



TRAVERSE CITY FIGURE SKATING CLUB HIGH/LOW REGISTRATION INFORMATION FALL/WINTER 201-2012

PLEASE READ THROUGH ALL OF THE FOLLOWING INFORMATION!

A. General Info

- Use the **Pre-Fall registration** form if you would like to skate between September 7 and 21. This is due to the blocks of ice we purchased during the Prospects and Red Wings Training Camps. **Pre-Fall skating is held at Howe Arena. Pricing for the fall/winter session** runs from **Thursday, September 22** through **Tuesday, March 6, 2012**.

B. Pricing

- Sessions are priced according to the total number of sessions per fall/winter season (i.e. there are 22 Mondays, Tuesdays have 22 and 18 on the last session to accommodate Ice Show Practice etc)
- Off-Ice classes and Ice Theater include the cost of a coach.

C. Other Required Fees

- **Club Membership Fee (includes annual USFS membership):**
1st member = \$135.00
2nd member = \$80.00
((\$20 discount for each additional family member after the 2nd)
- **Volunteer Fee:** \$240.00
Each family has an annual volunteer commitment of 24 hrs. If commitment is not fulfilled by June 15, 2012 a \$10.00 volunteer fee will be assessed for every hour not completed.

D. Other Dates to put on Your Calendar:

- We will once again be skating **at Howe Arena** on the following days: **Oct. 14, 21, 28, Nov. 4, Dec. 2, Jan. 6 and 27.**
- There is **NO SKATING** on the following days: **Nov. 18, 23-25; Dec. 22 through Jan. 2, 2011.**
- The annual **Holiday Exhibition** will be held on **Saturday, December 17th 11:00am - 1:00pm.**
- Our annual **Ice Show** will be held on **March 9 and 10. Dress Rehearsal is on Thursday, March 8 from 5:00 to 8:00 p.m.** All Ice Show skaters are required to participate in dress rehearsal.

E. More Forms to Sign

- All skaters and their parents must read and sign the Locker Room Policies, Ice Etiquette Guidelines, Vouchers for Missed Skating Sessions and Waiver & Release of Liability forms prior to skating on the Pre-Fall and Fall/Winter sessions.

F. Session Requirements

Low Sessions * Skaters must have passed Basic Skills 4 up thru Pre-Juv FS. FS, Moves, and Dance allowed

Open Sessions * Skaters must have passed Basic Skills 4 up through Senior FS. FS, Moves, and Dance allowed

General Sessions * Skaters must have passed Pre-preliminary moves up thru Senior FS. FS, Moves, and Dance allowed.

High Dance/Moves* Skaters must have passed Intermediate Moves or higher or passed Pre-silver dance test/working on Silver dance or above. Silver through Gold Dance &/or Novice through Senior moves allowed only.

High Ice Theater * Passed Juvenile moves and Preliminary FS by the end of the summer test session, or have permission from Heidi Johnson to enroll in this class. TCFSC reserves the right to restructure the levels of Ice Theater to maintain the quality of both the High and Low classes.

Low Ice Theater * passed basic 8 but not yet qualified for high ice theater

G. Lockers

- Lockers will be available for \$50 per year to Hi/Lo skaters. If you do not rent a locker you will need to take your skates and miscellaneous items home each day you skate. Locker rentals will NOT be pro-rated and rental period is from Fall Session 2011 – Fall Session 2012.

I. Registration – please be sure to review your registration forms for the appropriate discounts and late fees.

- There are no credits or cash refunds given for dropped sessions. A punch card, at the appropriate punch card rate may be issued by the treasurer in the event that a family needs to drop a session. (Punch card rules will apply).

J. Vouchers for Missed Skating Sessions:

- TCFSC policy states that **5 vouchers** are allowed for missed skating due to **illness** in fall/winter (only 3 vouchers are allowed per season in spring or summer). Vouchers are also available for missed sessions due to **skating-related events** (competitions, testing, etc.) in fall/winter or in spring. The skater's parent must request a voucher (or a switch) prior to a missed session by sending an email to the TCFSC office (skate@gofigureetc.org) or leaving a message on the TCFSC answering machine at (231) 947-2267. Please read and sign the **Vouchers for Missed Skating Session** form that describes this in detail.

