

Hello Figure Skating Families!

We are excited to finally be able to get back on the ice! The rink opens Saturday October 3rd. Club will have the ice from 5:15-7pm that day. Board members will be there to collect membership dues, forms, volunteer check, and ice payment. Please note that you will not be allowed on the ice without your membership payment and forms. Ice payments will be due in full by October 20th Please refer to the registration packet for pricing. If full payment is not completed by October 20th, a late fee of \$50 will be assessed. Ice privileges will be revoked and status set as “not in good standing” until payment is received. Thank you in advance for your cooperation with payments and forms.

Masks requirements will align with current city ordinances. Please respect these rules and do your best to social distance so that we can have every opportunity for a full season of ice.

Club Ice is scheduled this season for Mondays 4-5:15pm. The following Saturdays 5:15- 7pm, have also been designated as club ice:

October 3, 10, 24, 31

February 20, 27

November 7, 28

March 13, 20, 27

December 19 (Holiday Show)

April 3 (Spring Show)

January 2, 16, 30 (16th is Competition)

Please note that there may be some Saturdays used as clinics or other needs and individual skating/lessons may not be allowed at those times. We will give advance notice of these cases.

The Holiday Show will be December 19 @ 5:15 pm with a dress rehearsal @ 12-1:45pm.

The Spring Show, “Andy’s Toybox” is scheduled for April 3rd. This will be an exhibition show.

We are planning 2 fundraisers this year that each member will be expected to participate in. Further details about these will be coming. Also, each IFFSC family is required to provide a minimum of 10 hours volunteer time during the season. You will be asked to predate (April 12, 2021) a check in the amount of \$100. If volunteer hours are not met, the check will be deposited into the IFFSC account at the end of the season.

Please read through the registration packet and sign and return the last 4 pages of the packet.

Happy Skating!

Let’s have a great season!

IFFSC ICE TIMES ARE CURRENTLY SET FOR:

Mondays 4 PM to 5:15 PM

The following periodic Saturdays 5:15-7pm:

October 3, 10, 24, 31

November 7, 28

December 19 (Holiday Show)

January 2, 16, 30 (16th is Competition)

February 20, 27

March 13, 20, 27

April 3 (Spring Show)

Freestyle and Public ice times are available throughout the year; please check the city schedule at <http://www.idahofallsidaho.gov/city/city-departments/parks-recreation/programs/ice-arena-schedule.html> for week to week availability.

CURRENT MEMBERSHIP FEES:

INTRODUCTORY MEMBER –

\$55 for first year (NEVER HAVING A USFSA MEMBERSHIP)

\$50 for each additional introductory family member.

FULL MEMBERSHIP –

\$85 for first family member

\$50 for each additional family member.

SECONDARY CLUB MEMBERSHIP – \$70 (Please be aware that secondary members are subject to all IFFSC volunteer fees and requirements.)

COLLEGIATE MEMBERSHIP –

\$95 first year (\$70 covers the USFSA membership for 4 years) and a local club fee of \$25 due each additional 3 years.

ICE PRICES*:

NEW AND RETURNING MEMBERS -

\$250.00 for the season – One payment in full before October 20th^t. Additional \$50 late fee after Oct.20th^t.

PUNCH PASS – \$120 for 10 sessions – \$60 for 5 sessions - Paid in full and Card marked by a board member before stepping on ice.

Individual ice session usage can be purchased for \$13 per session before stepping on the ice.

COACHES – IFFSC “Club Ice” for Coaches –

*Coaches will not be charged ice fees in lieu of performing club service hours. Service hours will include contributing choreography and practice time for club shows and coordinating at least one monthly club clinic/workshop/theme night. **Coaches will also need to have:***

- *Paid their membership dues for IFFSC*
- *Are training their students (any personal time will need to be paid for additionally at \$10/hr.)*
- *Have provided proof of their Continuing Education Requirements*
- *Have provided proof Liability Insurance to the IFFSC Board of Directors*

COACH/SKATER –

\$150.00 for the season - If you pay the entire amount before October 31.

CLUB SHOWS & EVENTS –

The annual Holiday Show is on December 19th.

The IFFSC Spring Show will be on April 3rd. The theme for this years show is Andy’s Toy Box: Disney Songs. Start thinking about what you want to skate to now! The IFFSC will be inviting the Learn to Skate Program to join us, as well as members of the hockey community!

Idaho Falls Figure Skating Club VOLUNTEER Contract

Simply put, IFFSC can not function and operate without volunteers. All club officers, board members, and committee members are volunteers. We know that it is difficult to balance busy schedules and still find time to volunteer. However, without the help and support of its members through volunteer hours contributed, the IFFSC cannot perform its functions. A club with active volunteers not only helps spread the workload, but it also makes events successful and FUN for our skaters! We thank you in advance for helping make our club work more effectively for our skaters!

IFFSC requires a minimum of ten (10) volunteer hours per membership year for each skater family. All volunteer hours must be performed by April 12, 2021. We will record hours on a form which can be found in the IFFSC files at the ice rink. IFFSC requires all families to turn in a predated check (dated April 12, 2021) in the amount of \$100, at the time of club registration. If volunteer hours are met this check will be returned to you. If volunteer hours have not been met, the check will be deposited. Not meeting this requirement means that you will not remain in good standing with the club and your membership will be flagged as such with USFSA. This will result in your ineligibility for competitor funding, scholarships, and other club benefits etc.

