Code of Conduct

***General aspect:***

1. Respect all coaches, skaters, employees, and other athletes at all times; Skaters are expected to give their full attention at all times to all coaches.
2. Parents will be invited to watch their children train during specific “open-doors events” organized once a month. A planning will be provided to parents at the beginning of the season.
3. All injuries must be reported to a coach as soon as possible. It is important to prevent and recover from injuries quickly and safely. A follow up after a doctor’s appointment should be sought out from a sport’s doctor or preferably a physio to ensure that a rehabilitation program is put into place to ensure a swift return to training when it is safe to do so.

***Specific rules for Skaties:***

1. Wear training appropriate attire - gloves, warm jackets and pants, (i.e. No baggy t-shirts, jeans)
2. Hair pulled back away from the face in a bun, braid, or ponytail. Headbands or hair clips or grips (not bobbie pins) for loose hair are acceptable;
3. Tying skates properly at the beginning of class, not during a session unless absolutely necessary; Skaters must learn how to tie their own skates and take them off and dry their blades as soon as possible.
4. Attendance for all classes is mandatory, exceptions only due to injury/illness. If you are late, please approach the coach, apologize for being late and explain why you are late.
5. During “welcome training sessions”, parents are permitted to watch their skaters from the stands or boards. Do not approach your skater or coach during the class. (Depending on COVID restrictions that are in place).

***Consequences for Misconduct:***

* Respect all coaches and skaters => 3x oral warning during one training session then end of training - stay in locker room;
* Bad sportsmanship => 3x oral warning ruding one training session, then leave the session and end of training - stay in the locker room;
* Used at the coaches discretion => Time out 3-15 min or end of session completely

***Specifics rules for Adults:***

1. Wear training appropriate attire - gloves, helmet if you feel you need it, wrist guards etc
2. Always bring correct equipment to training, water, tissues, skate guards etc
3. Tie your skates properly at the beginning of the class to avoid wasting time during the class.
4. Attendance for all classes is mandatory, exceptions only due to injury/illness/pre arranged absences with your group manager. If you are late, please approach the coach, apologise for being late and explain why you are late.
5. Try to arrive at the ice rink early enough to do a 10 minute warm up at least. This is the best way to prevent injuries.
6. Skate mindfully of those around you, if you are slower, move out of the faster skaters way, if you are faster, avoid skating into the slower skaters. The ice is big enough for everyone as long as you pay attention to your surroundings.

***Consequences for Misconduct:***

* Respect all coaches and skaters => 3x oral warning during one training session then end of training - stay in locker room;
* Bad sportsmanship => 3x oral warning during one training session, then leave the session and end of training - stay in the locker room;

We are all adults or at least older teenagers, please act in such a way and respect each other, the coaches and the training session so we can all enjoy our classes.

***Specifics rules for TS-JA-LTC:***

1. Wear training appropriate attire - gloves, different clothes for on and off-ice training;(i.e. No baggy t-shirts)
2. Bring to training: off-ice - trainers, mat, skipping rope, spinner, elastic band, and water bottle; on ice - water bottle, tissues, hair grip, skates, elastic band, and guards;
3. Hair preferably in a bun, if not a tidy braid is also acceptable, headbands or hair clips or grips (not bobbie pins) for loose hair;
4. Tying skates properly at the beginning of class, not during a session unless absolutely necessary; Skaters must learn how to tie their own skates and take them off and dry their blades as soon as possible. A member of the Club, be it a Committee member or Coach, will assist younger Junior Academy skaters in doing so.
5. Attendance for all classes is mandatory, exceptions only due to injury/illness/pre arranged absences as school schedule with the group manager. If you are late, please approach the coach, apologise for being late and explain why you are late.
6. Do not enter the gym before the coach arrives or if another class is still in progress.
7. Lock your valuables into your locker before training and keep there throughout the duration of your training.
8. During training sessions, parents are not permitted to wait for their skater to complete their training in the locker rooms with the exceptions of the early morning sessions (before 8 a.m.)(only once skaters have left the changing room). (Depending on COVID restrictions that are in place).
9. It is highly encouraged that all skaters use a training journal to set goals and keep a record of improvements and achievements. The journal should be brought to every on ice class and used everyday that there is skating. Goals should be written for the short term, (every session), medium term, (yearly season) and long term, (3-5 years). This is aimed more at the JA3, 4 and LTC but anyone is welcome to start a journal.

***Consequences for Misconduct:***

* Respect all coaches and skaters => 3x oral warning during one training session then end of training - stay in locker room;
* Bad sportsmanship => 3x oral warning, then leave the session and end of training - stay in the locker room;
* No warm- up and/or cool-down => 10-15 laps of the ice to warm up, after 3x the skater must make a warm up document to show they know how to warm up properly.
* More than 3 circles or pops on a session => Thirty second wall sit.
* Used at the coaches discretion => Time out 3-15 min or end of session completely

***Rewards:***

* Different rewards will be given from the coaching team, throughout the season for different achievements.

Parents should be informed about a case of misconduct.