K. Payments:

- **Payments are to be made by the 1st of each month.** Skaters with a past due account **will not be allowed** to skate until their account is made current. **Don't forget that we now accept Master Card and Visa in the office.** Statements will be emailed monthly—please be sure we have your current email address. Payments are due on the 1st regardless of the date your statement is emailed. TCFSC will charge a late fee of \$15.00 for accounts over 15 days past due.
- **Any skater whose account is not paid off before March 1 will not receive their ice show costume and will not be permitted to participate in the Ice Show.** Families needing exceptions to this policy must address the TCFSC Board in a closed meeting. If a skater must forfeit their participation in the ice show, no refunds will be made by TCFSC and the Club will take the necessary action to collect the money due unless a special circumstance is determined by the board.
- **Comment from the treasurer on payments.** Club payments need to be made on a timely basis, and if you make additional payments or participate in any fundraising events these payments will be applied to your final payment. For example, if your total Fall bill is \$980/7 payments your monthly payment would be \$140.00. If you were to pay \$500.00 in month one you would still be responsible for paying \$140.00 for your month 2 payment and not have to pay your final payment. It is imperative that we have enough money in the club account to meet our current obligations.

L. Checklist:

Have you ~

- ___ Filled out the Pre-Fall Registration form if you wish to skate between September 7 and 21
- ___ Filled out the Fall/Winter schedule/registration page
- ___ Had your coach sign your registration forms
- ___ Signed the Waiver/Release, Consent for Medical Treatment Form
- ___ Signed the Vouchers for Missed Skating Session form
- ___ Reviewed the Volunteer Form
- ___ Signed the Locker Room Policies
- ___ Discussed the Ice Etiquette Guidelines with your coach; had coach, skater, & parent sign the form.
- ___ **Noted on your calendar the dates you skate at Howe Arena instead of Centre Ice and the dates there is no TCFSC skating**
- ___ **Noted on your calendar to pay your bill each month**

TCFSC RESERVES THE RIGHT TO CANCEL OR MODIFY SESSIONS DUE TO LOW ENROLLMENT. NO REFUNDS WILL BE GIVEN UNLESS APPROVED BY THE BOARD FOR EXTENUATING CIRCUMSTANCES ONLY.

Skater Name: _____



2011 Pre-Fall Skating Contract

All Sessions at Howe Arena

September 7-21, 2011

Due: September 1, 2011

If you are not registered for pre-fall you will be charged the drop in fees of \$27/hr!

Wednesday, September 7 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z General \$17_____ 4:50-5:40 (50 min) Open \$17_____	Thursday, September 15 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z General \$17_____ 4:50-5:40 (50 min) Open Juv Synchro
Thursday, September 8 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z General \$17_____ 4:50-5:40 (50 min) Open Juv Synchro	Friday, September 16 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) General \$17_____ 4:40-5:20 (40 min) Open \$15_____
Friday, September 9 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) General \$17_____ 4:40-5:20 (40 min) Open \$15_____	Monday, September 19 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z Open \$17_____ 4:50-5:40 (50 min) Beginner Synchro
Monday, September 12 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z Open \$17_____ 4:50-5:40 (50 min) Beginner Synchro	Tuesday, September 20 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) General \$17_____ 4:40-5:20 (40 min) Open \$15_____
Tuesday, September 13 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) General \$17_____ 4:40-5:20 (40 min) Open \$15_____	Wednesday, September 21 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z General \$17_____ 4:50-5:40 (50 min) Open \$17_____
Wednesday, September 14 3:00-3:50 (50 min) Open \$17_____ 3:50-4:40 (50 min) z General \$17_____ 4:50-5:40 (50 min) Open \$17_____	Ice Total Pre-Fall: \$_____ Coaches Name: _____ Coaches Signature: _____

Session Criteria:

Open Freestyle- Passed Basic 3 through Senior Freestyle

General Freestyle - Must have passed Pre-Preliminary Moves – Senior Freestyle



2011-12 Fall/Winter Skating Season Ice Contract

September 22, 2011– March 7, 2012

Due: September 1st

Skater Name: _____

D.O.B: _____

Address: _____ City: _____ Zip: _____

Email: _____ Home #: _____ Cell #: _____

Mother's Name: _____ Work or Cell #: _____

Father's Name: _____ Work or Cell #: _____

Emergency Contact: _____ Cell or Home #: _____

Coach (es): _____ Coach Signature: _____

Freestyle or Basic Skills Level: _____ Moves Level: _____

USFS# _____ Parent Signature: _____

<p>Session & Class Descriptions/Requirements</p> <p><i>Low Freestyle:</i> Basic 4 – Pre Juv. Freestyle <i>Open Freestyle:</i> Basic 4 – Senior Freestyle <i>General Freestyle:</i> Must have passed Pre-Preliminary Moves – Senior Freestyle <i>High Dance/Moves:</i> Dance and moves are only to be practiced during this time. Must have passed Intermediate moves. <i>Open Dance/Moves:</i> Dance and moves are only to be practiced during this time. Must have passed Basic 4. <i>Low Ice Theatre:</i> Basic 8 – Pre Juvenile Moves <i>High Ice Theatre:</i> Must have passed Juvenile Moves <i>Yoga/ Stretching/ Flexibility Class-</i> Focusing on flexibility, bring yoga mat, no tights taught by Lacey Chaput <i>Off Ice Conditioning:</i> Focus is core strength, plyometrics, and balance <i>Off Ice Jumps:</i> Focus is off ice single, double, and triple jumps, landing positions, etc, taught by Laurent Masse'</p>	<p>Dates not included in contract / NO SKATING</p> <p>November 18, 23, 24, and 25 December 22, 2011 - January 2, 2012</p>	
<p>Additional Registration Fees <i>(For more information please check out our website)</i></p> <p><i>Punch Cards-</i> 500 min @\$210, 250 min @\$105, 100 min @\$42 <i>Drop In Rates-</i> All Sessions are priced at \$27/hr, all off-ice classes \$12 <i>Annual USFS Membership Fees-</i> \$50.00 good through 5/31/2012 <i>Annual Club Membership Fees-</i> \$85.00 good through 5/31/2012 <i>Annual Locker Rental-</i> \$50.00 (September to September)</p>	<p>Skating at Howe Arena</p> <p>October 14, 21, and 28 November 4 December 2 January 6 and 2 7</p>	
<p>Payment Plan</p> <p>1st payment due with Contract September 1st</p> <p>Each payment is due the 1st of each month (7 total payments)</p> <p>Last payment Due March 1st</p>	<p>Method of 1st Payment</p> <p><input type="checkbox"/> Cash <input type="checkbox"/> Check # _____ <input type="checkbox"/> Money Order# _____ <input type="checkbox"/> Credit Card, \$3 fee <i>*Master Card, Visa, Discover</i></p>	<p>Important TCFSC Annual Events</p> <p>Annual Christmas Exhibition <i>Saturday, December 17th 11am-1 pm, Centre Ice Arena</i></p> <p>Annual Ice Show- <i>Friday, March 9 and Saturday March 10, Centre Ice Arena</i></p> <p>Ice Contract Total Fees</p> <p>Package: <input type="checkbox"/> A <input type="checkbox"/> B <input type="checkbox"/> C <input type="checkbox"/> D <input type="checkbox"/> No Package</p> <p>Locker Rental: \$ _____ Ice Total Pre-Fall :\$ _____ Ice Total Fall/Winter: \$ _____ 1st Payment Total :\$ _____ Amount Per Payment: \$ _____</p>