Consent for Medical Attention or Treatment

I certify that I, the parent/guardian of a minor, give my consent to the Idaho Falls Figure Skating Club, and the facility at which the "activity" is taking place and their staff and to members of the Idaho Falls Figure Skating Club, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participation in this "activity."

This Consent for Medical Attention shall be binding and effective for the 2020-2021 membership year of Idaho Falls Figure Skating Club.

IDAHO FALLS FIGURE SKATING CLUB 2020-2021

CONSENT AND INDEMNIFICATION AGREEMENT

(For participation in the Idaho Falls Figure Skating Club)

I, understand the nature of the above referenced activity and the experience and capabilities needed and believe to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS Idaho Falls Figure Skating Club, United States Figure Skating Association, it's directors, officers, administrators, sponsors, volunteers, agents, employees, staff instructors, trainers, other participants and if applicable, owners and lessors of premises on which the "activity" takes place (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on the my account caused or alleged to have been caused in whole or in part by the negligence of the RELEASEES or otherwise, including negligent rescue operations, and further agree that if, despite this release me, or anyone on my behalf who makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the RELEASEES from any litigation expenses, attorney fees, loss liability, damage or cost any RELEASEE may incur as the result of any such claim.

IDAHO FALLS FIGURE SKATING CLUB

WAIVER AND RELEASE OF LIABILITY

In consideration of participating in the Idaho Falls Figure Skating Club's activities and club Ice, I represent that I understand the nature of figure skating activities ("activity") and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe conditions are unsafe, I, and/or my minor child, will immediately discontinue participation in the "activity".

I fully understand that skating involves risks of serious bodily injury, including permanent disability, paralysis, and death, and that these and other risks may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the Releases named below; and that there may be other risks either not known to me or not foreseen at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I or my minor child incur as a result of my participation in the activity.

I hereby release, discharge, and covenant not to sue the Idaho Falls Figure Skating Club, the club directors, officers or volunteers, the U.S Figure Skating Association, It's Member Clubs, their respective administrators, directors, agents, officers, volunteers, and employees, and any sponsors and advertisers of any IFFSC club activities or any-sanctioned event in which I participate (each considered one of the Releases herein) from all liability, claims, demands, losses, or damages on my account caused, or alleged to be caused, in whole, or in part, by the negligence of the Releases. This release waiver of liability and express assumption of risk agreement does not apply to any liability, claims, demands, losses, or damages arising out of the gross negligence of, or intentional, willful or wanton misconduct of Releases. If I, or anyone on my and/or my minor child's behalf, makes a claim, I agree I will indemnify, defend, save, and hold harmless each of the Releases from any loss, liability, damage, or cost which any may incur as the result of such claim.

The Idaho Falls Figure Skating Club has the right, but not the obligation, to provide rules, regulations and/or ice monitors for club ice. We hereby acknowledge that the Idaho Falls Figures Skating Club shall not be responsible for the supervision of the members at Club ice.

By initialing and signing the Membership checklist, I acknowledge that I have read this release, waiver of liability and express assumption of risk agreement and fully understand it. I understand that I have given up substantial rights by signing it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Idaho Falls Figure Skating Club Photo/Video Release

For and in consideration of my participation in Idaho Falls Figure Skating Club (IFFSC), I hereby give them and their legal representatives, and assigns, those for whom the agency is acting, and those acting with their permission, or their employees, the right and permission to use or reuse, publish or publish photographic pictures, video, audio of me/my child in color or black and white, made through any media for any purpose whatsoever, including advertising. I also hereby waive any right to inspect or approve the finished product or copy in full or in part, that may be used or eventually may be used. I hereby release, discharge, and agree to save harmless the photographer, and the photographer's company, the advertising agency, those for whom the agency is working, their representatives, assigns, employees, or any person acting under their authority from and against any liability that may occur, or be produced in the taking, processing, or reproduction of the finished product, or its publication or distribution. For use of any and all pictures taken on behalf of IFFSC, I consent that any photographs, video, audio which have been taken by the photographer/videographer may be used by IFFSC.

U.S. Figure Skating/Idaho Falls Figure Skating Club

Parent Code of Conduct

The IFFSC is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord).

I hereby agree that:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches, and officials at every practice, competition and test session.
2. I will place the emotional and physical well-being of my child and others ahead of my desire to win.
3. I will encourage my child to skate in a safe and healthy environment by maintaining a respectful and courteous attitude to others.
4. I will promptly inform my child's coach of any physical/mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing his/her best is more important than winning.
6. I will do my best not to ridicule, bully, blame, or yell at my child or other skaters, coaches, officials or volunteers in response to a poor performance or for any other reason.
7. I will do my best to make skating fun at all times and will remember that my child participates in sports for his/her own enjoyment and satisfaction.
8. I will teach my child to treat other skaters, coaches, fans, volunteers, officials, and rink staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.
10. I will teach my child to resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model for my child and others.



Idaho Falls Figure Skating Club Coaches' Code of Ethics, Standards and Conduct

Mission Statement: To provide a standardized guideline of ethics, standards and conduct to ensure the quality, integrity and moral environment of U.S. Figure Skating, its member clubs and programs.

Purpose: CLUB/PROGRAM is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. This information is intended to provide both the general principles and the decision rules to cover most situations encountered by coaches and instructors. It has, as its primary goal, the welfare and protection of the individuals and groups with whom coaches work.

