

LCFSC BEST PRACTICE GUIDE

A guide for Skaters, Parents, and Coaches

Ice Etiquette

The following right of way order is established to insure safety for all skaters on the ice, and is in play during all sessions. 1st skater in a lesson with their music playing, 2nd skater in a lesson without music playing, 3rd skater who has their music playing (not in a lesson), 4th skater who is in a spin.

Things to do:

- Show respect for fellow skaters, parents, coaches and rink staff!!
- Recognize and be mindful at all times that skaters, coaches, and parents have the responsibility to influence others to act ethically, with dignity, and high morals.
- Behave in a manner that avoids verbal and/or physical abuse of any skater, coach, parent, or official.
- Educate yourself about the sport of figure skating.
- Be health conscious in regard to diet and fitness.
- Manage and care for equipment.
- Consult respective people in regards to purchase of equipment and attire.
- Be punctual.
- Notify respective parties of absence.
- Arrange appointments outside of training time when possible.
- Collaborate in respective teams e.g., coach, parents, skater.
- Keep coaching and club fees current and pay in a timely manner.
- Attend club functions.
- Promote and encourage new skaters.
- Participate and help raise funds for the club.
- Notice and praise hard work!
- Be supportive of each other's achievements.
- Know where skaters are likely to jump. Avoid standing, spinning or teaching in the Lutz corners or near the boards where edge jumps will take place. For right handed skaters, this is to the left of the main entrance and, similarly, in a zone down by the Zamboni entrance.
- Look out for the people who aren't looking out for you (and give them extra space).
 - Some circumstances when someone might not be looking out for you:
 - Programs: Complicated choreography and fatigue make it more difficult to avoid collisions. Learn to listen to the music and know which music goes with which skater.
 - Lessons: Skaters are often looking at their coach when they would otherwise be looking around the ice. Attention is divided.
 - Dance or Pairs: It is much more difficult for skaters to stop or change directions quickly when skating in pairs. Again, attention is divided:

- Spins: You can't see a thing when you are spinning. Never skate close to a spinning skater, even if your music is playing (see next point about right-of-way). Always give spinners enough space to change positions into a camel spin (e.g. don't skate close to a scratch spin because it may not be a scratch spin anymore when you get there).
 - Bad Day or Generally Clueless: Or – any other distraction where a skater isn't actively looking around at traffic flow on the ice. These phenomena span all ages and abilities.
- Right of way goes to the skater who doesn't see the potential for a collision. We all try to give way to skaters performing programs or taking lessons, but safety is the most important factor. Just because your music is playing doesn't give you the right to put anyone in danger. This is a bit of a non-traditional way of thinking about "right of way", but it is really important. It is not uncommon to see younger skaters following their program pattern directly into (or very near) someone else's camel spin because they believe they have the "right of way". Or equally unsafe, more advanced skaters sometimes barrel through a program when there are too many little ones who are unable to get out of the way. Adjustments have to be made in the name of safety.
 - Communicate with and teach inexperienced skaters. If someone is in your way, simply asking them to move is the quickest, safest and friendliest way to make space on the ice. Younger or inexperienced skaters often don't know they are in the way. If an advanced skater tells them, for example, what jump they are working on and what direction they will be coming from, the inexperienced skater will (a) get out of the way and (b) learn a bit about traffic flow. This is much more effective than scaring the living daylights out of someone (young or old). Everyone has a responsibility for making the ice a safe space. Friendly advice is usually very well received.
 - Chit-chat in safe spaces. Good options include – off the ice, in the hockey boxes, or near the CD player. Avoid skater-parent conversations near the lobby end of the rink. A skater (on the ice) talking with a parent (who is sitting on one of the benches or in the lobby) – essentially makes that entire end of the ice unsafe for jumping, particularly for advanced skaters. There is a very high potential for collision in this circumstance. Good traffic flow can be facilitated by parents/fans as well as skaters.

Some of the statements above were reprinted with permission of Amy Entwistle, www.centralcarolinasc.com

Things not to do:

Don't Criticize

Don't Compare

Don't Gossip

Don't change schedules without proper communication to respective parties.

