

Cochrane Skating Club Code of Conduct

The Cochrane skating club aims to promote a safe, supportive environment for the skating community that equally respects our common interests and our differences for all skaters to enjoy the sport and fulfill their individual goals within a team spirit.

Skater Code of Conduct

- Skaters are expected to display proper respect and sportsmanship towards their fellow skaters, coaches, officials, parents and the general public at all times.
- Skaters are expected to follow the directions of Ice Rink staff and CSC members during club sessions or club events.
- Skaters will not harass or abuse any other fellow skaters, coaches, officials or parents at any time.
- At team events, simulations and competitions skaters are encouraged to make an effort to support their fellow skaters during their performances.
- Skaters are expected to follow the Ice Etiquette and Guidelines for Fun and Safe skating.

Ice Etiquette

The following right of way order is to ensure safety for all skaters on the ice and is in effect during all Club sessions.

- 1st priority: Skater skating their program
- 2nd priority: Skater in lesson
- 3rd priority: Skater in a spin or jump entrance
- 4th priority: Coaches

It is common etiquette to make extra effort to stay out of the way of priority skaters, however, you do not have to stop skating and stand at the boards.

All skaters who accidentally run into each other or cut each other off are encouraged to say "I'm sorry" or excuse themselves in a polite manner, even if it appears that the other person is more at fault. It shows graciousness, maturity and respect – qualities that bring out the best in all of us.

It is important to be aware, cautious and considerate of other skaters. We have many different levels of skaters that share the same ice.

Guidelines for safe and fun skating sessions

- Keep moving! – If you feel the need to stop and talk to another skater, you must move next to the boards.
- Look where you are going at all times! – Skaters are responsible for looking in the direction they are skating.

- Spin in the center! – Spins should be practiced in the center of the rink.
- Do not linger in the jumping lanes! – Most jumping is done at the ends of the rink.
- Skaters will use the sides of the rink to gain speed for jumps.
- Prolonged sitting on the ice after falling is prohibited!
- Kicking or digging at the ice with skate blades is prohibited!

Parent Code of Conduct

- I will remember that children participate to have fun and develop personal goals.
- I will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all skaters, coaches, officials at every practice, simulation and competition.
- I will not engage in any kind of unsportsmanlike conduct with any coach, skater, parent or official.
- I will demand that my child treat other skaters, coaches, officials and parents with respect.
- I will teach my child that doing one's best is more important than winning, so that my child feels pride in their abilities.
- I will emphasize skill development and practices and how they benefit my child over winning.
- I will promote the emotional and physical well-being of the skater ahead of any personal desire I may have for my child to win.
- I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol.

Disciplinary Action

Disciplinary action may include some or all of the following:

- Warning by Coach or CSC Board
- Letter of apology to offended party
- Meeting of all parties concerned
- Temporary suspension from Club

I have reviewed this code of conduct and agree to uphold the principals.

Skater:

Parents:

Coach:

TO BE REVIEWED AT THE BEGINNING OF EACH SKATING YEAR

Date: