

Norwich and District Skating Club ~ Fall/Winter Registration 2020-2021

PO Box 621, Norwich, ON N0J 1P0 info@norwichskatingclub.ca www.norwichskatingclub.ca

Name: _____ Gender: M / F

Birthdate: _____ Age: _____ Skate Canada #: _____

Address: _____ City: _____ Postal Code _____

Phone: _____ Email: _____

Mother/Guardian: _____ Cell #: _____

Father/Guardian: _____ Cell #: _____

Home Club: _____ Coach(es) _____

Schedule & Fees *\$44 Skate Canada Fee Included in Price (valid September 1, 2020-August 31, 2021)*****
 (If skating one day per week check box of day below) ***Please note registration fees & dates are subject to change due to Covid-19***

| *Club coach is provided for Pre-CanSkate, CanSkate, Session 1 and Session 2/3 on-ice stroking & spin sessions & Off-Ice Training for Sessions 1, 2 & 3* | | | TOTAL |
|--|--|--|----------------|
| PRE-CANSKATE – 2-4 years old as of December 31 st , 2020 (Half season 12 weeks, Full season 24 weeks) Starts Sept 28th, 2020 or Jan 4th, 2021 | | | |
| <input type="checkbox"/> Monday 4:40pm – 5:10pm | 1 day/week HALF season \$130.00 | 1 day/week FULL season \$260.00 | |
| <input type="checkbox"/> Wednesday 4:30pm – 5:00pm | 2 days/week HALF season \$170.00 | 2 days/week FULL season \$340.00 | |
| CANSKATE – 5 years old and over as of December 31 st , 2020 (Half season 12 weeks, Full season 24 weeks) Starts Sept 28th, 2020 or Jan 4th, 2021 | | | |
| <input type="checkbox"/> Monday 4:30pm – 5:15pm | 1 day/week HALF season \$157.50 | 1 day/week FULL season \$315.00 | |
| <input type="checkbox"/> Wednesday 4:50pm – 5:35pm | 2 days/week HALF Season \$200.00 | 2 days/week FULL season \$400.00 | |
| SESSION ONE (Half season 13 weeks, Full season 26 weeks) **Includes Off-Ice Monday's 4:30-5:30pm** Starts Sept 14th, 2020 or Jan 4th, 2021 Must have passed Stage 6 of CanSkate Program. | | | |
| <input type="checkbox"/> Monday 5:15pm – 6:30pm | 1 day/week HALF season \$262.50 | 1 day/week FULL season \$525.00 | |
| <input type="checkbox"/> Wednesday 5:35pm – 6:50pm | 2 days/week HALF season \$325.00 | 2 days/week FULL season \$650.00 | |
| SESSION TWO (Half season 13 weeks, Full season 26 weeks) **Includes Off-Ice Friday's 4:45-5:15pm** Starts Sept 14th, 2020 or Jan 4th, 2021 Must have passed Star 3 Skills, Star 2 Freeskate & Star 4 Dance | | | |
| <input type="checkbox"/> Monday 6:40pm – 8:25pm | 1 day/week HALF season \$295.00 | 1 day/week FULL season \$590.00 | |
| <input type="checkbox"/> Friday 5:30pm – 7:20pm | 2 days/week HALF season \$347.50 | 2 days/week FULL season \$695.00 | |
| SESSION THREE (Half season 13 weeks, Full season 26 weeks) **Includes Off-Ice Monday's 6:40-7:10pm** Starts Sept 14th, 2020 or Jan 4th, 2021 Must have passed Star 4 Freeskate OR over the age of 16 | | | |
| <input type="checkbox"/> Monday 7:35pm – 9:20pm | 1 day/week HALF season \$295.00 | 1 day/week FULL season \$590.00 | |
| <input type="checkbox"/> Friday 4:00pm – 6:00pm | 2 days/week HALF season \$347.50 | 2 days/week FULL season \$695.00 | |
| 2 WEEK TRIAL – Must pay full program fee minus \$44.00 to continue on the 3 rd week | | | |
| Up to 2 days a week for 2 weeks | | Skate Canada Fee | \$44.00 |

I hereby apply for membership in the Norwich & District Skating Club (NDSC). I agree to be governed by its rules, policies and regulations. The NDSC will not be responsible for any injury, loss of equipment or personal belongings sustained by me as a member of NDSC. The NDSC recommends that all children wear a protective helmet. I understand that I will be asked to participate in the club fundraising events during the year as fees do not cover expenses.

