

**LOGAN CITY SKATE AROUND CLUB RULES**  
**Revised December 2020**

**LESSONS AND PRACTICE**

- Skaters must arrive 15 minutes prior to commencement of lesson/training time.
- Skaters must commence their off-skate warm up as soon as they arrive. Prior to dance/freeskating/quartet or precision lessons and training this warm-up will be based upon the endurance/stretching and strengthening program provided. Prior to figures this will include the core strengthening/gluteal strengthening program provided.
- Skaters should do a cool down / stretch after training to avoid injury. This should include the generic stretches as well as individual stretches as required.
- All skaters must bring a water bottle to all training sessions. Elastic should be brought to all lessons. If you do not have an elastic, please see your coach for provision. Replacement of an already provided elastic will be at a cost of \$2.00.
- Skaters are to have their own training book which should be brought to and used at all training sessions.

**GENERAL COURTESY AND RULES**

- Skaters and parents should be pleasant and well-mannered to other coaches, club committee, other skaters and parents, venue management and staff at all times. Venues are to be left in a clean and tidy state after all training sessions.
- Any parent wishing to discuss with Anita (or other assistant coaches) should do so before or after training (either at the rink, or by phone call/email).
- Messages may be sent home verbally or sent by email. Please check regularly regarding information.
- Parents are asked not to 'side-line' coach
- Any skater wanting to attend any other coaches classes or other training sessions must ask prior to attending
- Skaters are not to have mobile phone or other distractions at the side of the floor
- Skaters wishing to perform demonstrations not organized by their coach are to ask for permission prior
- Skaters wanting to be involved in shows of outside coaches or clubs must ask for permission prior

**WHAT TO WEAR**

*Normal Training and Lessons*

- Female: Leotards, dresses, shorts, aerobic gear or ballet leotards are acceptable as long as they do not distract from training. Long hair should be tied back. All hair should be off the face.
- Stockings/leggings must be worn by female skaters over the age of 12.
- Male: Clothing should be fitted enough to be able to easily see movement. Clothing choices should ensure that the top half and bottom half to not separate to reveal.
- Denim or other fabrics which restrict movement or baggy clothes which make it difficult to see the movement of the skater are not appropriate.
- Any jewellery worn should take safety into consideration
- Hair must be neat and off the face. There should be no requirement to "adjust" your costuming or hair while skating.

*Big Floor Trainings*

- Female: Club leotards and stockings / or state leotard and stockings (as specified) to be worn
- Male: Club leotards and black skating pants to be worn.
- Hair neat and off the face.

*To Attend Other Clubs Training/Classes*

**\*\* permission must be requested and granted prior to attending \*\***

- Female: Presentable skating leotard with skirt. Hair neat and off the face.
- Male: Leotard and black skating pants to be worn.

*Seminars*

- Stockings for females, black skating pants for males. Hair neat and off the face.
- Dress for each day of seminars will be advised by the coaches. This will likely include club leotard, state leotard and/or Australian leotard.

#### *Competition*

- Skaters must wear over the boot stockings. These stockings should have no holes or pulls.
- All leotards must be approved by relevant coach prior to competition.
- To all competitions/tests, it is highly recommended that skaters carry an extra pair of stockings/spare leotard in case of emergencies. Needle and thread are also handy.
- All female skaters are to wear makeup
- Hair should be neat and clean. League level D, C and B competition should be a bun or similar (unless otherwise discussed with your coach). A grade competitors may choose to wear a ponytail for dance/sfd/csd if straightened and approved by coach prior.
- Male skaters should have black/coloured skating pants without holes. Matching boot covers may be required.
- Facial piercing and tattoos must be removable / coverable for competition/tests.

\*\* Please note – in 2020 there are significant changes to the costume rules as outlined by World Skate. It is vital you check your costumes with Anita prior to wearing them as failure to meet these requirements will result in the skater being removed from the floor and unable to skate until they have a suitable outfit. This could result in the skater not competing.

#### *States/Nationals*

- Skaters are expected to have an outfit for leagues/different outfit for States/Nationals. This State/National leotard can then become the next years league leotard. Alternatively previously worn leotards can be recycled as league leotards. The league leotard it then worn at official training at Nationals. All leotards must be approved by Anita prior to being worn.
- The club has a set State leotard which is worn for state training at Nationals. All club members must wear the club design. There will be a new club State leotard design every 2 years.

#### **COMPETITION/TESTS**

- Skaters are expected to participate in all competitions/tests recommended.
- All appearance fees are to be paid prior to the competition/test. This is included in competition fees for local competitions/states.
- Appearance fees are as follows:
  - Leagues/tests - \$5 individual, \$2 quartet or precision
  - States - \$10 individual, \$5 quartet or precision
  - Nationals - \$30 individual, \$10 quartet or precision
  - Oceanias - \$100 individual, \$30 quartet or precision
- Check with your coach what time you should arrive at the competition/test.
- Skaters should advise their coach and the marshall that they have arrived at the competition when they arrive at the venue.
- Skaters in tests should advise their coach and the test supervisor/marshall as soon as they arrive.
- Skaters should be completely ready and warmed up in the marshalling area 10 minutes prior to event. Skaters participating in quartet or precision/freeskating/dance should complete their regular warm-up regime at each competition.

