Hello Figure Skaters,

Welcome to our new skaters and their families and welcome back to our returning skaters and their families! We are happy to have all of you as part of the Idaho Falls Figure Skating Club (IFFSC)!

We are very excited to return to the ice in our local area. Both of our local rinks are opening early, in September this year! Our first Club Event will be held at the Joe Marmo/Wayne Lehto Ice Arena in Tautphaus Park (City Rink) on Wednesday, September 6, 2023 from 4:15PM – 6:00PM. Parents and club members are encouraged to attend on this day. Parents and skaters will be able to register and complete their membership packets and purchase club ice time. Skaters will take the ice from 4:15-5:30 with the club coaches to review ice etiquette, perform warm-ups and exercises, and play fun games. No private lessons will take place during this time. From 5:30-6:00, we will enjoy refreshments and snacks, while catching up and preparing for the upcoming season.

Club ice hours will resume a standard schedule beginning on Thursday, September 7. Please be aware that significant changes have occurred since last season, affecting the rate for local ice time. Due to new pricing requirements imposed by the City of Idaho Falls, our hourly ice rate for the Joe Marmo/Wayne Lehto Ice Arena in Tautphaus Park has been increased by approximately 75%. Due to this increase in cost, club ice time has had to be increased. Your club officers are hopeful that by only increasing the costs for club members to use the ice by 43%, we can still manage the 75% increase with fundraisers, donations, and your support. Club officers have also decided to move club ice to Mountain America one day a week, to take advantage of their larger, warmer, and newer facility.

With a limited schedule for September, our club skate times will be as follows. For September 7, club ice will be 4:15-6:00PM at the City Rink. For September 11-28, club ice will be Mondays 4:15-5:30PM at the City Rink, Wednesdays 4:15-5:30PM at the City Rink, and Thursdays 5:45-6:45PM at Mountain America. For the remainder of the regular season, October 1 on, club ice will be Mondays 3:45-5:15PM at the City Rink, Wednesdays 3:45-5:15PM at the City Rink and Thursdays 5:45-6:45 at Mountain America. There will be additional Saturday clinics offered throughout the year. We will try to pick up additional hours throughout the season as the rink schedule and our finances allow.

Mark your calendars now for our holiday show on Friday, December 22, 6:00-9:00PM at Mountain America. This will be an exhibition type show and all programs will need to be performed to age and community appropriate Christmas/Holiday music.

The IFFSC plans to host another exhibition, similar to last year, on Saturday, January 13, 2024 at the City Rink. This will be a great experience for our club skaters, as they prepare for upcoming competitions or want to give competing a try. More details to come.

Finally, mark your calendars for our BIG Spring Show on Friday, March 7 from 6:00-9:00PM at Mountain America. Again, this will be an exhibition type show and all programs will need to be

performed to age and community appropriate music. The IFFSC Board Members are hoping to make this even bigger and more exciting than last spring!

All IFFSC members (new and returning) are required to complete a membership registration packet and pay membership dues and ice dues prior to skating on IFFSC club ice. Please also review the IFFSC parent and skater codes of conduct and SafeSport rules listed on our website as you are agreeing to abide by these rules by joining club. Board members will be available to collect these during the first week of club ice. Membership registration forms and packets will be emailed and are available online on our website <a href="https://www.idahofallsfsc.org">www.idahofallsfsc.org</a> under Membership → Registration Packet in the main menu. Please print your packet and bring it to us during the first week of club ice along with your membership dues, ice payment and volunteer check. Each family is asked to provide a minimum of 10 hours of volunteer time during the season, or pay \$100 dollars in lieu of volunteer time. There will be a signup sheet available for volunteering prior to each skating event. Please postdate your volunteer check for April 10, 2024 in the amount of \$100.00. This check will be held by the club and deposited in the club's checking account at the end of ice season if volunteer hours have not been completed. Those volunteers that have completed the 10 hours will receive their check back at end of ice season.

We ask each skater to commit to our three major fundraising efforts during the skating season: (1) October daily sponsorships, (2) a holiday fundraiser (TBD) and (3) Town & Country gift card sales. With the increase in ice costs, it is imperative we fundraise in order to be able to offer club ice three days a week throughout the season. In lieu of a fundraising commitment, you may donate \$500 to the club. If a skater joins club after the conclusion of the first two major fundraising events in November, a \$250 fundraising donation is required. If we do not raise enough funds, we will be forced to drop one day of club ice mid-season, so please help out!

We are looking forward to a great figure skating season and cannot wait to see you all back on the ice! Sincerely,

Your 2023-2024 IFFSC Board of Directors

(Jillian Magic, Liz Yasaitis, Brandi Jackson, Leah Squires,

Rebecca Ritter, Sydnee Preussner, Clare Cammarano)

#### **2023-2024 CLUB ICE TIMES**

(SPECFIC TIMES ARE SUBJECT TO CHANGE, BUT WEEKLY HOURS WILL NOT DECREASE)

- Wednesday, September 6 4:15-5:30 at the Joe Marmo/Wayne Lehto Ice Arena (City Rink)
- Thursday, September 7 4:15-6:00 at the City Rink
- September 11-28
  - Mondays 4:15-5:30 at the City Rink
  - Wednesdays 4:15-5:30 at the City Rink
  - o Thursday 5:45-6:45 at Mountain America
- October 1 through the remainder of the regular season
  - o Mondays 3:45-5:15 at the City Rink
  - Wednesdays 3:45-5:15 at the City Rink
  - o Thursday 5:45-6:45 at Mountain America
- Periodic Saturdays

#### **MEMBERSHIP FEES**

#### INTRODUCTORY MEMBER -

\$70 for first year (NEVER HAVING A USFSA MEMBERSHIP)

\$65 for each additional introductory family member

#### FULL MEMBERSHIP -

\$100 for first family member

\$65 for each additional family member.

#### SECONDARY CLUB MEMBERSHIP -

\$75 (Please be aware that secondary members are subject to all IFFSC volunteer fees and requirements.)

#### COLLEGIATE MEMBERSHIP -

\$95 for 4-year membership

#### **ICE PRICES**

(Refers to Club Ice only; freestyle and public are separate costs paid to the city)

Option 1: FULL SEASON - \$500 for the season — One payment in full, or 50% paid upfront and 50% paid by December 15, prior to holiday show. Punch pass or drop-in rate will apply to any club ice sessions attended prior to receipt of full ice payment.

Option 2: PUNCH PASS – \$210 for 10 sessions OR \$105 for 5 sessions. Must be paid in full and card marked by a board member before stepping on ice.

Option 3: DROP-IN Individual Ice Session - \$24 per session before stepping on the ice (must be a USFS member).

#### **COACHES** -

IFFSC 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 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 \$15/hr.)
- Have provided proof of their Continuing Education Requirements
- Have provided proof Liability Insurance to the IFFSC Board of Directors

COACH PERSONAL USAGE – for coaches who want ice time to practice for themselves- \$200 for the season - If you pay the entire amount before October 31.

## 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 <u>not</u> 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-resurfacer 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.

# 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.



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.



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Emergency Contact:					
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Number:					

### ASSUMPTION OF RISK, WAIVER AND RELEASE, AND INDEMNIFICATION AGREEMENT

In consideration of the opportunity to participate in U.S. Figure Skating sanctioned events and activities during the 2023-24 U.S. Figure Skating Competition Season ("Events and Activities"), the undersigned, individually, and on behalf of his/her heirs, personal representatives, administrators, agents, successors and assigns (collectively referred to herein as "Participant"), AGREES TO ASSUME THE RISK AND RESPONSIBILITY, TO RELEASE AND TO INDEMNIFY U.S. Figure Skating, its directors, officers, members, employees, officials, committees, volunteers, clubs, affiliates, sponsors, representatives, agents, successors and assigns, including the host club, local organizing committee and any other entity responsible for the hosting and/or conduct of the Events and Activities (collectively referred to herein as "U.S. Figure Skating"), as follows:

- 1. Assumption of Risk and Responsibility. Participant fully understands and appreciates the risks of injury that may occur in ice skating or in the course of preparing for, participating in and traveling to or from the Events and Activities. The risks of injury that may occur include, but are not limited to, the risk of, serious bodily injury, viral infections, bacterial infections and risk of other communicable diseases and illness, permanent disability, paralysis and death (collectively referred to herein as "Risks"). Participant acknowledges that Participant voluntarily engages in such Events and Activities with adequate knowledge of such Risks; and agrees that Participant fully assumes all such Risks and all legal and financial responsibility for (a) any and all injuries or damages, whether to person or property, that Participant may in any manner sustain in connection therewith or in the conduct and management of the Events and Activities, including such injury or damage that may result from the negligence of U.S. Figure Skating or from some other cause and (b) all treatment, hospitalization and other care rendered to Participant in the event of Participant's illness, injury or other emergency circumstance in connection with participation in the Events and Activities, subject to any applicable insurance coverage.
- 2. Release and Indemnification. Participant hereby fully and forever releases, discharges, holds harmless, and agrees to indemnify U.S. Figure Skating from and against any and all liabilities, claims, demands, lawsuits, damages, and judgments, present or future, known or unknown, valid or invalid, direct or consequential, together with reasonable costs and attorneys' fees, which result directly or indirectly from damages, losses, injuries or death to Participant, Participant's property, other persons or property incurred during or in connection with any activities associated with or being a part of the Events and Activities and the conduct and management thereof, including any participation, travel or medical treatment, hospitalization or other care rendered in connection with the Events and Activities, whether such loss, damage, injury or death results from the negligence of U.S. Figure Skating or from some other cause.