Signature of Parent/Guardian: _____ Date: _____

FAMILY RATE – First two skaters pay regular fee (Highest level skater to lowest level skater)
THIRD SKATER – LESS \$150.00 (\$75 for half season) EACH ADDITIONAL SKATER – LESS \$100.00 (\$50 for half season)

ADMINISTRATION USE ONLY

VOLUNTEER FEE \$200/FAMILY OR \$100 FOR SINGLE SKATER IN PRE-CANSKATE (\$100 or \$50 for half season)

** POST DATE CHEQUE FEBRUARY 15, 2021 **

****VOLUNTEER FEE MUST BE RECEIVED BEFORE SKATER GOES ON THE ICE****

| Post Dated Cheques | Volunteer Fee | Please make cheques payable to NDSC | Skater's Fee |
|--------------------|------------------|---|------------------------|
| September: | Amount Received: | Please send E-transfers to ndscpay@gmail.com | Cash |
| October: | Cheque: | | Cheque |
| November: | Cash: | | E-transfer |
| December: | | | Received By (initials) |



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SKATER'S NAME: _____

Registration Information

Registration payments must be received in full at time of registration or via the described post-dated cheque payment plan. Please note that a \$25.00 fee will be charged on all NSF cheques. Skaters must be registered and payment received prior to skating on a session. All outstanding accounts must be paid in full prior to signing up for a new program. No discounts will be provided for ice time which is missed due to vacation or illness. Program options other than those detailed on the registration form will not be considered. The Norwich & District Skating Club reserves the right to change the schedule depending on total registrants and/or to accommodate special circumstances such as test sessions, competitions or weather without compensation to registrants. **Note:** An occasional change in the skating schedule may occur as the result of mutual agreement with the ice users. Prior notice will be provided should any such change occur. All outstanding registration fees must be paid in full on or before the final payment plan schedule date or membership privileges may be revoked.

Refund Policy

Full program refunds will be provided within the first 5 calendar days following the start date of a program with the exception of trial skaters. All program refunds will be calculated less a \$25.00 Administration Fee and the \$44.00 non-refundable Skate Canada Insurance Fee (as applicable). After the initial 5 calendar day period, returning skaters who cancel their membership 4 weeks after start date are entitled to a refund of one half their payments minus \$25.00 Administrative Fee and \$44.00 non-refundable Skate Canada Insurance Fee. After 4 weeks no refund is allowed. A refund or credit due to a medical reason will also be considered for all programs, provided the request is accompanied by a doctor's certificate within 10 calendar days of the last day skated. Refunds will also be granted if a program is cancelled by the Norwich & District Skating Club. All refund requests must be made in writing to the Norwich & District Skating Club at info@norwichskatingclub.ca. Any new skater can sign up for a two week trial and only pay \$44.00 Skate Canada Fee. If the skater wishes to continue full registration is required.

Liability

The applicant hereby waives all claims, rights or cause of action against the Norwich & District Skating Club or Skate Canada and its Executive for any loss, damage or personal injury sustained in connection with the Club's activities.

Publicity Consent

The applicant or his/her parents/guardian agrees that their skater's pictures and/or name be used in the local media, including the Club Website, for publicity and/or information purposes, including publication of progress, evaluation, tests and or/competition results.

By signing below, I have read and agree to the above indicated registration, refund, liability and publicity consent policies and/or statements.

Signature of Parent/Legal Guardian

Date

Skater Code of Conduct and Parent Code of Conduct

All Skaters are expected to follow the Skater's Code of Conduct. All Parents/Legal Guardians are expected to follow the Parent Code of Conduct. Please read and sign below to indicate your understanding and compliance with the Skater's Code of Conduct and Parent Code of Conduct. These documents can be found in the Norwich & District Skating Club's room and on the Norwich & District Skating Club website.