It is the individual responsibility of each coach to aspire to the highest possible standards of conduct. Above all, coaches of young people can have great influence on developing athletes who are reliant on these coaches for the basic instruction and guidance necessary to reach the top levels. Coaches can have tremendous power over these athletes in their quest to the top. This power must not be abused. Therefore, we have set forth these codes of ethics and conduct to guide our coaches and protect our athletes for the mutual benefit of all concerned.

General Principles:

- **Competence:** Coaches must strive to maintain high standards of excellence in their work. They should recognize the boundaries of their particular competencies and the limitations of their expertise. They should provide only those services and use only those techniques for which they are qualified by education, training and/or experience. In those areas, where recognized professional standards do not yet exist, coaches must exercise careful judgment and take appropriate precautions to protect the welfare of those with whom they work. They shall maintain knowledge of relevant scientific and professional information related to the services they render, and they must recognize the need for ongoing education. Coaches should make appropriate use of scientific, professional, technical and administrative resources.
- **Integrity:** Coaches should seek to promote integrity in their coaching profession. Coaches should always be honest, fair and respectful of others. They must not make representations about their qualifications, services, products, or fees that are false, misleading or deceptive. Coaches should strive to be aware of their own belief systems, values, needs and limitations and the effect of these on their work. To the extent feasible, they should attempt to clarify for relevant parties, the roles they are performing and to function appropriately in accordance with those roles. Coaches must avoid conflicts of interest.
- **Professional Responsibility:** Coaches must uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior, and adapt their methods to the needs of different athletes. Coaches should consult with, refer to, or cooperate with other professionals and institutions to the extent needed to serve the best interest of their athletes, or other recipients of their services. Coaches should be concerned about the ethical compliance of their colleagues' conduct. When appropriate, they should consult with their colleagues in order to prevent or avoid unethical conduct.
- **Respect for Participants and Dignity:** Coaches shall respect the fundamental rights, dignity and worth of all participants. Coaches must be aware of cultural, individual and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socioeconomic status. Coaches must eliminate the effect on their work of biases based on those factors, and they do not knowingly participate in or condone unfair discriminatory practices.
- **Concern for Others Welfare:** In their actions, coaches must consider the welfare and rights of their athletes and other participants. When conflicts occur among coaches' obligations or concerns, they should attempt to resolve these conflicts and to perform their roles in a responsible fashion that avoids or minimizes harm. Coaches shall be sensitive to differences in power between themselves and others, and should not exploit nor mislead other people during or after their relationship.
- **Responsible Coaching:** Coaches must be aware of their ethical responsibility to the community and the society in which they work and live. Coaches must comply with the law and encourage the development of law and policies that serve the interest of

sport or activity. The coach shall strive to serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the U.S. Figure Skating setting. The coach shall strive to use strategies in practice and competition that are designed to encourage play within the letter and spirit of the rules. The coach shall strive to keep the concepts of winning and losing in proper perspective. The coach shall strive to enforce policies and rules with fairness, consistency and an appreciation for individual differences.

Ethical Standards:

- Compliance with Rule Requirements: All coaches must complete all annual coaching member requirements set forth by U.S. Figure Skating Rules and the PSA that apply to them by the appropriate deadlines.
- Competence: Coaches should not undertake these duties until they have first obtained the proper training, study and advice that they are competent to do so.
- Maintaining Expertise: Coaches should maintain a level of expertise through continued education and experience and shall strive to acquire additional education and experience through sources available to them.
- Respecting Others: Coaches shall respect the rights of other's values, opinions and beliefs even if they differ from their own.
- Nondiscrimination: Coaches must not engage in discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status, or any other basis as proscribed by law.
- Sexual Harassment: Coaches must not, under any circumstances, engage in sexual harassment which includes solicitation, physical advances, verbal or non-verbal conduct which is sexual in nature and will respond to complaints of such a nature to respondents with dignity and respect.
- Personal Problems or Conflicts: Coaches should have a responsibility to be aware if there are personal problems or conflicts which may affect their ability to work with athletes. They should also be able to identify problems affecting their athletes, which could potentially create situations that place their athletes in harm or danger of injury, and take the appropriate steps to remove the athlete from this environment.

Further, any person who makes groundless allegations or complaints of abuse or harassment may be subject to disciplinary action per Article XXV, Section 3B, of the U.S. Figure Skating bylaws.

Coaches Code of Conduct:

- Must obey and abide by all U.S. Figure Skating published rules, regulations and procedures.
- Shall maintain exemplary standards of personal conduct.
- Must obey all state, national and international laws.
- Must not use alcohol, illegal drugs or substances, which could impair ability or judgment as a coach.
- Must refrain from using any profane or abusive language.
- Must not engage in sexual harassment or sexual misconduct with any athlete
- Must teach and support the athletes fairly and equitably.
- Never discriminate against any athlete

I understand that as a U.S. Figure Skating member coach and an Idaho Falls Figure Skating Club coach, I have assumed certain responsibilities to prepare, develop, be an advocate and role model. I agree to the "Coaches Code of Conduct," have read the "Coaches Code of Conduct" and understand what is expected of me.