I	HAVE	READ	THIS	ASSU	MPTION	OF	RISK,	WAIVER	AND	RELEASE,	AND
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Signature of Parent/Guardian (if Participant is under 18)	Date	Printed Name of Parent/Guardian
Signature of Participant/Skater	Date	Printed Name of Participant/Skater



### AUTHORIZATION AND CONSENT FOR EMERGENCY MEDICAL CARE

### 2023-24 Competition Season

The undersigned provides this Authorization and Consent for Emergency Medical Care in consideration of the opportunity to participate in U.S. Figure Skating sanctioned events and activities during the 2023-24 U.S. Figure Skating Competition Season ("Events and Activities").

In the event of illness, injury or medical or other emergency circumstances while participating in any of the Events and Activities, and if I am disabled or incompetent to make appropriate decisions concerning treatment thereof (and in the case that participant is a minor and minor's parent or legal guardian cannot be timely contacted to participate in the making of necessary decisions), I, the participant, or if participant is a minor, I as the parent/guardian of said participant, give my consent to U.S. Figure Skating, its agents, officials, employees, volunteers, clubs, instructors, and trainers, and the agents, officials, employees, volunteers, instructors, and trainers at the facility where any of the Events and Activities are taking place, to obtain emergency medical care from any Licensed Medical Professional, hospital or clinic, including transportation and emergency medical service for myself/ourselves and/or said participant for any injury or illness that could arise from participation in the Events and Activities.

In addition, in conjunction with participation in the Events and Activities, I acknowledge the provisions of and, if circumstances warrant, consent to the implementation of the procedures and precautions contained in U.S. Figure Skating's Blood-Borne Pathogen Procedures. I further authorize and consent to the release of any pertinent medical information and records regarding my treatment, diagnosis and/or examination to the U.S. Figure Skating Sports Medicine Committee and the Medical Committee Staff of the Events and Activities in which I am participating.

Signature of Participant	Date	Signature of Parent/Guardian (If Participant is under 18)	Date
Printed Name of Participant		Printed Name of Parent/Guardian	



#### NAME AND LIKENESS RELEASE AND CONSENT AGREEMENT

By registering for the 2023-24 Competition Season of U.S. Figure Skating, and for good and valuable consideration, I release and grant to U.S. Figure Skating, including its subsidiary and affiliated entities, and U.S. Figure Skating authorized local organizing committees, clubs, and interclub associations (collective, for purposes of this Release and Consent Agreement, "U.S. Figure Skating"), the right to use my name, likeness, image, photograph, city and state of residence, voice, video, athletic performance, biographical information and any other indicia of identity, in any format, medium, technology and platforms whatsoever, from any U.S. Figure Skating event or activity in which I participate during the 2023-24 competition season, including any international competitions that I participate in as an assigned member of Team USA (collectively, my "Identifications"), and to distribute, broadcast and exhibit (and to permit U.S. Figure Skating's broadcast partner, NBC Universal Media, to distribute, broadcast and exhibit) my Identifications, without charge, restriction or liability, in any media now known or hereafter devised (including, but not limited to, television, internet, web casting, and video streaming) or in various publications (including, but not limited to, SKATING Magazine, the U.S. Figure Skating directory or media guide and marketing materials) into perpetuity, unless otherwise specified and agreed upon. I understand that I will not receive any compensation for any such use of my Identifications. It is also agreed, however, that without my written permission: (a) at no time can my Identifications be used by U.S. Figure Skating for any commercial purpose (e.g., use in connection with the promotion of any commercial entity and/or its relationship with U.S. Figure Skating or with me, including one that expresses or implies an endorsement of any company or its products or services) and (b) at no time may U.S. Figure Skating release or authorize the use of my Identifications to an unrelated third party for the purpose of my endorsement of any commercial property, product or service, without my written permission.

I HAVE READ THIS RELEASE AND CONSENT AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE.

Signature of Participant	Date	Signature of Parent/Guardian	Date
		(If Participant is under 18)	
Printed Name of Participant		Printed Name of Parent/Guardian	
Timed Name of Farticipant		Timed Name of Farent Guardian	