Packages and Package Rates \$\$\$	Non - Package Registration rates \$\$\$
<i>Package A:</i> 2-4 Freestyles a wk @ \$15 a session <i>Package B:</i> 5-6 Freestyles a wk @ \$13 a session <i>Package C:</i> 7-9 Freestyles a wk @ \$11 a session <i>Package D:</i> 10 or more Freestyles a wk @ \$9 a session Package Add On: <ul style="list-style-type: none"> • Dance / Moves @ \$8 a session • High Ice Theatre Class @ \$12(includes coaching fee) • Low Ice Theatre Class @ \$9 (includes coaching fee) • Off Ice Conditioning @ \$8 • Yoga/Flexibility @ \$8 • Off Ice Jumps @ \$8 	<i>50 min freestyle session @ \$17</i> <i>High Ice Theatre @ \$14 a class (includes coaching fee)</i> <i>Low Ice Theatre @ \$11 a class (includes coaching fee)</i> <i>Dance/Moves Sessions @ \$10</i> <i>Off- ice classes: Yoga/Flexibility, Jumps,& Conditioning @ \$10</i>

Weekly Ice Schedule/ Ice Registration

Write in your package rate or non package rate in the box and multiply that by the number of weeks to get your total

Monday					
Time	Session	Minutes	Package Rate/ Non	Weeks	Total
3:00-3:50 pm	Open	50 min		22	
3:50-4:10 pm (z)	Dance/Moves Open	20 min		22	
4:20-5:10 pm	General	50 min		22	
5:10-6:00 pm	Open	50 min		22	
5:30-6:15 pm	Off-Ice Conditioning	45 min		22	
					Total:\$ _____

Tuesday					
Time	Session	Minutes	Package Rate/ Non	Weeks	Total
3:00-3:50 pm	Open	50 min		22	
3:50-4:40 pm (z)	Open	50 min		22	
4:50-5:40 pm	Open	50 min		18	
					Total:\$ _____

Wednesday					
Time	Session	Minutes	Package Rate/ Non	Weeks	Total
3:00-3:50 pm	Open	50 min		20	
3:50-4:40 pm	General	50 min		20	
4:40-5:10 pm (z)	High Ice Theatre	30 min		20	
5:20-5:40 pm	High Dance/Moves	20 min		20	
5:40-6:30 pm	General or Open	50 min		20	
5:50-6:35 pm	Yoga/ Flexibility Class	45 min		20	
6:30-7:20 pm	Low	50 min		20	
					Total:\$ _____

Thursday					
Time	Session	Minutes	Package Rate/ Non	Weeks	Total
3:00-3:50 pm	Open	50 min		21	
3:50-4:40 pm (z)	General	50 min		21	
4:50-5:40 pm	General	50 min		21	
5:50-6:20 pm	Off ice Jumps	30 min		21	
					Total:\$ _____

Friday					
Time	Session	Minutes	Package Rate/ Non	Weeks	Total
3:00-3:50 pm	Open	50 min		20	
3:50-4:40 pm (z)	General	50 min		20	
4:50-5:40 pm	Open	50 min		20	
5:40-6:00 pm	Low Ice Theatre	20 min		20	
6:00-6:50 pm	Low	50 min		20	
					Total:\$ _____

Traverse City Figure Skating Club
Waiver and Release of Liability, Assumption of Risk and Indemnity
Agreement (“Agreement”)

In consideration of participating in **Traverse City Figure Skating Club (TCFSC)** activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the “activity”, the conditions in which the “activity” takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the **Traverse City Figure Skating Club**, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the “activity” takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The **Traverse City Figure Skating Club** has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that the **Traverse City Figure Skating Club** shall not be responsible for the supervision of the members at Club Ice.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

_____ Date: _____
Printed Name of Participant

Signature of Participant

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT

I, the minor’s parent and/or legal guardian, understand the nature of the above referenced activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such “activity”. I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claims against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

_____ Date: _____
Printed Name of Parent/Guardian

Signature of Parent/Guardian

Consent for Medical Attention or Treatment

I certify that I, the member, or I, the parent/guardian of said participant, give my consent to the **Traverse City Figure Skating Club** and the facility the activities are taking place in and their staff and to members of the **Traverse City Figure Skating Club**, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participation in these activities.

Name of 1st Minor Child Member (Please print.)

Name of 2nd Minor Child Member (Please print.)

Name of 3rd Minor Child Member (Please print.)

Name of 4th Minor Child Member (Please print.)

Name(s) of Parent(s)/Guardian(s) (Please print.)

