, they may be immediately suspended at the board's discretion. In cases of suspension, NO REFUND of any kind will be granted.

Signed Skater _____

Signed Parent _____ Date _____



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Skate Canada Parent Code of Conduct

Skate Canada is committed to ensuring that all skaters can 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 relationship with the 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.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication, and mutual respect.
- Parents shall always model positive responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their skater on ice conduct and attitude.
- Parents shall always 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 praise for 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 instill 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.



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Skate Canada Coaches' Code of Ethics

Your coach is bound by a code of ethics that they must sign with Skate Canada. You should read the code of ethics (shown below), so you understand the expectations of Skate Canada on the coach's behaviour. If you find that your coach is not following the code, you should discuss this first with the coach. If you find that this does not work, you should approach a board member of the club, who will work with you, Skate Canada and the coach to resolve the issue.

Coach Ethical Conduct concerning Obligations to the Skater and Parent

- To assist one's skating student to determine realistic goals and objectives in the sport.
- To provide the skater and parent/s with the basic information necessary to enable them to choose a realistic and affordable course of action to achieve these goals and objectives.
- To outline clearly one's coaching services available including cost and method of payment for such services.
- To provide such coaching services as agreed or contracted to each student.
- To provide the skater and parent/s with a current copy of the Skate Canada Coaches' Code of Ethics and review the code with the skater and parent/s.
- To maintain the skater's best interests at heart when making decisions that will affect the skater's advancement through the sport.
- To be ever mindful of the influence one can exercise over one's skating students and to never abuse this trust.
- To avoid making promises or giving guarantees to the skater and/or parents of test or competitive achievement but rather endeavor to restrict dialogue to the skater's personal skating development.
- To communicate as regularly and effectively as possible with the skater and parent/s as to the skater's progress, changes in Skate Canada rules or club regulations, or other important or relevant information affecting the skater's participation in the sport.
- To respect the fact that a skater and/or parent/s have the right to contract the services of another coach to either replace or supplement the student's instruction.

Coach Ethical Conduct concerning Obligations to the Sport

- To be familiar with and adhere to the standards of coaching as defined under Section 2400 of the Skate Canada Rulebook; and maintain a current working knowledge of ISU, Skate Canada, Section and club rule changes, policies, regulations, and programs so as to be able to deliver the product of skating in a professional manner.
- To maintain professional competence by continually pursuing educational and professional upgrading including knowledge in related fields beneficial to skating (e.g., the performing arts, sport science, sport psychology, officiating, etc.).
- To exhibit the important character traits of honesty, reliability/dependability and cooperation when dealing with all participants in the sport so as to bring credit to the profession.
- To share responsibility with coaching colleagues, judges/evaluators and club officials to initiate and support actions that are required to meet the needs of the skaters, the club and skating in general.
- To actively participate in the development and/or maintenance of desirable standards of coaching practice, education, certification and working conditions in the sport.
- To dress in a neat, clean and appropriate manner that is becoming a member of this profession.
- To give back a certain portion of time, effort and knowledge to the sport as a volunteer.
- To promote Skate Canada and its' programs and the sport of skating in general.

Coach Ethical Conduct concerning Obligations to the Club/Skating School

- To accurately represent one's technical, educational and professional credentials and resume.
- To accept personal responsibility for providing and delivering coaching services in a professional manner.
- To help ensure that a positive learning environment is maintained in the club.
- To negotiate coaching contracts in good faith and honour their terms.
- To treat members of the club with respect and fairness.

Coach Ethical Conduct concerning Obligations to Professional Colleagues

- To strive to create and maintain cooperative relationships with coaching colleagues for the purpose of ensuring a positive skating environment.
- To avoid criticizing another coach's teaching methods, techniques and/or opinions unless done so with the coach's knowledge or permission.
- To respect the fact that a coach becomes the base coach of a skating student from the moment that a skater contracts the services of that coach, whether individually or in a group situation, and that other coaches must initiate discussion about a skater's training only through the base coach.
- To respect a coach/skater and/or parent/s' relationship and not solicit or cause to be solicited, directly or indirectly, or through a third party the skater/s of another coach.
- To pursue the following course of conduct in the event that any of the following or similar situations occur:
 1. To communicate clear, precise guidelines or parameters to a coaching colleague whose services one wishes to retain on a temporary or permanent basis to assist, supplement or replace one's services currently being rendered and to communicate these parameters to the skater and/or parent/s.
 2. To obtain authorization and clear, precise instructions from a coaching colleague as to what the coach wishes to be done with the skater in the absence of the coach or agreed upon team coaching situation and do nothing to undermine the base coach/skater and/or parent/s' relationship.
 3. To immediately advise a coaching colleague and seek confirmation from that coach that all undisputed coaching and/or related skating bills are paid or arranged to be paid to the reasonable satisfaction of the coach and/or club upon being approached by a skater and/or parent/s who request to contract your services. This is to ensure that the proper procedure occurs when taking on a new skater as a student. The parent should have discussed the situation with the previous coach and informed him/her of the change to the new coach. All bills should have been paid to the former coach prior to coaching a new student.