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Skaters Handbook

For The



CANSKATE

Program



SKATECANADA



Skate Canada

Skate Canada is the governing body of figure skating in Canada. The CanSkate, STARSkate, CanPowerSkate and CompetitiveSkate are all registered programs of *Skate Canada*.

For the purposes of governance and organizing test days and competitions, Canada is divided into 10 sections. Fort Frances is a part of the Ontario Section.

For more information please go to <https://info.skatecanada.ca> Using yours or your skater's membership number you can access a wealth of knowledge about figure skating in Canada.

Border Skating Club (BSC)

CanSkate – Is Skate Canada's flagship learn-to-skate program that is geared to beginners of all ages, CanSkate offers basic skating instruction taught in a group lesson format by Skate Canada professional coaches who are assisted by trained program assistants (PAs). CanSkate is the foundational and feeder program for all other Skate Canada programs.

Benefits of Participating in the CanSkate program are:

badges
stickers
tattoos
colouring sheets
parent information sheets
report cards
special CanSkate events and club functions
opportunity to participate in a positive healthy lifestyle activity

****All Skate Canada member clubs and skating schools who offer a Canskate Program must ensure **ALL Canskate and Adult Canskate participants up to and including Stage 5 must wear a CSA approved hockey helmet** while on the ice.****

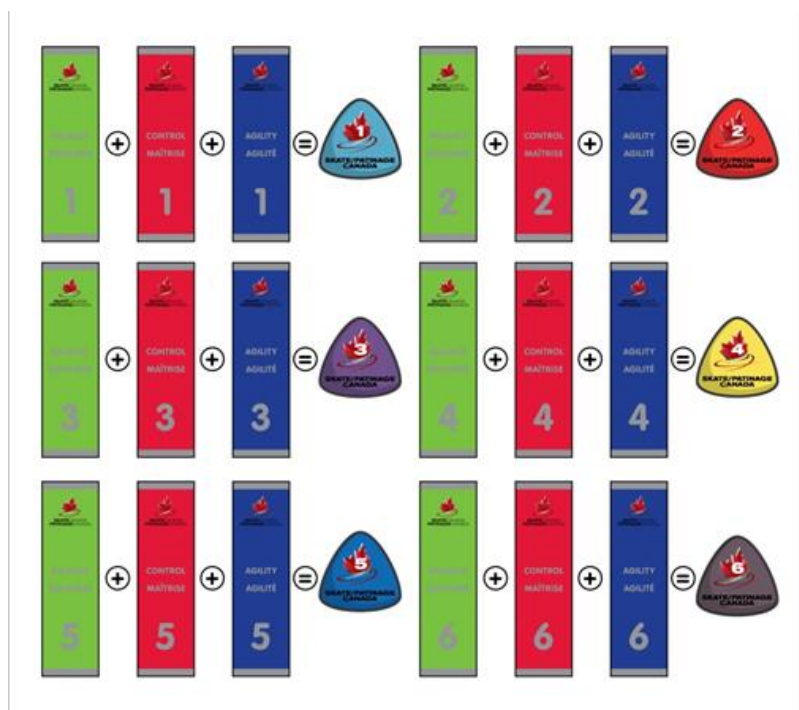
Skaters in the CanSkate program are assessed and divided into skills-based groups. When numbers warrant BSC may offer PreCanSkate, CanSkate as well as Enhanced CanSkate programs.

Lessons are given in a group format with a Coach or trained PA for every 10 skaters. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Badges and other incentives are used to benchmark skaters' progress and reward effort and participation.

The CanSkate program focuses on a complete series of balance, control and agility skills taught in six stages of learning that pertain to hockey, ringette, speed skating and figure skating as well as general recreational skating. CanSkate uses nationally-tested and proven curriculum and delivery methods that guarantee skater success in developing stronger basic skills and developing them faster. The skills are arranged in progressions, from very simple to the more complex. Each stage has a

primary focus. Once the skills on each stage are mastered, a badge is awarded.

CanSkaters are evaluated on a regular basis in this program. Each skater will receive a report card at the Christmas break and at the end of the season.



The Next Step: Advanced CanSkate

Advanced CanSkate is a transitional program designed by the BSC to bridge the gap between CanSkate and STARSkate. Essentially skaters in the **Advanced CanSkate** will be finishing some areas of CanSkate and starting to work on the requirements of entry level STARSkate tests.

Semi-private or Private lessons are recommended at this level, especially if the skater wishes to try STARSkate tests or participate in competitions. Private lessons can be arranged by contacting any of the professional coaching staff.

See www.borderskatingclub.com for a list of eligible coaches in good standing.

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating. Skaters move from one level to the next by passing standardized tests evaluated by a Certified Coach or Skate Canada Judge. A skater's base coach decides when he or she is ready to be tested.

Club Rules and Guidelines

Off Ice

- Skate guards should be worn in all off-ice areas.
- Defacing the club or arena property is prohibited and may result in loss of skating privileges.
- In dressing rooms unacceptable behavior and abuse of other people's property will not be tolerated.
- The curtained off area of the BSC Locker room must be used for clothing changes.
- Males, other than skaters are not allowed in the BSC locker room at any time. If you need to tie your child's skates, you must use a different dressing room.
- The dressing rooms must be kept tidy and all items are to be picked up off the floor.
- Report damaged property and/or equipment to the club or arena office.
- Skater's registration fees must be paid in full in accordance with club policies before participating in programming.

