

# Skater Code of Conduct

## General Rules

Skaters are representatives of the NDSC whether in our home arena or at another arena for competition or training. As such, skaters are expected to conduct themselves in a respectful and considerate manner.

Skaters are expected to treat all individuals and property with respect, including skaters, coaches, instructors, volunteers, arena staff, officials, and parents. We ask that skaters commit to contributing to a supportive, energized environment to enhance training and be supportive of their peers. Skaters are encouraged to support their fellow skaters during regular training sessions, competitions and events.

Skaters are expected to refrain from any form of bullying, harassment, discrimination, physical or verbal abuse, neglect, intimidation, or exploitation.

Punctuality is expected for both on and off-ice lessons.

## On-Ice Rules

No skater is allowed on the ice without a coach or board member present. All skaters are to participate in club group lessons unless receiving a private lesson.

Skaters must wait until the Zamboni doors have closed before going onto the ice.

No food, drinks, candy, or gum is permitted on the ice. Only plastic or metal water bottles containing water are permitted at the boards.

Skaters should not leave the ice surface during a session unless absolutely necessary. It is good practice to obtain a coach's permission before leaving the ice.

The Harness must only be used during a lesson with a qualified NDSC coach.

## Ice Etiquette

To ensure safety, skaters must keep the ice clear unless actively training. Skaters are responsible for maintaining a safe distance from other skaters and being aware of where they are going at all times by:

- Getting up quickly (unless injured) after falling.
- Using the full ice surface, not congregating in one area.
- Being aware, cautious and considerate of everyone on the ice.
- Moving to the boards instead of standing in the middle of the ice.
- Looking both ways before leaving the boards

Skaters are asked to spin in the center and jump at the ends and length of the ice. Please keep these areas clear.

## **Right of way**

The following order determines the right of way during Freeskate sessions:

1. A skater whose music is being played
2. A skater who is receiving a lesson
3. Skaters who are setting up an element (jump, spin, field movement)

Skaters who have the right of way can use "Excuse me!" or "Skater's name" to alert other skaters. Regardless of priority – safety must come first. Use common sense and regardless of who has the right of way, both skaters must stop before a collision.

## **Music and Technology**

### **Technology Policy**

Skaters are asked to leave their phones in their bags, or with parents. Phones, tablets or other electronic devices use may be permitted at the discretion of the coach for specific purposes. The use of earbuds (ie. AirPods) or headphones is not permitted.

### **Session Music**

Please refrain from touching/changing music on the club tablet device. Solo or dance music may be played by the skater if a coach is not available. There will be a list for music requests and this order should be followed.

When a dance is played, the skater in a lesson will skate first and have right of way.

### **Skating Attire**

Skaters are encouraged to wear athletic attire consisting of practice pants or leggings, skating tights (beige or black) with dresses or skirts. Light jackets or sweaters and mittens are recommended. Skaters should not wear pants with wide legs or loose bottoms, jeans, baggy attire or hats.

Hair is to be neatly pulled back and secured.

Helmets are not required for skaters who have completed CanSkate level 5; however, protective headwear can be considered for CanSkate 6 and STAR 1-5 skaters.

## **Disciplinary Action**

In the event of a violation of the Skater's Code of Conduct, the following will apply:

1. The first infraction will be brought to the attention of the coach. The coach is obligated to handle the situation immediately. This will include the following:
  - a. Speak with the skater(s) and establish the facts in the situation.
  - b. Based on the facts of the situation the coach will decide on the action to be taken. If the situation is determined to go against code of conduct, then the coach will proceed with c and d.
  - c. Explain that if the behaviour continues it will be brought to the attention of the club president or designated board member and their parents or guardians

- d. If, after consultation with other coaches who are present, the coach decides that the first infraction is of a sufficiently serious nature, it will be brought to the attention of the president and the skater's parents or guardians immediately
  2. We have confidence that our coaches and skaters will resolve the majority of infractions the first time they occur. However, in the event of a second infraction the coach will repeat steps 1a & b, plus the following:
    - a. The coach will bring the issue to the attention of the club president
    - b. The president will contact the skater's parents or guardians and explain the situation
    - c. The coach will document the incident, how it was handled and the steps required of the skater, then send a copy to the president or designated board member as well as to the parents or guardians
    - d. A meeting may be required if requested by either the parents or guardians, coaches or the club to discuss further actions
    - e. The skater will be expected to follow through on the steps outlined by the coach.
  3. If the behaviour persists, there are further violations of the code of conduct, or if the skater does not follow through on the steps outlined in the document:
    - a. A meeting will be scheduled with the coach or coaches, the skater, the skater's parents and the club president or designated board member. The discussion will review the NDSC Skating Club's Skater's Code of Conduct, the details of the actions taken thus far, and further disciplinary actions.
  4. The parents of the skater may appeal disciplinary decisions made above. In this event, the Board Executive will review the decision. All decisions of the Executive at this stage will be final.
  5. Please refer to the [Skate Canada Club Dispute Resolution Policy](#) for further information.
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I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_  
confirm that I have reviewed the Skater Code of Conduct and understand all of the rules and expectations.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_