**I have read and understand the Code of Conduct as outlined 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 Parent/Legal Guardian

Date

Signature of Skater

Date



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MEDICAL INFORMATION FORM

Skater Information

Name: _____

Date of Birth (DD/MM/YY): _____

Address: _____

City: _____ Postal Code: _____

Home Phone #: _____

Parent Information

Mother's Name: _____

Cell #: _____ Work #: _____

Father's Name: _____

Cell #: _____ Work #: _____

Alternate Emergency Contact (if parents not available)

Name: _____ Phone #: _____

Doctor's Information

Doctor's Name: _____ Phone #: _____

Dentist's Name: _____ Phone #: _____

Please circle the appropriate response and provide details below if you answered "YES" to any of the questions:

| | | | | | |
|-----|----|--------------------------------------|-----|----|---|
| YES | NO | Fainting episodes during exercise | YES | NO | Epileptic |
| YES | NO | Hearing problem | YES | NO | Visual Impairment |
| YES | NO | Asthma | YES | NO | Trouble breathing during exercise |
| YES | NO | Heart Condition | YES | NO | Diabetic – Type 1 or Type 2 (please circle) |
| YES | NO | Medication required | YES | NO | Allergies |
| YES | NO | Wears a medical bracelet or necklace | | | |
| | | For what purpose? _____ | | | |

Please give details if you answered "YES" to any of the questions above:

Medications: _____

Allergies: _____

Other Medical Conditions, Learning Disabilities or Behavioural Issues Coaches should be aware of not listed above: _____

I understand that it is my responsibility to keep the Norwich & District Skating Club advised of any change in the above information as soon as possible. In the event of a medical emergency and that no one can be contacted, the coach will arrange to take my child to the hospital or a physician if deemed necessary.

I hereby authorize the physician and nursing staff to undertake examination, investigation and necessary treatment of my child.

I also authorize release of information to appropriate people (coach, physician) as deemed necessary.

Signature of Parent/Guardian

Date

Disclaimer: Personal information used, disclosed, secured or retained will be held solely for the purposes for which it is collected and in accordance with the National Privacy Principles contained in the Personal Information Protection and Electronic Documents Act.

Rowan's Law Acknowledgement Form for Athletes and Parents/Guardians

Athletes under 26 and parents of athletes under 18 years of age must confirm that they have reviewed the Government of Ontario Concussion Awareness Resources below and Skate Ontario's Concussion Code of Conduct for Athletes and Parents/Guardians prior to registration and/or on the first day of skating.

Government of Ontario Concussion Awareness Resources – Rowan's Law E-booklet:

- [Ages 10 and Under](#)
- [Ages 11-14](#)
- [Ages 15 and Up](#)

Skate Ontario:

- [Concussion Code of Conduct for Athletes and Parents/Guardians](#)

Skater

I acknowledge that I am the skater participating in physical activities at the (insert name of Skating Club/Skating School and I have read the Government of Ontario Concussion Awareness Resource for my age group **and the Skate Ontario Concussion Code of Conduct** and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to my coaches and my parent/guardian. I understand that I must be removed from practice/competition if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before returning to practice/competition. I understand the possible consequence of returning to practice/competition too soon and that my brain needs time to heal.

Parent/Guardian

I acknowledge that my child is participating in physical activities at the [insert name of Skating Club/Skating School) and I have read the Government of Ontario Concussion Awareness Resource for his/her age group and the Skate Ontario Concussion Code of Conduct and understand what a concussion is and how it may be caused. I understand the importance of reporting a suspected concussion to coaches and any other designated persons at the club/skating school. I understand that my child must be removed from practice/competition if a concussion is suspected. I understand that I must provide written clearance from an appropriate health care provider to my coach before my child is permitted to return to practice/competition. I understand the possible consequence of returning to practice/competition too soon and that my child's brain needs time to heal.

Athlete: _____

Parent/Guardian (of athletes who are under 18 years of age): _____

Date _____





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PARENT CODE OF CONDUCT

Skate Canada is committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents have an enormous influence on skaters' experiences in the sport. The quality of a skater's experience is determined by their relationships with parents and the manner in which parents conduct themselves in the Skate Canada environment.

In this code "parents" shall refer to "parents and guardians". This code applies to all parents who are members of Skate Canada or have children who are members of Skate Canada. Parents shall abide by this code at all times while participating in any Skate Canada club or school, competition, or activity.

- All parents are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication and mutual respect.
- Parents shall always model positive and responsible behaviour and communicate with their son/daughter that they expect them to do the same. Parents will assume the major responsibility for their son/daughter's on ice conduct and attitude.
- Parents shall at all times treat all individuals and property with dignity, courtesy and respect, including but not limited to skaters, coaches, officials, volunteers, other parents, and all other individuals that are part of the club, skating school, Section or Skate Canada.
- Parents shall refrain from any behaviour, or comments, which are profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork to their son/daughter offering praise for competing fairly, participation and skill development.
- Parents shall model and encourage their son/daughter to maintain a healthy balance between skating and life. (i.e., school, other activities, social life, etc.)
- Parents shall model and encourage balanced, healthy food choices and subscribing to an active and healthy lifestyle.
- Parents shall set high, but reasonable expectations for their son/daughter's participation in skating focusing on development and enjoyment for the child.
- Parents shall instill confidence in their son/daughter's ability and skill development, always avoiding comparisons with other skaters.
- Parents shall celebrate the acquisition of skills and goals achieved by their son/daughter.
- Parents, along with the professional coach and the athlete, shall be considered members of a team whose main concern is the child's overall progress and development. Parents shall respect that the professional coach is responsible and empowered for the on-ice and off-ice development of the athlete. A parent's role shall be to take a healthy interest in their child's progress and development and be responsible for the child's nutrition, rest, adherence to off-ice training regimen set by the coach or other fitness professional, overall health, life-balance, and moral and emotional support.
- Parents shall ensure their son/daughter wears proper skating clothing and equipment.
- Parents shall never provide alcohol or drugs to minors in a Skate Canada environment.
- Parents shall never provide or advocate the use of performance enhancing drugs or substances.
- Parents shall avoid any conduct, which brings their club, skating school, Section or Skate Canada, into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs and gambling.
- Parents shall openly support and uphold this code of conduct policy and take action and steps to ensure other parents follow and uphold this code of conduct policy.
- Parents shall adhere to the policies, procedures, rules, standards, and ethics of Skate Canada at all times.



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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

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.



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VOLUNTEER FEE INFORMATION 2020/2021

****Please note, volunteer requirements are subject to change due to the Covid-19 Pandemic.**

Families will be notified by the Club of any changes. **

All families are required to provide a volunteer bond. Failure to provide the volunteer bond, skaters will **not** be allowed on the ice until the bond has been received by the Skating Club. The volunteer fees are as follows:

1 Skater in Pre-CanSkate = \$100 fee **or** 3 hours (\$50 fee **or** 1.5 hours for half season)

1 Skater in CanSkate or higher = \$200 **or** 6 hours (\$100 fee **or** 3 hours for half season)

Multiple Skaters in any level = \$200 **or** 6 hours (\$100 fee **or** 3 hours for half season)

A volunteer cheque is to be made out to NDSC and **posted dated for February 15th, 2021**. If you do not have cheques, then you are required to pay cash. If hours are not completed by the end of the season, you will be contacted and the cheque/cash will be deposited. The NDSC Board has reduced the volunteer requirements from 9 hours/\$300 down to 6 hours/\$200. If not all families participate, we will need to go back to how it used to be.

Why do I have to provide a volunteer bond?

Just like most other non-profit sports organizations, fundraising and volunteering helps keep the club costs down, which in turn helps keep our registration fees down. We are required to have certified coaches during all our sessions and these coaches are paid, not volunteers. On top of paid coaches, we have ice rental fees and supplies which increase every year. Registration fees alone do not cover the Skating Club's ice rental and coaching fees.

How to get your volunteer hours:

The Skating Club offers many opportunities for families to get their volunteer hours:

Fundraising - There are many fundraising opportunities happening through-out the season for families to pick and choose what they would like to participate. (i.e. \$100 profit made = 3 volunteer hours, \$50 profit = 1.5 hours). A list of our upcoming fundraisers will be available for families. For further information, please contact our Fundraising Chair, Teresa VanWyk at 519-533-2221 or teresavanwyk6@hotmail.ca.

Skating Competition - Star 1-4 Series Hosted by NDSC – NDSC will be hosting a competition January 29-31, 2021. We will need our entire membership to pitch in and help with this competition for it to run smoothly and successfully. For further information, please contact our Fundraising Chair, Teresa VanWyk at 519-533-2221 or teresavanwyk6@hotmail.ca.

Carnival – Every year at the end of the season the Skating Club puts on our Annual Carnival. Volunteers are essential to making this event run smoothly. Committee members are always looking for help with costumes (sewing, cutting, gluing etc.) or with props and decorations. For further information, please contact our Carnival Chair, Alicia Nobbs at 519-532-9084 or lei_2001_sweety@hotmail.com.

Other opportunities through-out the season are posted on the flip-chart next to the ice surface as well as sent out by e-mail to the members. So be sure to read through your e-mails from the Skating Club.

***If you have any questions about your volunteer hours, please contact:
Teresa VanWyk at 519-533-2221 or teresavanwyk6@hotmail.ca.***