JOE MARMO/WAYNE LEHTO ICE ARENA ADMINISTRATIVE POLICIES AND FACILITY RULES

1. All user groups and individual participants shall comply with these Rules and Policies at all times while using the Facility or while physically present upon the premises. Users who violate these Rules will be asked to immediately leave the premises and future use may be limited or terminated in its entirety. Nothing herein will prohibit or preclude the City from commencing criminal prosecution, if appropriate, or from seeking damages or other civil remedies. Use of the Premises may be revoked notwithstanding the issuance of any permit or user group agreement.
2. Users shall stay off the boards and ice during resurfacing of the ice surface.
3. The City assumes no responsibility for gear, clothing, equipment or other personal items which are lost or stolen while in the Facility. Anyone who is observed or caught stealing or damaging such personal property will be immediately referred to law enforcement and all rights to use of the Facility will be terminated.
4. All users shall not litter or deposit gum or other debris on the floors, walls or other areas within the Facility. All litter, trash, debris and pop cans/bottles shall be deposited in designated trash containers and shall not be thrown on the floor or in any other location in the Facility.
5. Vandalism or intentional destruction of any equipment or other portion of the Facility will not be tolerated. Persons observed to be engaging in acts of vandalism will be referred to law enforcement officers and will be held financially responsible for the costs of repairs or replacements.
6. Shooting or hitting pucks in any area other than upon the ice skating surface in the arena is prohibited.
7. Use of alcoholic beverages or any controlled substance is prohibited within the Facility and upon all exterior grounds.
8. Smoking within the arena building is prohibited.
9. Fighting, betting, gambling or any other illegal activity is strictly prohibited within the building or on building grounds.
10. The Building Supervisor may stop any and all activities at any time if, in his sole judgment and discretion, he or she believes there are violations of policies, regulations or rules or if the Supervisor considers any activity being conducted to be hazardous to the safety of the participants, spectators, personnel or will cause damage or destruction to the Facility building or equipment. The Building Supervisor may at any time direct any participant or user to leave the premises and any person failing or refusing to do so may be issued a citation for criminal trespass.
11. In the event of any accident or personal injury to any participant or other user, the Building Supervisor shall be contacted immediately. First Aid equipment and supplies are located in the arena control office, however the Facility assumes no duty or liability with respect to the adequacies of such supplies and equipment.
12. In the event of fire, fire alarms at each exit of the building should be pulled and the Arena Supervisor should be notified immediately. All users and participants in the building shall follow the directions of the Arena Supervisor in the event of fire or other emergency. Any person who pulls the fire alarm for the purpose of causing a false alarm shall be ejected from the building and may be subject to criminal prosecution. Use of the Facility sound system is prohibited, unless expressly authorized by the Arena Supervisor.
13. Televisions located within the Facility shall not be used without the express authorization of the Building Supervisor or his designee.
14. All users shall comply with the reasonable directions and instructions of the Facility supervisor or Facility staff and failure to do so may be cause for ejection from the Facility.
15. No portion of the Facility shall be used for commercial purposes unless expressly authorized by the building supervisor or by written Facility Use Agreement.

Idaho Falls Figure Skating Club

Basic Ice Usage, Etiquette and Safety Rules

BASIC RULES GOVERNING ALL BEHAVIOR

1. Please respect the rights of others.
2. Please respect the arena's property and the property of others.
3. All club members will agree to and sign the Idaho Falls Figure Skating Club Skater Conduct Agreement prior to the first club ice session.
4. No breakable containers are allowed rink side. Drinks are allowed on or below the railing. Food is not permitted near the rail or on the ice.
5. *Please pick up all belongings (including dirty tissues, water cups, bottles, etc.) at the end of the session.*
6. If skaters must talk to someone **off** the ice, even if for a brief time, they need to get off the ice to do so or the skater will be asked to leave the ice.
7. *Parents, skaters not in the session or other spectators should not loiter at the rail or benches. This is unsafe and it interferes with a constructive training session.*
8. *During competitions, coaching by parents from the bleachers, benches or railing is **not** allowed at any time. Parents will be asked to leave the arena if this happens.*
9. *The benches by the ice are to be used by the skaters and coaches only.*
10. *For city freestyle sessions, pay for each session before stepping on to the ice.*

RIGHT OF WAY

1. The skater doing a routine to music has the right of way. Orange vests and colorful belts are provided to help identify the skater whose music is being played. Please stay aware of which skater is doing his or her routine and do your best to stay clear of his or her pattern. Please wear the vest or belt when you play your music to help other skaters know you are skating your routine.
2. Skaters taking a lesson have the right of way over general skaters in the session.
3. It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern.
4. *If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.*
3. *If you are an experienced skater, please be patient with the less experienced skaters. **Remember – you were new at one time, too.***
4. *Please be understanding if someone gets in your way.*
5. *Remember to look both ways before leaving the railing or skating across the ice.*
6. *Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.*

MUSIC

1. Program music will be played on a rotational basis. This should be done on the honor system, with the responsibility left to the skaters and coaches. If necessary, music rotation may be supervised by an IFFSC board member.
2. After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation. Dance music can take the place of program music.
3. Coaches may put the music of the student they are teaching ahead of other skaters, limited to twice per 30 minute lesson. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line.
4. Please do not stop and restart your music if others are waiting in line.
5. Please handle the music equipment with extreme care.

PROHIBITED BEHAVIOR

1. *Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.*

2. *Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.*
3. *Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately for an indefinite period of time.*
4. *Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the arena for an indefinite period of time.*
5. *Failure to comply with any/all of Skater Conduct Agreement may result in loss of ice user privileges for current and/or future sessions. No refunds or credits will be given for lost sessions due to failing to comply with Skater Code of Conduct.*

Clearing the Ice

When the ice-resurfacers horn sounds or Zamboni doors at the end of the rink open, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off music and clear the ice – no exceptions.

Non-Member Admission to Club Sessions.

Non-members may attend club ice as guests of IFFSC members a maximum of three times during the skating season and only with permission of a board member. Guests may be denied access to the ice at the discretion of a board member, and guest fees will be set at a higher cost than member fees, as determined by the Board of Directors. It will be the responsibility of the member host to inform his/her guest of all club or rink skating rules.

Rink Culture: The Rink Etiquette Diagram

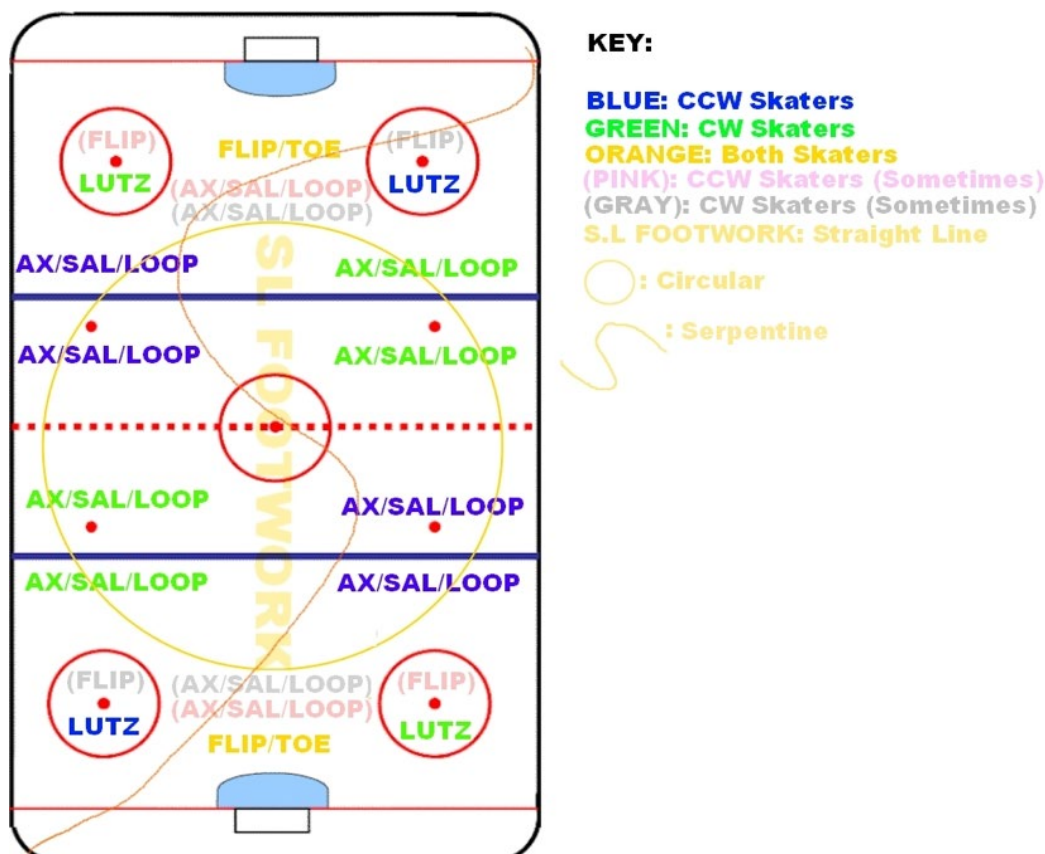
How, exactly, are you supposed to get out of the way when you have no idea where skaters are going?

Good point. On a crowded public session it's difficult to get out of the way, and that's when everyone is skating in the same direction. When you get on a freestyle session, skaters are suddenly flying in all directions! Forwards, backwards, around in circles, up in the air...the list goes on, and the sudden changes of direction can come as a complete surprise even to a knowledgeable skater. Fast skaters are especially shocking, because they can be at one end of the rink one minute, and in the blink of an eye they'll be right next to you.

There is no sure-fire way to stay out of the way *constantly*, but you can be as helpful as possible to your fellow skaters by knowing where skaters usually jump, spin and do footwork and spirals.

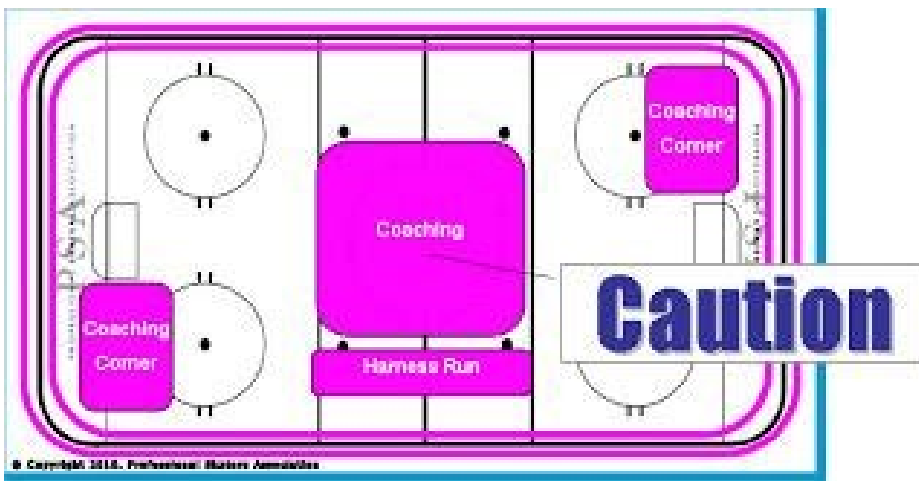
Below is a quick diagram of a rink, indicating where most skaters will jump. Also included are straight line, circular and serpentine footwork sequences. The diagram looks pretty confusing, but there is a key to help you out!

Obviously, not ALL skaters will jump in these spots. It changes at different rinks and some skaters just jump wherever they find the space!



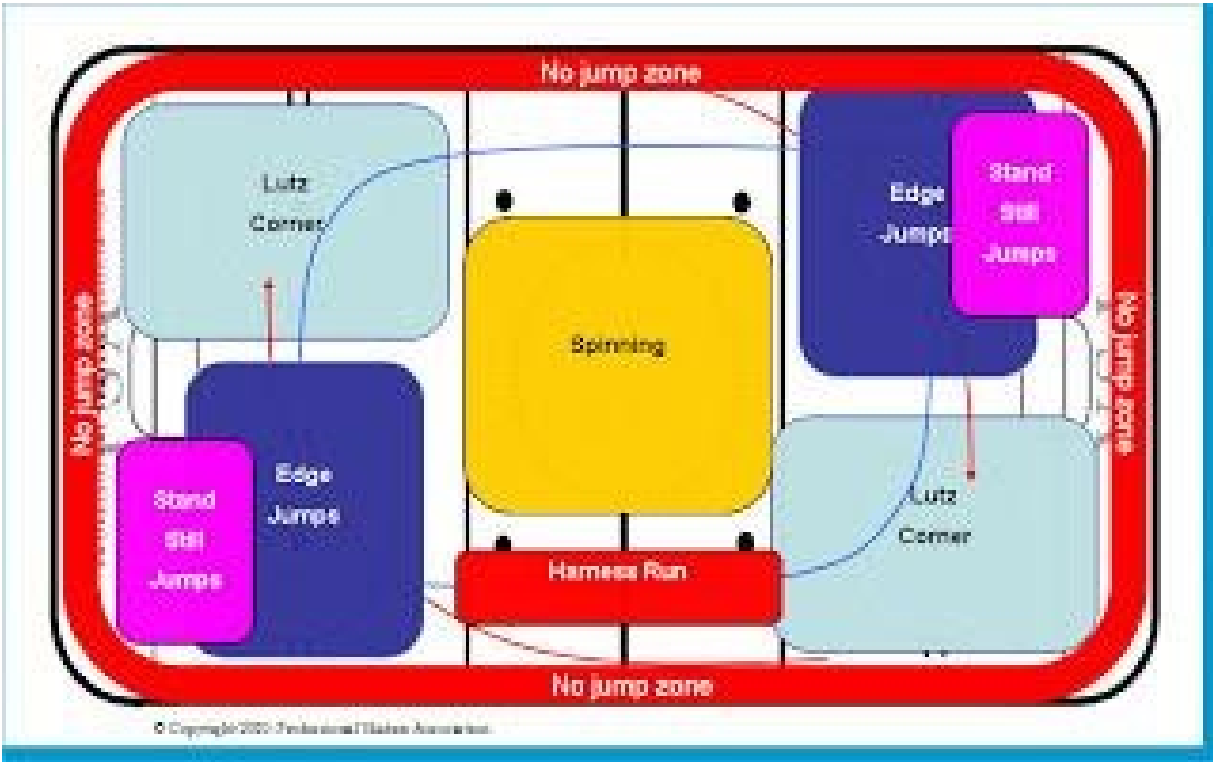
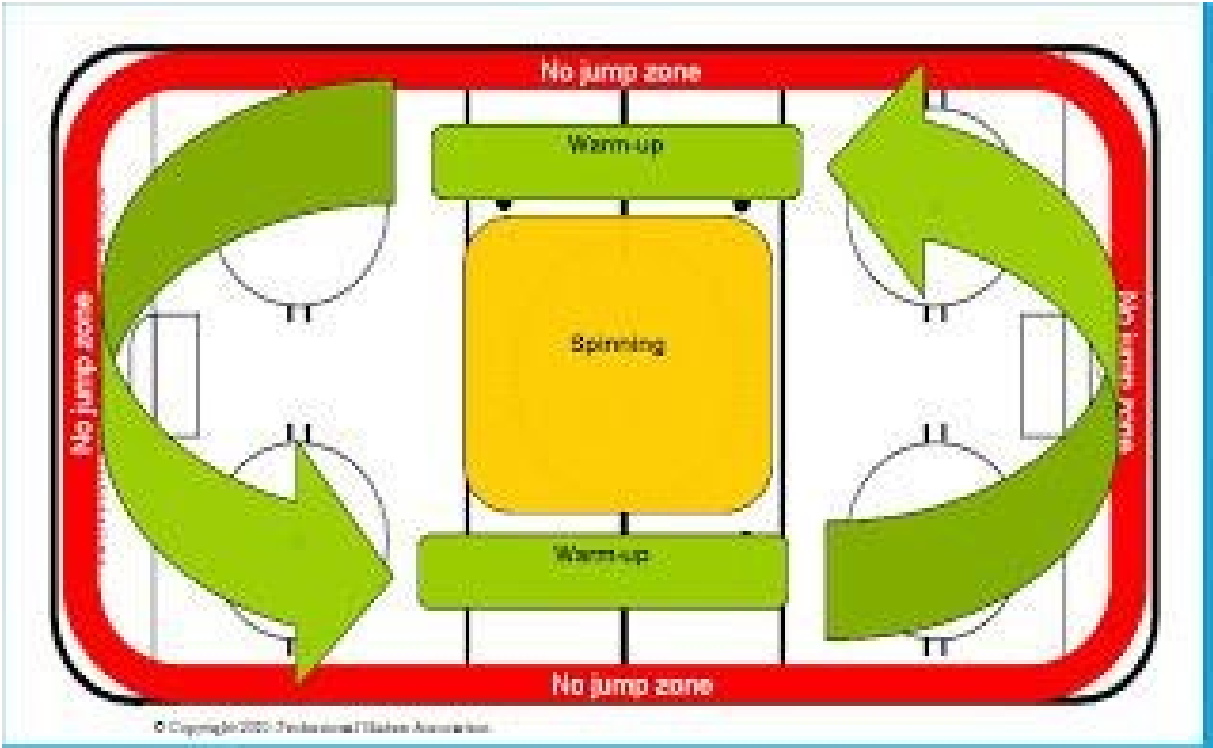
RULES TO FOLLOW WHILE SKATING DURING CLUB ICE:

