

## **THE VALLEY EAST SKATING CLUB**

### **POLICIES & PROCEDURE**

#### **APPENDIX B**

Appendix B - Approved by VESC Executive on June 28<sup>th</sup>, 2018

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### **SKATERS' CODE OF ETHICS**

All skaters in The Valley East Skating Club are expected to follow the Skaters' Code of Ethics and demonstrate appropriate ethical behaviour in the pursuit of maintaining a positive learning environment for all.

- 1) Club members will always show respect for themselves, other Skate Canada members, and the Club by behaving in a fashion that shows discipline, good sportsmanship, and a positive attitude.
- 2) Skating is an individual sport, but the experience and one's performance can be greatly enhanced if a skater is also a participating member of a Club or a team. Each skater should commit himself or herself to being a supportive team member. If everyone supports each other, each skater will not only enjoy the experience more, but they will perform at a higher level. Each skater shall demonstrate behaviors that promote teambuilding. A good team person:
  - a. Works hard
  - b. Sets a good example
  - c. Does their best
  - d. Supports & encourages
  - e. Is always positive
  - f. Talks positively to and about teammates
  - g. Gives respect
  - h. Is responsible
  - i. Is reliable
  - j. Listens to the Coach
  - k. Cooperates
  - l. Plays fair
- 3) Proper dress codes must be followed for practices, exhibitions and competition and Test Day.
- 4) If a skater has a total of two unexplained lesson absences or four late arrivals to practice, a phone call will be placed to the parents.



- 5) Skaters shall respect curfews set by the coach regarding Test Day & competition.
- 6) Skaters shall abide by the following rink and ice rules:
  - a. Close doors
  - b. No littering in rink
  - c. Lock dressing room
  - d. No eating in dressing rooms
  - e. Ask to leave the ice
  - f. No cell phones on ice or in the players boxes during sessions
  - g. No friends on ice, in the players boxes, dressing rooms or music room/Club office
  - h. Close rink gates
  - i. No chewing gum
  - j. No eating food on the ice
  - k. Stay clear of solo skater
  - l. Keep your eyes open
  - m. No fooling around
- 7) Consumption of alcohol or use of non-medical drugs or smoking during practice, exhibitions or competition will be grounds for dismissal as a skater.

**THE VALLEY EAST SKATING CLUB**

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On the 28 day of June, 2018  
(day) (month) (year)

Signed:

A handwritten signature in black ink, appearing to read 'Ron Rancourt', written over a horizontal line.

Ron Rancourt, President

June 28<sup>th</sup>, 2018

Date