

Skater & Parent/Guardian Membership Code of Conduct

[Approved Date: April 7, 2025]

Purpose

The purpose of this Membership Code of Conduct is to outline the expectations of the New Hamburg Skating Club ("NHSC") with regards to providing a safe and supportive environment where all individuals and groups are treated with respect and dignity. All individuals will be aware that the New Hamburg Skating Club is instituting a zero-tolerance policy for harassment, bullying, discrimination or any other inappropriate behaviour consistent with our Vision, Mission, and Values. Members are expected to show respect and sportsmanship to their fellow skaters, coaches, parents/guardians, Board Members and the general public at all times. Please exhibit a model of behaviour that will provide a good example to the community and encourage pride in our Club.

Application

This Code of Conduct applies to all Participants, which include, but are not limited to, all New Hamburg Skating Club registrants, participants, non-home Club registrants, members of the Board of Directors, committee members, staff, coaches, officials, volunteers, athletes, parents and guardians of athletes.

The application of this Code of Conduct extends to all New Hamburg Skating Club business and activities including, but not limited to, office environments, meetings, competitions, practices, training camps, tryouts, and travel as a member of a New Hamburg Skating Club team or on related business. This Code of Conduct may also apply to activities outside of those listed if conduct is deemed detrimental to the image or reputation of the New Hamburg Skating Club and/or its Participants.

This Code of Conduct complements the Social Media Policy, and both documents must be applied in the appropriate context.

Responsibilities

It is expected that all Participants have a responsibility to:

- a. Demonstrate respect to all individuals and groups, which includes:
 - i. acting, when appropriate, to prevent or correct practices that are unjustly discriminatory;
 - ii. demonstrating the spirit of sportsmanship, sport leadership and ethical conduct;
 - iii. avoiding public criticism of any Stakeholder and, when necessary, use appropriate channels to communicate concerns;
- b. Ensure the adherence to the rules of the sport.
- c. Refrain from any behavior that constitutes harassment, where harassment is defined as negative comment or conduct directed towards an individual or group which is offensive, abusive, racist, sexist, degrading or malicious as defined in the Skate Ontario Harassment Policy.
- d. Respect the property of others and not willfully cause damage.
- e. Adhere to all federal, provincial, municipal and any applicable host country, laws.
- f. Comply at all times with club by-laws, policies, procedures, rules and regulations as adopted and amended from time to time.
- g. Promote the sport of figure skating in a positive and constructive manner.
- h. Adhere to Skate Canada's National Safe Sport program and Code of Ethics
<https://skatecanada.ca/portfolio-item/safe-sport/>

Participant-Specific Responsibilities

In addition to the responsibilities set out in the Responsibilities section of this Code of Conduct, the below Participant groups are obligated to:

Parents/Guardians and Spectators

The New Hamburg Skating Club, Skate Ontario, and Skate Canada are committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development. Parents/Guardians are an invaluable part of the skater/coaching team and have an enormous influence on skaters' experience in the sport. The quality of a skater's experience is determined by their relationships with parents/guardians and the manner in which parents/guardians conduct themselves in the Skate Canada environment.

This code applies to all parents/guardians who are members of Skate Canada or have skaters who are members of Skate Canada, and shall abide by this code at all times while participating in any New Hamburg Skate Club training sessions, Skate Canada Club/Skating School competitions, activities, or such organized events.

- Be respectful and courteous of all facility employees, skaters/athletes, coaches, other parents/guardians, Board Members, spectators, officials, volunteers, and staff, and encourage my skater(s) to do the same.
- Treat all areas of the facility with dignity and care, ensuring that all dressing rooms are left clean of debris/garbage.
- Be a positive role model for my skater and others by emphasizing the importance of sportsmanship, respect, cooperation, teamwork, responsibility, fair play, ethical conduct, integrity, and open communication.
- Act professionally and encourage a positive team environment by demonstrating support for all skaters, coaches, and officials at every training/practice session, simulation/performance day, competition/event, and assessment day.
- Accept and respect the decisions of officials and encourage athletes to do the same.
- Offer praise for fair competition, participation, and provide supportive and motivating comments that encourage athletes continued effort and skill development. Never ridicule a skater for mistakes made during a performance or practice.
- Show appreciation to all competitors, coaches, officials, and other volunteers who give of their time to the sport.
- Use positive discipline that sets a good example, including setting fair rules, listening, problem-solving, and encouraging. Never using harmful methods such as but not limited to hitting, name-calling, yelling, or using insults, intimidation, or rejection.
- At all times, act in a kind, courteous, and judicious manner and not engage in any behaviour or comments which are threatening, dangerous, criminal, exploitative, corrupt, profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence. The use of foul language is not permitted. Exercise control and restraint when dealing with conflict.
- Never attend any training sessions, Skate Canada Club/Skating School competitions, activities, or such organized events under the influence of alcohol, and/or illegal drugs/substances.
- Avoid any conduct which brings the New Hamburg Skating Club, Skate Ontario, or Skate Canada into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs, and gambling.
- Using electronic communications (e.g., social media and messaging platforms – see definitions for full details) responsibly, modelling appropriate behaviour that is expected of all individuals of Skate Canada. Examples include, but are not limited to:
 - Ensure comments may not be interpreted as slurs, demeaning or inflammatory, etc.
 - Refrain from uploading, posting, emailing, or otherwise transmitting any content that is offensive, obscene, unlawful, threatening, abusive, harassing, discriminatory, embarrassing, intimidating, sexually explicit, bullying, defamatory, hateful, racist, sexist, invasive of another's privacy or otherwise objectionable / inappropriate.
 - Obtain consent from athletes and/or coaches before posting any photos online.

- Place the emotional and physical well-being of my skater ahead of my own personal desires and remember that my skater's participation is for their own development and fulfillment.
- Instill confidence in my skater's ability and development by celebrating the acquisition of skills and goals achieved. Recognize that all skaters progress at their own pace and refrain/avoid comparisons with other skaters.
- Model and encourage my skater to maintain a healthy balance between skating and life (ex. school, other activities, social life, etc.).
- Be responsible for my skater's nutrition, rest, adherence to off-ice training, overall physical and mental health, life-balance, and moral and emotional support. I will seek out assistance from a trained professional or my skater's Base Coach to provide me with resources/recommendations if needed.
- Model and encourage balanced, food choices for my skater and subscribe to an active and healthy lifestyle.
- Ensure my skater wears proper skating clothing and equipment to all on and off ice classes.
- Parents are responsible for their skater's behaviour and conduct while participating in training sessions, Skate Canada Club/Skating School competitions, activities, or such organized events.
- Athlete's under the age of 12 must have a parent/guardian (or designated adult) present and readily available during the skater's registered session.
- The New Hamburg Skating Club will not be held responsible for the care of a skater before or after on and/or off ice sessions. We will always put the well-being of a skater as priority and if a skater is waiting for an excessive amount of time, calls will be made to the parent/guardian.
- Agreeing to advocate, respect and practice the principles of the Skate Canada National Safe Sport Program policies and procedures, including the Misconduct Reporting and Resolution Policy and supporting procedures, and the return to skate Concussion Management Policy and Concussion Protocol in the case of injury or concussion.
- Comply with the New Hamburg Skating Club's Concussion Code of Conduct.
- Refrain from interrupting the session/skater's lessons to ensure a focused training environment. Please direct all questions/communication regarding your skater's progress to your skater's Base Coach. If you have any general questions about our programs, operations, registration, etc. please send an email to info@newhamburgskating.com.
- Strive to resolve any conflict(s) I may have with other Club member(s) in a dignified, constructive, and respectful manner by communicating with the skater's parent/guardian directly about the concern, or contacting my skater's Base Coach and/or Club President.

Skaters/Athletes

The New Hamburg Skating Club, Skate Ontario, and Skate Canada are committed to ensuring that all skaters have the opportunity to participate in a safe and welcoming environment that is encouraging and promotes their overall development.

This code applies to all skaters/athletes who are members of Skate Canada and shall abide by this code at all times while participating in any New Hamburg Skate Club training sessions, Skate Canada Club/Skating School competitions, activities, or such organized events.

- Athletes are expected to comply with the New Hamburg Skating Club Code of Conduct, Skate Ontario Code of Conduct, and Skate Canada Code of Ethics.
- Remember at all times that they represent the New Hamburg Skating Club, Skate Ontario, and Skate Canada.
- Be respectful and courteous of all facility employees, athletes, coaches, other parents/guardians, Board Members, spectators, officials, volunteers, and staff, and encourage other skaters to do the same.
- Treat all areas of the facility with dignity and care, ensuring that all dressing rooms are left clean of debris/garbage.
- Be a positive role model for others by emphasizing the importance of sportsmanship, respect, cooperation, teamwork, responsibility, fair play, ethical conduct, integrity, and open communication, both on and off the ice.
- Act professionally and encourage a positive team environment by demonstrating support for all skaters, coaches, and officials at every training/practice session, simulation/performance day, competition/event, and assessment day.
- Accept and respect the decisions of officials and encourage other athletes to do the same.
- Offer praise for fair competition, participation, and provide supportive and motivating comments that encourage athletes continued effort and skill development. Never ridicule a skater for mistakes made during a performance or practice.
- Show appreciation to all competitors, coaches, officials, and other volunteers who give of their time to the sport.
- Use positive discipline that sets a good example, including setting fair rules, listening, problem-solving, and encouraging. Never using harmful methods such as but not limited to hitting, name-calling, yelling, or using insults, intimidation, or rejection.
- At all times, act in a kind, courteous, and judicious manner and not engaging in any behaviour or comments which are threatening, dangerous, criminal, exploitative, corrupt, profane, insulting, harassing, sexist, racist, abusive, disrespectful or otherwise offensive without hostility or violence. The use of foul language is not permitted. Exercise control and restraint when dealing with conflict.
- Never attend any training sessions, Skate Canada Club/Skating School competitions, activities, or such organized events under the influence of alcohol, and/or illegal drugs/substances.
- Avoid any conduct which brings the New Hamburg Skating Club, Skate Ontario, or Skate Canada into disrepute, including but not limited to abusive use of alcohol, non-medical use of drugs, and gambling.
- Using electronic communications (e.g., social media and messaging platforms – see definitions for full details) responsibly, modelling appropriate behaviour that is expected of all individuals of Skate Canada. Examples include, but are not limited to:
 - Ensure comments may not be interpreted as slurs, demeaning or inflammatory, etc.
 - Refrain from uploading, posting, emailing, or otherwise transmitting any content that is offensive, obscene, unlawful, threatening, abusive, harassing, discriminatory, embarrassing, intimidating, sexually explicit, bullying, defamatory, hateful, racist, sexist, invasive of another's privacy or otherwise objectionable / inappropriate.
 - Obtain consent from athletes and/or coaches before posting any photos online.

- Place the emotional and physical well-being of myself ahead of my own personal desires and remember that my participation is for my own development and fulfillment.
- Instill confidence in my ability and development by celebrating the acquisition of skills and goals achieved. Recognize that all skaters progress at their own pace and refrain/avoid comparisons with other skaters.
- Maintain a healthy balance between skating and life (ex. school, other activities, social life, etc.).
- Be responsible for my nutrition, rest, adherence to off-ice training, overall physical and mental health, life-balance, and moral and emotional support. I will seek out assistance from a trained professional or ask my Base Coach to provide me/my parent/guardian with resources/recommendations if needed.
- Wear proper skating clothing and equipment to all on and off ice classes.
- Follow and adhere to my program's Session Expectations & On Ice Etiquette and encourage peers and other athletes to do the same.
- Agreeing to advocate, respect and practice the principles of the Skate Canada National Safe Sport Program policies and procedures, including the Misconduct Reporting and Resolution Policy and supporting procedures, and the return to skate Concussion Management Policy and Concussion Protocol in the case of injury or concussion.
- Comply with the New Hamburg Skating Club's Concussion Code of Conduct.
- Properly represent myself and not attempt to enter a competition for which I am not eligible, by reason of age, classification or other reasons.
- Act in accordance with Skate Canada's policies and procedures, in particular, Skate Canada Code of Ethics, as well as the Privacy Code, Anti-Doping Policy, and National Safe Sport Program and policies thereunder.
- Abide by additional policies and procedures imposed by coaches or team managers and maintain confidentiality about fellow athletes.
- Follow coach instructions where a coach may request restrictions on routines or elements that they may deem unsafe or dangerous.
- Report any injuries, medical or fitness problems in a timely fashion, where such problems may limit my ability to travel, train, or compete.
- Strive to resolve any conflict(s) I may have with other Club member(s) in a dignified, constructive, and respectful manner by communicating with my parent/guardian directly about the concern, or contacting my Base Coach and/or Club President.

Session Expectations & On Ice Etiquette

The New Hamburg Skating Club strives to ensure our programs are offered in a safe and positive training environment for all skaters and Coaches. We need to all work together to ensure this goal!

Members registered in our figure skating programs are expected to abide by the following:

- Skaters are required to wear proper training attire during on and off ice sessions. Attire such as skating dresses/skirts with tights, skating pants, athletic leggings, short/long sleeve shirts, skating or athletic jackets. Hoodies, bulky sweaters/jackets are not permitted as they negatively effect the performance of on ice skills. Clothing should be form fitting or close to, in order for Coaches to see body lines for proper execution of technique. Gloves are recommended over mittens to allow for more articulation of the hands and fingers. Long hair must be tied back to ensure safety. All skaters are expected to dress in an appropriate manner at all times while representing the NHSC.
- Attend and participate in all scheduled practices and if absent, notify your Base Coach before the start of the session.
- Be prepared, and on time for your session. Make sure you have used the washroom and have all your items needed for rink side before coming onto the ice. Once the session has begun, skaters under the age of 18 are not permitted to leave the ice unless it is absolutely necessary, and only once a Coach has acknowledged.
- Keep the doors along the rink closed while a session is in progress to ensure the safety of all skaters and Coaches.
- Skaters must respect the right of way of their peers and other Coaches and always be aware as to who has the right of way. If you have the right of way, be kind and courteous when letting others know you are coming in their direction by saying "excuse me!" If you accidentally impede someone's right of way, you are encouraged to apologize in a polite and mature manner.
 - 1st - Skaters with solo or dance music on
 - 2nd - Skaters in a lesson with a Coach
 - 3rd - All other skaters on the session
- During stroking, faster skaters are to keep to the outside of the ice surface, and slower skaters to the inside.
- Unless part of your solo, spins are to be practiced in the centre of the ice and jumps in the ends.
- Food or chewing gum is not permitted on the ice. All beverages must be in a spill-proof, non-breakable container and placed on the boards of the ice surface.
- When skaters are not in a lesson, they are expected to practice what they have learned, as repetition and training muscle memory is a large part of acquiring and mastering elements in skating. Skaters are encouraged to work with their peers to promote comradery and a supportive training environment, but are not permitted to stand on the ice and talk during sessions.
- Adhere to the posted session schedule. Skills should be practiced during skill time, dance during dance time and freeskate/artistic during freeskate time. The only exception to this is when a skater is in a lesson with a Coach.
- Skaters and Coaches are asked to respect other skaters who are receiving instruction from their Coach. Do not interrupt lessons unless it is absolutely necessary.
- Sitting or laying on the ice is prohibited. After falling, get up quickly to ensure the safety of other skaters on the session.
- Always keep your head up and look in the direction of travel.
- When standing near the boards, do not enter the flow of skaters without checking in both directions as to not cut someone off.
- All session, solo, and dance music is available on the NHSC device. If you have music ideas to add to the Spotify playlist, send them to info@newhamburgskating.com!
- Skaters may play their solo music up to two times per session, unless played in a lesson by a Coach.
- Skaters on the STAR 4+ session are permitted to use the video function on their cell phone for training purposes only in order to analyze and make corrections on skating elements.



Disciplinary Actions

Violations of this Code of Conduct may result in disciplinary actions as described in the Dispute Resolution policy and/or Safe Sport policies, including verbal/written communications, loss of privileges, and in serious cases, termination/suspension/expulsion of membership.

Reporting and Resolution

Individuals who observe or experience behavior that violates this Code of Conduct are encouraged to report the incident to a coach, Board member, or club official. All reports will be taken seriously and handled promptly and confidentially. Retaliation against individuals who report violations in good faith is strictly prohibited.

Acknowledgement & Agreement

Skaters/Athletes and Parents/Guardians are required to review, discuss, and accept this Code of Conduct annually. Before participating in Club activities, they must indicate that they have read, understand, and commit themselves to the responsibility of contributing to a positive and safe environment for all.

Parent/Guardian Acknowledgement & Agreement

I _____, parent/guardian of _____, have read and understand
(Name of Parent/Guardian) (Name of Skater/Athlete)
the New Hamburg Skating Club Skater/Athlete and Parent/Guardian Code of Conduct, and commit myself to the responsibility of encouraging and contributing to a positive and safe environment for all New Hamburg Skating Club registrants, participants, non-home Club registrants, members of the Board of Directors, committee members, staff, coaches, officials, volunteers, athletes, and parents/guardians of athletes. I understand that violation of this code may result in disciplinary action.

Parent/Guardian Signature (if skater is under 18): _____

Date of acknowledgement: _____

Skater/Athlete Acknowledgement & Agreement

I _____, have read and understand the New Hamburg Skating Club Skater/Athlete and
(Name of Skater/Athlete)
Parent/Guardian Code of Conduct, and commit myself to the responsibility of encouraging and contributing to a positive and safe environment for all New Hamburg Skating Club registrants, participants, non-home Club registrants, members of the Board of Directors, committee members, staff, coaches, officials, volunteers, athletes, and parents/guardians of athletes. I understand that violation of this code may result in disciplinary action.

Skater/Athlete Signature: _____

Date of acknowledgement: _____