1. The Right of Way. The customary or legal right of a person, vessel, or vehicle to pass in front of another.
2. Programs have the 1st priority to the right of way. The program skater should be easily identifiable. Use a fluorescent colored vest or material that can be worn or tied around the waist.
3. Do not restart programs or music. If you voluntarily stop your program or music, you will need to “get back in line.”
4. Coaches should NOT make a habit of following a skater during their program.
5. Lessons have the 2nd priority to the right of way. This means the skater having the lesson, not the coach!
6. Seniority has the 3rd right of way and the responsibility to avoid collisions.
7. Be Courteous – "Excuse me, Thank you," etc.
8. When passing slower skaters, always pass to the outside of the skater.
9. When skating towards another skater, always skate to the right.
10. Look both ways before skating away from the barrier.



Suggested Areas of Instruction:

- Closer to competition time, coaching should be done from the side or off the ice completely. Practice as you compete, compete as you practice.
- As a general practice, do not let skaters skate behind you.
- Coaches have the ultimate responsibility to control the safety of a session.
- When teaching spins, it is advantageous to do so in the center of the ice. This cuts down on the skater having to travel straight across the traffic pattern to the barrier and less disruptive to the flow of traffic.
- Coaching corners- a great spot to teach younger skaters who need closer attention.
- Avoid standing jumps using the blue lines or the center red line. This can be very disruptive to the flow of traffic and dangerous for the skater. If required, use the area in the second half of the session. The rationale being that generally there is less skating activity as the session progresses.





U.S. Figure Skating and the Idaho Falls Figure Skating Club strive to provide a safe environment for its members, one that is free of abuse and harassment. The association will not tolerate or condone any form of harassment or abuse of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating rules.

Our director will monitor the SafeSport policies and procedures of the club; verifying that all of the coaches who are engaged in any type of coaching activity with any club skater are in compliance with the USFS coaching membership rules regarding background checks and continuing education requirements; and serve as the initial contact in the club for persons to report suspected abuse, misconduct or other violations, and when necessary, report such information to USFS.

The IFFSC SafeSport contact is Valerie Bailey v.bailey.85@hotmail.com

REPORTING OF A SAFE SPORT ISSUE

Anyone who feels that a Safesport violation has taken place should contact our Safe Sport Chairperson via email. Violations may include (but not limited to) photography in locker rooms, bullying, physical and verbal abuse.

The email must include information as to the violation and supporting information must also be given for action to take place.

SAFESPORT BULLYING INFORMATION AND GUIDELINES

Safe Sport/Conflict Disciplinary Actions

If a Safe Sport situation regarding bullying occurs, the following steps will be followed.

1st offense: A verbal warning will be given to the offending party/ies by a club official or coach. That person will also send an email to our safe sport chair documenting the incident including date, time and those involved in the incident.

2nd offense: A written warning will be given to the offending party/ies by a club official with coaches & parents of all parties involved present.

3rd offense: Suspension up to club expulsion will be issued with the period to be determined by the board of directors.

The Board of Directors reserves the right to escalate the level of discipline regarding an incident based on the severity of the issue.

It is the expectation that all club members and families of club members will honor the code of conduct they agreed to upon membership renewal of their skater/s.

Gossip, slander of other members/families and sharing of sensitive information will not be tolerated and could also result in disciplinary actions.

GRIEVANCE & CONFLICT PROCEDURES

Most of the time conflict arises, miscommunication is to blame. The Board of Directors is committed to helping with conflict and will create a Grievance Committee/Process to help with conflict and move toward resolution.

The committee resources are available to skaters, coaches, parents and any individual who is in direct contact with club happenings. The committee may also appoint individuals to assist based on a particular situation.

Following US Figure Skating Code of Conduct, all skaters/parents and coaches have agreed and signed a contract each year to be respectful, professional and supportive of all members/families involved with IFFSC.

Going forward from today, the IFFSC Board of Directors asks that when a situation arises, the parties involved work together to resolve the problem directly affecting them. Most situations should easily be rectified with good open communication.

A party should not solicit help from another parent, coach or skater unless that person is directly involved in the conflict. Doing so in the past has resulted in continued miscommunication and further harm in rectifying reasonable solutions for all involved and is not the direction nor mission of the IFFSC Grievance Committee.

If a skater, coach, parent or other party feels they are unable to resolve a conflict, a formal written grievance may be submitted. The Grievance Committee will read the grievance, meet with the parties involved and offer unbiased resolution for all parties involved quickly, with the best interest of the IFFSC in mind.

After reading the preceding information in its entirety please fill out, sign and return the last four pages of this packet to an IFFSC board member.



