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# Skaters Handbook

For The



**STARSKATE**

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)**

**Skills, Tests, Achievement, Recognition** – this is what **STARSkate** is all about!

**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.

***Benefits of Participating in the STARSkate program:***

- Opportunity to be recognized through a nationally standardized testing system for achieving specific figure skating skills.
- Opportunity to participate in invitational and interclub competitions, including the STARSkate championship stream.
- Complimentary Gold Test pins.
- Various STARSkate program handbooks, guides, technical manuals and videos.
- Opportunity for personal growth and development of important life skills such as goal-setting, self-discipline, time management, coping strategies to deal with success and failure, confidence and healthy lifestyle.
- Opportunity to be exposed to a variety of potential career paths in figure skating including evaluating, judging and coaching.

## **Rules and Guidelines**

**\*\*\*\* Skaters, Coaches, & Board Members are reminded that the Skate Canada Code of Ethics prohibits the consumption or being under the influence of alcohol, illicit drugs or performance enhancing substances in the training environment \*\*\*\***

### **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 and lessons 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 or Board member is present.
- Only persons wearing skates are allowed on the ice.
- Proper skating attire is required. Hair should be tied back or put up. It is very important that hair be away from the face.
- 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 and in good standing or with specific permission may give lessons or dance partner at the club.

### ***Ice Priority***

- 1) The skater who is in a lesson and their music is playing.
- 2) The skater who is in a lesson and in the jump harness.
- 3) The skater whose music is playing.
- 4) All other skaters.

### ***Refund Policy***

-Refund will be program fee minus late fee, if applicable, minus Skating Association fees and Fundraising 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.

### ***Private Lessons***

At this level private lessons, with a private coach, are recommended to achieve the skills necessary to take the STARSkate tests. A private coach is also necessary to choreograph a program for competition.

See [www.borderskatingclub.com](http://www.borderskatingclub.com) for a list of eligible coaches in good standing. Each skater is required to have a base coach.

You must contact them directly to arrange private lessons. Your base coach may utilize the other freelance coaches to supplement their lessons. The coaches will provide information regarding their lesson rates and other expectations individually. Their rates depend on years of experience, personal levels of achievement and the levels achieved by their students.

## ***Program Assistants (PA)***

These are STARSkaters that have volunteered to assist coaches instructing the CanSkate program.

PAs cannot be paid, according to Skate Canada regulations, but can receive credit toward their skating costs. These credits may be used for test days, competitions, Ice Show and registration. Credits must be used by registration of the following season or they will be lost. Volunteer hours may also be used for High School Community Involvement Hours.

PA's are awarded \$5/hr. The Professional Canskate Coaches keep track of the hours worked and report this to the treasurer.

## ***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, Past, or Vice 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 arena doors.

## **Ice Etiquette and Safety Guidelines**

Figure Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

### ***Courtesy***

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!

### ***"On Program" and "In Lesson" Get Priority***

- 1) The skater who is in a lesson and their music is playing.
- 2) The skater who is in a lesson and in the jump harness.
- 3) The skater whose music is playing.
- 4) All other skaters.

### ***Lutz Corners***

Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink. These corners are informally called the "Lutz Corners" and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

### ***Dangerous Singles Moves***

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element and abort it if it looks like you could cause a problem.

### ***Watch out for Pairs Skaters***

If there are pairs skaters at the rink, practicing on the same session as you, be aware that two skaters moving together take up more room than one and generally can't react as nimbly or quickly as a single skater. If they are doing lifts, be aware that

once a lift is started, the skaters are pretty much committed to their "path", and that getting into that path can be dangerous for both you and them.

### ***Falls and Injuries***

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades and learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things.

If you see someone else that has fallen and maybe injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

### ***Don't Stand Around***

Standing around and visiting on the ice is not permitted. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

### **Please be aware of what is going on around you!**

### ***Competitions***

Participating in competitions is part of the fun and excitement of figure skating. There are events for all levels.

The skater's coach will determine which events he/she can enter. It is based primarily on Freeskate level, but a skater can always skate up a level depending on ability and the number of participants in the event.

Most solo events require music and a choreographed program. A skater will need an appropriate skating costume for their age level. Details for each event, for each competition, are sent to the club and forwarded to the coaches. Coaches will pass this information to the skaters and parents. If your skater is interested

in participating at competitions you should discuss this with his/her coach early in the season.

An important thing to remember is that competitions often run ahead of schedule. It is imperative that the skater is at the arena 1-1½ hours before their event is scheduled.

### ***Test Days***

When a skater has progressed and is ready to be evaluated in the STARSkate test stream, their base coach will advise and discuss this with the skater/parent.

### ***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](http://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 3<sup>rd</sup> 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](mailto: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.