On Ice

- All skaters are to stay off the ice until the Zamboni has left the ice surface, the doors are closed, and a coach is present.
- Only persons wearing skates are allowed on the ice.
- Helmets are mandatory for ALL skaters on Stages 1- 5.

CSA approved HOCKEY HELMETS ONLY

- Proper skating attire is required. Hats that impair skater's vision are not acceptable.
- No food, gum or loose change may be taken on the ice. Beverages in plastic containers are permitted.
- Only coaches engaged under contract with BSC or with specific permission may give lessons.

Refund Policy

- If withdrawing for any reason within the first four sessions:
Refund will be program fee minus late fee, if applicable, minus Skating Association fees.
- Illness or injury such that a skater cannot continue skating for the remainder of the season. A doctor's note is required.
Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.
- If moving more than 50 km away: Refund will be pro-rated re: time left in the season minus Skating Association fees and fundraising completed to date.

Grievance Procedure

There may be times throughout the season that you feel there are issues that should be addressed. If this occurs we do have a Grievance form which must be completed and given to the club President, so the issue can be dealt with in a timely and appropriate manner. Grievance forms can be found attached to our bulletin board outside the IFK ice entrance.

Ice Show

This is a fun event, which all skaters love to be a part of. The show is made up of group, feature, and solo routines. It is essential that all parents volunteer to ensure that the Ice Show can take place.

BSC Board of Directors

Please see the /club website: www.borderskatingclub.com for a current list of Board members. Board meetings are usually held in the IFK conference room at the Memorial Sportsplex Arena on the 3rd Wednesday of every month at 7:00pm. All parents are welcome to attend. If interested in volunteering as a Board member or in any capacity, please contact any Board member.

Skate Canada Code of Ethics

Purpose

The purpose of Skate Canada's Code of Ethics is to outline the organization's expectations and guiding principles for appropriate decision making and behaviour.

Scope

This code of ethics applies to all skaters, officials, coaches, employees, board members, volunteers, alumni, and hall of fame members of Skate Canada and its affiliate organizations. This code of ethics also applies to parents and guardians who participate in and observe related activities.

Code of Ethics

- a. I will conduct myself in a manner that is of the highest standards, follows Skate Canada's vision and mission, and is athlete-centered.
 - i. I will treat all people with respect, dignity, and sportsmanship.
 - ii. I will act on the belief that the athlete as a person is more important than their success or my success in the sport.
 - iii. I will conduct myself professionally during all interactions in and surrounding Skate Canada activities.
 - iv. I will use positive discipline that includes setting fair rules, listening, problem-solving, encouraging, and being a good example. I will not use harmful methods such as but not limited to hitting, name-calling, yelling, or using insults, intimidation, or rejection.
 - v. I will disclose any conflict of interest and not allow myself to be influenced in a way that could conflict with the best interest of the organization or the organization's reputation.

- vi. I will not engage in behaviour that is intended to wrongfully manipulate the outcome of a competition or test.
 - vii. I will respect the coach/athlete relationship and will not solicit the athlete/s of another coach.
 - viii. I will never engage in any exploitative, abusive, or corrupt relationships. I will always act in a kind and judicious manner.
 - ix. I will support an inclusive sport for all, regardless of race, ancestry, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status, disability or any other ground of discrimination prohibited by human rights legislation.
 - x. I agree to follow the [ISU's Code of Ethics](#) at all hosted and non-hosted ISU events.
 - xi. I agree to advocate and practice the principles of [Safe Sport](#).
- b. I will not participate in activities that are abusive or criminal. I will also not participate in activities that disrespect human rights or that risk the reputation of Skate Canada.
- i. I will adhere to all federal, provincial, municipal, and host country laws.
 - ii. I will notify Skate Canada if I face any new related criminal charges, ongoing criminal investigations, convictions, or bail conditions.
 - iii. I will not use my power or authority in an attempt to coerce another person to engage in sexual activity or to participate in unethical and/or criminal activities.
 - iv. I will not in any way behave sexually with children or youth. This includes but is not limited

to the use of sexual jokes, language, and/or names; participation in sexual touching and/or exploitation; the use of, reference to, or participation in pornography.

- v. I will not participate in any form of bullying, harassment, discrimination, physical or verbal abuse, neglect, intimidation, or exploitation.
 - vi. I will not use technology or social media to disrespect or exploit others.
 - vii. I will not abuse or exploit children or youth in any way and will immediately report to the appropriate authorities and Skate Canada (safesport@skatecanada.ca) if I see or suspect anyone else doing so.
 - viii. I will not possess, use, or promote the use of illegal substances or performance enhancing drugs.
- c. I will follow all of Skate Canada's bylaws, policies, and rules and commit to reading all amendments and updates at the time of registration and throughout the year.
- d. I will not attempt to cover up or conceal any conduct of an individual that is, or may be, in breach of this Code and will report any violations.
- e. I will fully cooperate with Skate Canada's investigations.
- f. I understand that a violation of this Code on my part may be subject to disciplinary action up to and including expulsion from Skate Canada.