1st Parent/Guardian Signature _____ Date _____

2nd Parent/Guardian Signature _____ Date _____

Name of 1st Adult Member (Please print.)

1st Adult Member Signature _____ Date _____

Name of 2nd Adult Member (Please print.)

2nd Adult Member Signature _____ Date _____

This Consent for Medical Attention shall be binding and effective for the 2011-12 membership year.

Vouchers for Missed Skating Sessions

High/Low skaters – TCFSC policy states that only 3 vouchers are allowed per season for missed skating due to illness in spring or summer; 5 vouchers are allowed in fall/winter. Vouchers are also available for missed sessions due to skating-related events (competitions, testing, etc.) in fall/winter or in spring. In the summer, vouchers are only available for illness since registration is done separately for each skating day and time – please plan accordingly. If you add a competition later, please plan to make any necessary switches to accommodate that competition within your TCFSC skating schedule.

Guidelines for vouchers:

1. The skater's parent must request a voucher prior to a missed session by sending an email to the TCFSC office (skate@gofiguretc.org) or leaving a message on the TCFSC answering machine at (231) 947-2267.
 2. Only 3 vouchers are allowed per season (spring or summer) for missed skating due to illness. Five vouchers will be allowed for fall/winter. For longer illnesses, a refund may be considered with a doctor's written verification.
 3. Vouchers are also available for missed sessions due to skating-related events (competitions, testing, etc.) in fall/winter or in spring.
 4. Vouchers are only valid for general, low, or open sessions, moves, or dance. No vouchers for sessions that include group teaching with an instructor/coach (spins, power, Ice Theater).
 5. Vouchers must be used within the season that they are granted – fall/winter, spring, or summer. All vouchers expire at the end of that session.
 6. There is no guarantee that vouchers can be used.
 7. There is no refund for missed sessions/vouchered sessions.
 8. **Switched sessions must occur within the same week and must be requested prior to missing the first of those sessions to be switched** (i.e. if a skater is missing 3:40pm on Monday, they need to request a switch for Tuesday at 3:40 ON MONDAY).
 9. Before getting on the ice for each session, a skater should check the list of registered skaters (posted at the door to the ice) and be sure they are registered on that session.
 10. **Any skater who is on a session that they were not registered for will be charged the drop-in fee for that session UNLESS they have arranged for a switch or requested to use a voucher or present their punch card prior to that session.** You will see these drop-in fees added to your statements. If this happens, talk to your skater to determine why they were on that session without a voucher, switch, or punch card. Do NOT call the TCFSC office or TCFSC Treasurer as they may not have the records right in front of them.
- ➔ If the skaters follow the missed sessions policy (i.e. request vouchers or switches appropriately), there will not be any surprise drop-in fees on your bills.

Revised/Approved by TCFSC Board of Directors March 12, 2011

I have read the following and understand the contents

Date

Name: _____ Email: _____

Phone: _____ Form Due: September 1, 2011

Volunteer Hour Form

Required Hours: 24 hrs for each family

Hours must be Completed by June 15, 2012

- If not completed you will be billed \$10 for each hour not earned or \$240.00 on June 15, 2012
- volunteer hours are earned hour for hour - Example: *you help out at the Christmas Exhibition for two hours and you will get two hours credit towards your total hours needed.*
- All fundraiser activities do not count for volunteer hours. This is a USFS rule that we must follow.

Earn Volunteer Hours

Please check one of the following that you would like to volunteer for

- Learn to Skate "Free Clinic" September 25, 2011 (4 hrs)
- Learn to Skate "Free Clinic" January 22, 2012 (4 hrs)
- Learn to Skate, helping at the registration desk on Saturday (24 hrs Total)
- Message boards downstairs (hrs negotiable)
- Glass cases upstairs (hrs negotiable)
- Passing out flyers to schools and businesses for TCFSC events (1 hr per event)
- Playing music for the skaters during skating practices – all season long (24 hrs)
- Ice Monitor- Fall/ Winter Session (24 hrs)
- Christmas Exhibition (4 hrs)
- Santa Sale (hrs negotiable)
- Used Skate and Dress Sale (hrs negotiable)
- Testing Events (each August, October, February, and June)
- Locker room supervisor from September to June- Cleaning at least twice a month (10 hrs)
- Ice Show committee member – March 2012
- High School Competition (March 24th and 25th, 2012)
- Ice Auction – May 2012
- Traverse City Cherry Classic Competition committee member – June 2012

Reminder:

Please **keep your skate bags closed and zipped and keep lockers locked**. NO ONE WILL BE ALLOWED TO GO INTO ANOTHER SKATER'S BAG/BELONGINGS/LOCKER (even if they say that skater won't care).

- If you have borrowed items from another skater, please remember to return those items as soon as possible.
- Skate bags must be taken home each night – do not leave them in the locker room.

Locker Room Policies

1. **NO FOOD OR DRINKS (other than water) in the locker room.**
2. **All female skaters should feel welcome to use the locker room.** Behavior that scares, intimidates, or makes others uncomfortable is inappropriate.
3. **All skaters who use the locker room must keep it neat and clean.**
 - The state of the locker room reflects on TCFSC as a Club.
 - If it is not kept neat and clean, TCFSC could lose the locker room.
 - All skaters who use it must participate in routine cleaning of the locker room.
 - Please be sure all items are off the floor and on the hooks or overhead shelf before you leave each night so the Centre Ice crew can clean the floors.
 - **ANY ITEMS LEFT ON THE FLOOR WILL BE THROWN OUT.**

Consequences for Food or Inappropriate Behavior in the Locker Room

1st Offense

A letter will be sent to the skater's parents outlining the offense **and** the skater has the option of:

- A. Paying a \$20 fine or
- B. Cleaning the locker room to a Board member's specifications.

2nd Offense

The skater must remove all of their belongings from the locker room and will not be allowed to use the locker room for a period of 30 days.

3rd Offense

The skater must come to a Board meeting and explain to the Board members why they should be allowed to use the locker room again.

I have read and fully understand the above "Locker Room Policies" and agree to abide by them.

Skater

Parent / Guardian

Date

Date

Ice Etiquette / Safety Guidelines

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

SAFETY

First and foremost is SAFETY. IT IS THE RESPONSIBILITY OF EACH SKATER TO WATCH WHAT IS GOING ON AROUND THEM and TO BE AWARE OF SAFETY ISSUES AT ALL TIMES. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions! Remember to treat all skaters with courtesy.

“On Program” and “In Lesson” Get Priority

The skater who is “on program” (whose music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the “Lutz Corners”, and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities (especially spins) in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you’ve started the element it will be hard for you to see those around you. Take a good look at your expected “space” before you start the element, and abort it if it looks like you could cause a problem.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don’t stay there any longer than you have to. While falling, remember to keep your fingers away from your blades and learn to fall properly so that you can protect your head as much as possible. Learn to keep “loose” when you fall and this will help you to avoid injury.

If you see someone else that has fallen and may be injured, don’t touch him or her without being certain that doing so won’t hurt him or her further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand “guard” over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you’ll get to the point where you’ll recognize that a practice session has a certain “rhythm” to it. People do tend to do pretty “expectable” or “predictable” things, and you can usually pretty much guess where somebody else is going, based on what they’re doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you’re an “opposite direction” skater (clockwise jumper) be aware that other skaters will often be uncertain about your intentions. Try not to skate or behave in a way that would surprise other skaters. If you’re standing near the boards, don’t enter the flow of skaters without checking to make sure you’re not going to get into someone else’s way.

Don’t Stand Around

Refrain from standing around and visiting on the ice. If you are visiting with friends, your attention is diverted away from what is happening around you on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid. THIS IS A SAFETY ISSUE and a senior coach will warn you once and may then require you to skate 5 laps if you are seen to be visiting/chatting with a group of friends on the ice. If you feel you are unfairly accused, please speak with your coach and/or your parent about the situation.

I have read and fully understand the above “Ice Etiquette / Safety Guidelines” and agree to abide by them.

Skater

Date

Parent / Guardian

Date

Reviewed with skater: Coach Signature

Date