Membership Registration

CLUB NAME: _____ CLUB # _____

1st Family Member OR Subsequent Member

Please circle: Mr. Ms. Miss Mrs. PREVIOUS MEMBER# and/or PREVIOUS CLUB: _____

NAME: FIRST MI LAST

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

TELEPHONE: HOME - - BUS. - -

E-MAIL: _____ @ _____ SEX: M or F DOB: MO DAY YR USA CITIZEN: Y or N

1. PRIMARY ACTIVITY (Choose one): Parent/Guardian Coach Competitive Skater Recreational Skater
 U.S. Figure Skating Official/Officer Club Officer/Board Member Other
2. CHECK ANY OTHERS THAT APPLY: Adult Skater Synchro Collegiate Competitive Skater Coach
 Recreational Skater Parent/Guardian U.S. Figure Skating Official/Officer Club Official/Volunteer
3. ELIGIBILITY STATUS (Choose one): Eligible Ineligible Restricted
(See eligibility rules)

REV. 3/04

IDAHO FALLS FIGURE SKATING CLUB

Emergency Contact Information

Skater's Name: _____ Age: _____

Skater's Parent/Guardian Name if a Minor: _____

Phone Number: _____ Alt. Phone Number: _____

Email _____

Emergency Contact Information

1st Name: _____ Phone Number: _____

2nd Name: _____ Phone Number: _____

Doctor's Name: _____ Phone Number: _____

Dentist's Name: _____ Phone Number: _____

Please attach any important medical information that may be needed in an event of an emergency or any allergies.

SIGNED ACKNOWLEDGEMENT/AGREEMENT OF

I have read and understand all of the following Idaho Falls Figure Skating Club (IFFSC) information and forms. (please initial each item)

- Adult or Parental Medical Consent (as applicable, pg.4)
- Indemnification Agreement (pg. 4)
- Club Waiver and Release of Liability (pg.5)
- Photo/Video Release (pg.6)
- Code of Conduct Agreement – Skater/Parent/Coach as applicable (pg.7)
- Tautphaus Park Rink Administrative Policies (pg.10)
- Ice Usage, Etiquette, Rules and Rink Culture (pp.11-15)
- Safesport Information (pp.16-17)

- I will be volunteering a minimum 10 hours during the 2020-2021 season.
- I have enclosed a predated volunteer check in the amount of \$100.00.

By signing below, I hereby agree to abide by all IFFSC policies, consents, waivers, and releases for the 2020-2021 season

_____ Date _____

Printed Name of Member, or Parent/Guardian if member is a minor

Signature

I would like to be contacted about volunteer opportunities involving the following activities:

- | | |
|--|---|
| <input type="checkbox"/> Hair/Makeup | <input type="checkbox"/> Ice/Locker Room Monitoring |
| <input type="checkbox"/> Music | <input type="checkbox"/> Costumes |
| <input type="checkbox"/> Fundraising | <input type="checkbox"/> Sponsors/Advertising |
| <input type="checkbox"/> Announcing | <input type="checkbox"/> Competition Help |
| <input type="checkbox"/> Graphic Design | <input type="checkbox"/> Flyers/Promotion |
| <input type="checkbox"/> Goodie Bag Assembly | <input type="checkbox"/> Raffle Baskets & Drawings |
| <input type="checkbox"/> Hospitality/Food | <input type="checkbox"/> Skater Recognition |
| <input type="checkbox"/> Skate and Swap | <input type="checkbox"/> Coach Recognition |
| <input type="checkbox"/> Show Décor & Design | <input type="checkbox"/> Other |
| <input type="checkbox"/> Set up/Take Down | <input type="checkbox"/> Anything needed |

IFFSC 2020-2021 Ice Fees/Payment Contract

All IFFSC Club Members will be required to purchase club ice either in full or per usage prior to stepping on the ice (unless pre-authorized by the IFFSC Board). Ice time is required for all Spring Show and Holiday Show Participants. You may add to your original contract, at any time without penalty. Any reduction or termination of the contract after the first month will result in a forfeiture of all ice fees for the year. IFFSC has the right to modify or change the amount of ice time available to all club members at any time and/or if a skater is not “in good standing” financially with the club or USFSA. If a skater has a long term injury that results in several weeks off the ice determined by a physician’s order, the contract may be changed.

If a skater wishes to leave the club and discontinue ice time for any other reason than medical or is not preapproved by the IFFSC Board, all ice fees for the season will be required to be paid in full.

ICE PRICING OPTIONS (must select one):

SKATERS:

I, _____, agree to pay the following amount for ice time for the 2020-2021 figure skating season.

- \$250 FOR THE SEASON. Payment in full due by October 20th. A \$50 late fill will be applied if final payment is not received by the 20th..
- Punch Pass - \$120.00 for 10 hours or \$60 for 5 sessions. Passes must be marked each usage before stepping on ice by an IFFSC board member. IFFSC is not responsible for lost passes.
- Individual Drop In Ice \$13 paid at time of skating.

COACHES – IFFSC “Club Ice fees” for Coaches waived if they agree to service hours and have:

- Paid their membership dues for USFSA and IFFSC
- Are training their students (any personal time will need to be paid for additionally at \$10/hr.)
- Have provided proof of their Continuing Education Requirements Have provided proof of Liability Insurance to the IFFSC Board of Directors

COACHING/PERSONAL SKATING:

This option is for coaches who are coaching on club ice and still competing and/or testing themselves. If you wish to use club ice for personal skate time and coaching the pricing is as follows:

- \$150.00 (If paid in full by October 31st.)

Signed

Dated