



# Norwich & District Skating Club

PO Box 621, Norwich, ON N0J 1P0 ~ [www.norwichskatingclub.ca](http://www.norwichskatingclub.ca)



## SKATER'S CODE OF CONDUCT

Skating is a competitive and individualized sport which requires safe and courteous behaviour from all participants, on and off the ice. Skaters need to be aware of one another and react predictably to ensure their own and others' safety. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below.

### General Behaviour

- Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency
- Food, drink and gum are not permitted on the ice. Water bottles are acceptable but must be left at the board. Glass bottles are prohibited.
- Spectators, including parents of skaters, may watch from the stands or seating area, but not by the boards. They must refrain from conversing with or offering direction to skaters on the ice. (If a skater needs more direction, the coach should be consulted after the session and a plan developed to help the skater become more independent.)
- The doors along the rink must be kept closed while a session is in progress to ensure the safety of the skaters on the ice. Sitting on the boards is not permitted.
- Skaters must clear the ice promptly at the end of each session.

### Behaviour on the Ice

- Skaters are expected to be skating at all times while on the ice. They are expected to get up promptly after a fall in order to keep pathways clear for other skaters.
- The ice surface should be used for practice and not for conversation. Working in small groups with a coach's approval is acceptable.
- When practicing routines, skaters must learn to manoeuvre around other skaters and still complete jumps, spins and footwork successfully. The skater whose music is playing at that time has the right of way. Calling out "Excuse me!" or "Heads up!" will alert other skaters to get out of the way.
- Foul language, yelling, abusive or aggressive behaviour; including kicking holes in the ice is prohibited and will result in loss of Club privileges.

### Skate Canada Position Statement on Bullying – taken from [www.info.skatecanada.ca](http://www.info.skatecanada.ca)

Skate Canada strongly condemns bullying, will not tolerate bullying by any of its members and is committed to raising awareness of this issue and preventing and eliminating bullying behaviour within Skate Canada. Skate Canada recognizes that bullying can have a serious adverse impact on personal dignity, self-esteem, confidence, personal safety, performance, enjoyment of skating and of life itself.

All Skate Canada members have the right to participate in a safe, supportive and caring environment free from harassment and they have the responsibility to contribute to the protection and maintenance of this environment.

Bullying is a form of personal harassment and includes physical or verbal abuse that occurs once or repeatedly and may involve an imbalance of power. Bullying is intended to hurt and humiliate the victim and may include:

- Insulting or derogatory remarks or gestures
- Rude or vulgar language or gestures
- Shouting, yelling, swearing, name-calling
- Persistent unwarranted criticism
- Public ridicule
- Verbal, written or physical threats and intimidation
- Hitting, kicking, pushing or other types of forceful physical contact

Bullying may occur in-person or through electronic means including e-mail, texting and social media.

If a Skating Club member has experienced bullying behaviour, or has witnessed another member being bullied, the member may submit a complaint to the Complaint Review Officer at the Skate Canada national office as per the process in the Skate Canada Membership Complaints, Hearing and Investigation Procedures Policy.

Skate Canada recommends that all of its member clubs and skating schools post this document on their club/school notice boards and/or website and make it available for members upon request. Every member club and skating school will inform its athletes, coaches, officials and volunteers of this document and will encourage victims of bullying, and the parents of victims of bullying, to bring forward these items as per the above mentioned process so that all necessary and reasonable steps to stop and prevent bullying behaviour can be taken.