Don't enter competition without consulting your coach

Dear Members, Coaches, Parents, Skaters

This year, along with your membership forms, you will be required to sign a Code of Conduct. You will also receive a list of Best Practices, which you will keep for your own information.

Please be sure to read carefully all items in the revised code before you sign and if you have any questions please address this committee, a board member, a coach, or rink staff. Each form will require three (3) signatures before it is accepted: student's signature, the student's coach, and the student's parent/s* No skater will be allowed on the ice if we do not have a signed Universal Code of Conduct in his/her file as of August 1, 2022.

*If you are a coach, you will need a signature from the board as well as your own. If you are an adult skater (18 years of age or older) a coach's signature in addition to your own is required

All members, coaches, and parents agree to abide by the universal code of conduct acknowledged by your signature.

Signed: _____ Date: _____

Signed: _____ Date: _____

Signed: _____ Date: _____

Lilac City Figure Skating Club

Universal Code of Conduct and Disciplinary Procedures

Below is a copy of the LCFSC universal code of conduct and disciplinary procedures. Each member and their parents are required to review, discuss, and accept the code of conduct and disciplinary procedures, acknowledged by signing a copy and returning it to the membership chairperson. No one will be allowed on Club ice without a signed code on file.

This measure is necessary and mandatory to maintain discipline in our club. The entire club will benefit from this code. The coaches will be spending less time on discipline, the assumption being that the skaters will behave and are genuinely interested in improving their skills.

Universal Code of Conduct

General

The Lilac City Figure Skating Club practices and competes in facilities not owned by our club. All members must conduct themselves in a manner respectful of all policies and property at these facilities. Any violations of facility and/or club policies may result in a suspension from the use of these facilities and/or the club. PSA and USFSA rules apply.

(This policy is also in effect at all out of town facilities when LCFSC is represented).

The members should know the policies and rules posted by the LCFSC and follow them. Skaters, parents, and coaches are expected to display proper respect and sportsmanship toward their competitors, coaches, officials, and public.

Skaters are expected to follow directions and instructions of the coaching staff and designated chaperones.

Skaters are expected to wear proper attire on the ice and in the skating facility as approved by individual coaches according to USFSA guidelines and basic safety of skater.

Any action a coach, parent, or rink staff member sees that is deemed by them as unsafe or inappropriate (including inappropriate skating attire) may be brought to the board's attention for their disposition.

No member shall solicit pupils of another professional, directly or indirectly, or through a third party.

In order for a pupil or parent to add or change coaches, they must first consult with their current coach and inform them wishes to make, and make sure all fees and charges to that coach and the rink are current and paid.

The following is a list of actions that will not be tolerated

These actions will require a documented verbal warning for the first offense, a written warning for the second offense and removal from the ice for the remainder of the day for a third time offense:

- Running in the lobby
- Spitting
- Littering
- Yelling
- Not wearing skate guards off the ice
- Chewing gum, eating, or drinking while moving across the ice
- Inconsiderate behavior

The following actions will result in immediate removal from the ice, dressing rooms, and/or lobby for a period of 2 skating days and upon return will have a written letter of apology to the offended party.

- Profanity or gesture of profanity
- Insubordination toward any coach, official, or parent
- Refusal to comply with directive from coach or other rink official
- Displaying or promoting unsafe actions on the ice, in the lobby, or locker room

The following actions will result in immediate removal from the ice rink for 30 days during which there will be a meeting of the board, parents, skater, and coach. The skater will be required upon return to provide the offended party a letter of apology. The following may also be considered at any time by the board in addition to the above consequences: (1) 90 day suspension from pop concerts and competition, (2) upon return to the ice a parent must accompany the skater to the rink for the next 90 days, (3) permanent club membership suspension, (4) suspension from the rink, (5) notification of conduct violation and suspension sent to the USFSA

- Any intentional physical contact, bodily or by throwing objects, which would be considered aggressive in nature by a responsible prudent person

- Any type of threatening, intimidation, or any form of harassment of skaters or other persons

- Theft

- Any destruction or defacement of rink property, including ice

- Possession or use of any illegal substance inside the rink/facility, which would include tobacco and alcohol