

### **GENERAL NOTES**

### 1. Conduct & Representation

Skaters are expected to behave respectfully and responsibly—on and off the ice, at events, and online. They are representing Halifax Skating Club (or their home club) and should carry themselves accordingly.

### 2. Good Standing Requirement

Skaters must be in good standing with the club to participate in assessments, competitions, or special events.

#### 3. Safe Environment

Respect and inclusion are expected at all times. Bullying, profanity, or verbal/physical abuse will not be tolerated.

### 4. Dressing Room Use

Appropriate behavior is required in dressing rooms. Violations may result in restricted access.

### 5. Valuables

Leave valuables and money at home. The club is not responsible for lost or stolen items.

### 6. Parent Guidelines

- Parents are not permitted on the ice, at ice level, or in dressing rooms.
- Spectators must stay in the stands or behind the glass.
- Only screened coaches and Board members may enter field-of-play areas.
- Parents remain responsible for their child's behavior while at the rink.

### 7. Complaints or Concerns

Concerns must be submitted in writing (email or letter) to the Board. Please do not approach Board members at the rink, at home, or at work.

### **OFF-ICE EXPECTATIONS**

### 8. Attendance & Participation

Skaters are expected to attend and fully participate in all off-ice sessions unless excused by their base coach. The base coach must inform the off-ice instructor if the skater will be absent.

### 9. **Punctuality**

Skaters arriving more than 5 minutes late may not be permitted to join for safety reasons.

### 10. Required Items

- Running sneakers (activewear only)
- Yoga mat
- Skipping rope

# 11. Dress & Conduct

- Athletic clothing suitable for movement is required.
- Hair must be tied back neatly.
- Phones and earbuds must be put away.
- No food during off-ice—water only.
- Respectful, focused participation is expected.
- Disruptive behavior will result in removal from class.

#### ON-ICE EXPECTATIONS

### 12. Session Access & Timeliness

Skaters may only skate on sessions they are registered and qualified for unless approved by the Director or Board. All sessions run by the arena clock—be ready on time.

### 13. Dress Code

- Skating-appropriate attire: dress, skirt, or fitted athletic wear (e.g., leggings).
- No jeans or pajama pants.
- Hair must be tied back neatly.

# 14. Ice Etiquette

- Enter and exit along the boards.
- No standing around, chatting, or kicking the ice.
- Chat at the boards only.
- No pushing, tripping, or horseplay.
- Listening, effort, and respectful behavior are expected—

### 15. Right of Way

- Skaters in private lessons with music have first priority.
- Skaters with music playing have second priority.
- Skaters running solos or doing assessments may wear the gold sash to signal the need for space. If you choose not to wear the sash, others may not know to give way
- Everyone should stay aware and courteous. Mistakes happen—own them and apologize when needed.

### 16. Coach Permission

Skaters must ask their coach before leaving the ice.

### 17. Water Only

Only water is allowed on the ice. No food or snacks.

# **DISCIPLINE POLICY - 3 STRIKE RULE**

# 3-Strike Rule:

- If a skater breaks the rules, they will receive a verbal warning, and their parent will be notified by their base coach.
- > If the behavior continues, a written warning will be sent to the skater, parent, and coach by the club.
- If the behavior persists, the skater may be suspended for a minimum of one month, at the Board's discretion.

Serious Violations: If a skater or parents' behavior is a serious breach of conduct, they may be	Эe
immediately suspended at the board's discretion.	

In cases of suspension	, NO REFUND of a	ny kind will be grante	d
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Signed Skater:	
Signed Parent:	Date: