



SKATER'S CODE OF CONDUCT

The Metcalfe Skating Club requires skaters to abide by this code of conduct at all time, for all sessions. Treat all skaters as you like to be treated. Do not bully or take unfair advantage of another skater.

- Participate for your own enjoyment and benefit, not just to please parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Refrain from any behaviour or comments which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Be a good sport. Applaud all accomplishments, both your own and those of others

ICE RULES

Each Metcalfe Skating Club skater is responsible for being aware of, and adhering to, the ice rules of the Club.

1. Skaters must respect themselves, all coaches, volunteers and peers.
2. Parents and other skaters are requested not to interrupt coaches while lessons are in progress.
3. Skaters are expected to be on time and to skate the duration of their session. If you must leave a session, permission must be obtained from a coach (this includes bathroom and warm up breaks).
4. Skaters must be dressed in appropriate, properly fitting skating attire according to their program. Be sure to tie long hair back and pin bangs to the side where necessary.
5. The dressing room is a privilege. Please keep your belongings and space clean and orderly. Valuables should be given to your parent for safe keeping
5. Water is the only beverage allowed at the ice surface.
6. No gum, food or candy is allowed on the ice surface. If you must snack, please do so in the lobby or dressing room. Dispose of your garbage in the receptacles provided.
7. When standing near the boards, do not enter the flow of skaters without checking to make sure you are not going to cut someone off.
8. Pay attention to the position of other skaters at all times. Be especially alert for reverse jumpers.
9. Look in the direction of travel when skating backwards.
10. Do not sit or lie on the ice. Get up as quickly as possible after falling.
11. Avoid skating in the centre of the rink for prolonged periods as this impedes other skaters' ability to perform the elements of their programs.
12. Refrain from standing around and socializing on the ice. This wastes expensive ice time, interferes with other skaters' training and presents an additional hazard for other skaters to avoid.
13. Sitting or climbing on the boards in the arena is not permitted.
14. Abide by session designations: No dance, skills or prolonged stroking exercises will be allowed on Freeskate sessions, and no freeskating (jumps or spins) will be allowed on Dance/Skills sessions.
15. When the buzzer sounds and the Zamboni doors open, the session is over. Stop skating and clear the ice quickly.

RIGHT OF WAY ON THE ICE

There are often times when skaters of varying abilities are sharing our ice at the same time. For everyone's safety, it is imperative that skaters understand who has the priority right of way when skating.

Priority goes to the following skaters in this specific order:

1. Skater already spinning – please move around them with enough space in case the spinning skater unexpectedly changes position;
2. Skater in a solo/skill/dance pattern with music;
3. Skater in a lesson;
4. Skater practicing alone.

I have read and understood the Code of Conduct outlined above, and agree to abide by it. I understand that failure to abide by these guidelines may result in disciplinary action by the Club.

Signature of Skater: _____

Date: _____

Signature of parent/guardian if skater is under 18: _____

Date: _____