

MOUNT ARROWSMITH SKATING CLUB



ATHLETE HANDBOOK

Come Skate With Us!



CODE OF CONDUCT

All members are required to adhere to the Mount Arrowsmith Skating Club Code of Conduct:

- ✦ No skater is allowed on Club Ice unless there is a responsible adult in attendance. This policy is set for the safety of the skaters and in accordance with the Club insurance coverage
- ✦ Skaters should be at the rink on time for practice and lesson sessions
- ✦ Skaters should come prepared to work on all dance, skills and freeskate sessions. Standing around for an extended period of time impedes your progress and the progress of other skaters, it is also a safety issue
- ✦ No gum, candy, food or drinks are allowed on the ice. Water bottles are permitted
- ✦ Skaters must wear proper skating attire. Girls may wear a skating dress, leotards or skirt and shirt. (Midriff should not be visible). Boys may wear skating pants and shirt. Street clothes or hoodies are not permitted
- ✦ For safety reasons, long hair is to be pulled back away from the face and cell phones are not allowed on the ice
- ✦ During free skate sessions, the skater having their solo played shall have priority and all other skaters and coaches in the area are asked to be courteous, to be aware and heed the right of way. The next priority is skaters in lessons. Courtesy on the ice is very important and must be used at all times
- ✦ During dance and skills sessions skaters skating to the music have the right of way
- ✦ If a skater falls on the ice it is important for the safety of the skater and others on the ice that the skater gets up immediately if not injured
- ✦ Unsportsmanlike behaviour and/or abusive language on or off the ice will not be tolerated. Rowdiness, swearing and disrespect will also not be tolerated. These may result in the suspension of skating privileges.
- ✦ Please do not interrupt a skater's lesson unless it is an emergency
- ✦ Ice Patching – It is mandatory for all skaters to Ice Patch at the end of the day

Member in Good Standing

A member in Good Standing must have all skating fees paid in full to date. Maintaining membership is important - those that do not have their fees paid up to date should not be attending Competitions, Seminars and Test Days as they are not a Member in Good Standing with our Club.

ACCOUNTS & REFUND POLICY

- *Account payments must be kept current, in the event of non-payment the skater will be notified by email that their account is in arrears. If payment is not received within 5 days, the skater will be asked to leave the ice until the account has been brought up to date.*
- *All refund requests must be made in writing and approved by the Club Executive.*

The following costs are non-refundable:

- *Skate Canada & Insurance Fees: \$58.65*
- *Administration Fee: \$50.00 (Figure Skating) & \$15.00 (Canskate)*
- *Applicable ice time pro-rated to the 1st of the following month*
- *Any amounts fundraised for the Mount Arrowsmith Skating Club*
- *NSF Cheques are subject to a \$35 fee*



PROGRAM POLICIES

- ∞ Members of the Mount Arrowsmith Skating Club that join as full or partial members follow all Club Policies of this Handbook
- ∞ Sessions for the Mount Arrowsmith Skating Club will be capped, according to the number of registered skaters in each group. Priority will be given to Mount Arrowsmith registered members
- ∞ Members may receive private lessons from the Club coaches and partake in club stations, stroking, spinning, off ice training and practicing on all available Free Skate sessions, as scheduled in the program they are registered in. Members competing or testing under the Mount Arrowsmith Skating Club in StarSkate or Competitive stream must receive 70% of private lessons from Mount Arrowsmith Skating Club coaches
- ∞ All Members participating in fundraising activities for the Mount Arrowsmith Skating Club with monies placed in Bursaries for the members is for club funding usage. Examples include: Club coach's lessons, registration fees, competition fees, skate sharpening, etc. (Skating supplies & skate wear require receipts)
- ∞ All private lessons will be booked through the Mount Arrowsmith Skating Club's Director of Skating.



COMPETITION CHECKLIST

EQUIPMENT:

- ✓ Skates
- ✓ Music CD or USB (Back-up)
- ✓ Dress or Skating Outfit
- ✓ Running Shoes, Warm Up Clothes, Skating Jacket
- ✓ Water Bottle (*Do not put in your skate or garment bag, it may leak!*)
- ✓ Make-up Bag
 - Hair Pins
 - Elastics
 - Hair Spray & Brush
 - Tissues
 - Make-up
- ✓ **Arrive at the arena 1 hour before your event** with your hair and make-up done

WHEN YOU ARRIVE AT THE ARENA:

1. Find the Registration Desk
2. Register and hand in music
3. Check in with your Coach



PARENTS:

- ✦ There is an area in the building where your children can find you after their initial off ice warm-up
- ✦ There is a designated area for younger skaters to put their skates on, please ask one of the volunteers to direct you to that spot
- ✦ Keep skates & skate bag while skaters are doing off-ice warm up with coaches
- ✦ After warm up, younger skaters will be sent back to you for any last minute touch ups & to have skates put on
- ✦ Send skaters back to the coach to continue their warm up and prepare to go on to the ice
- ✦ Sit back and enjoy the performances
- ✦ **It is the parent's responsibility to pick up their child's music when leaving**