#### **PAYMENT FOR TRAINING/LESSONS ETC.**

- **All weekly fees must be paid prior to the first attendance of that week. This should be paid into the account with relevant notes attached so the payment can be identified. Families more than \$250 in arrears one week following the distribution of the monthly fees will be required to provide a payment plan in writing following a meeting with the Head Coach and/or Treasurer. As per AGM 2016, if fees are in arrears the skater may not be nominated in any upcoming tests or competitions until this is addressed. Failure to follow the above can result in membership being revoked.**
- Private lessons are paid via invoice from Club Treasurer.
- There will be a fee of \$10 per routine music (eg. Freeskating, CSD). This covers a master copy and a copy for

the skater. This is to be paid into the account. Skaters and parents are required to sign an Intellectual Property agreement in relation to any choreography completed by a club coach.

- Weekly fees cover floor hire and group lesson costs. These must be paid irrelevant of attendance. If classes are cancelled by the club, the credit will be allocated to the skater's account. If the skater has applied in writing for holiday or injury consideration (as per below), this fee will be applied for that week. All other instances require full fees to be paid.
- When going on holiday please give two weeks written notice to be eligible for holiday fee structure (\$5 weekly maintenance fee). To apply for holiday consideration, the required paperwork must be submitted via email to the appropriate email address at least 14 days prior to the first date of absence. Failure to submit by this date will result in full fees.
- If the skater chooses to leave the club, or not continue with skating, two weeks written notice or payment of two weeks fees is required for a clearance to be issued unless exceptional circumstances prevail. This will commence from the first full week of training following written advice being received.
- If a skater chooses to decrease their number of committed classes, two weeks written notice is required for fees to be adjusted. This will commence from the first full week of training following written advice being received. If a skater chooses to increase their number of committed classes, this will be applied immediately.

#### PRIVATE LESSONS

- Skaters are expected to have private lessons as recommended for the disciplines in which they are competing. This is particularly important for those competing in freeskating and SFD as these skaters will need private lessons to choreograph their programs.
- Private lessons (including time and coach) are allocated by Anita based upon the club allocation rules. Temporary additional private lessons are sometimes available when additional time from a coach is advertised via email (First in, best dressed). Beyond this, additional private lessons are then only available if the individual books/pays for the floor independently and requests a coach attendance through Anita (pending coach availability).
- Skaters who are unable to have their private lesson must organize for another skater to take their lessons or pay for the time. Please discuss as necessary with your relevant coach. Please advise both your coach and Anita if you are unable to attend your lesson.
- All club skaters must be coached by a club coach. Guest coaches may be invited to work with skaters as organised by Anita.
- Any problems please see Anita.

#### CLUB FLOOR TIME

The following give way rules should be followed at all times:

- Lessons have right of way over all other skaters.
- Figure skaters have right of way over all skaters except those in a lesson.
- Dance/CSD skaters have right of way over freeskating, but are to give way to figures and lessons.
- Freeskating is to give way to all disciplines.
- These rules are general floor etiquette followed in skating and are designed to keep the skaters safe.
- Before going on the floor for club time, permission must be given by the coach or person designated by the coach. Times outside of specified club time (by the coach) are to be organised by and paid by individuals.

#### WHO TO PAY

**Weekly training fees:** to be paid into account with relevant notation made to be identified to the skater/family. All weeks should be paid at the original stated weekly fee price. If classes are cancelled by the club/coach, members still pay the original stated weekly fee price and the cost for these cancelled lessons will be credited to your account.

**Families more than \$250 in arrears one week following the distribution of the monthly fees will be required to provide a payment plan in writing following a meeting with the Head Coach and/or Treasurer. As per outcome of AGM 2016, if fees are in arrears the skater may not be nominated in any upcoming tests or competitions until this is addressed.**

**Private lessons:** To be invoiced by Club Treasurer and paid into Club Account.

**Competitions/Tests:** to be paid into account with relevant notation made to be identified to the skater/family and as competition fees if possible. Emails will be sent advising the family of the nominations. Unless advised by the family, the skater will be nominated as outlined and the account debited. If the account is in arrears, the skater will be unable to be nominated for further competitions or tests until payments or arrangements made.

**Membership:** to be paid into account with relevant notation made to be identified to skater/family and as membership if possible. Membership fees will not be paid to Skate Australia while the family has arrears against their account.

**Appearance fees:** paid into account with nominations for competition. Nationals and Oceanias will be invoiced separately.

**Music:** to be paid into account.

If you need to check in relation to your fees, please see the club Treasurer.

## CODE OF CONDUCT

The club runs by the Skate Australia Code of Conduct/Ethics for coaches, skaters, parents and officials. Please refer to these documents for further information.

### SKATE AUSTRALIA BYLAW 1B – CODE OF CONDUCT

Version 6

Effective June 30, 2014

As a Member of Skate Australia Inc or a Member Organisation you must meet the following requirements in regard to your conduct during any activity held or sanctioned by Skate Australia or a Member Organisation and in any role you hold within Skate Australia, a Member Organisation:

1. Respect the rights, dignity and worth of others.
2. Be fair, considerate and honest in all dealing with others.
3. Be professional in, and accept responsibility for your actions.
4. Make a commitment to providing quality service.
5. Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age, as your words and actions are an example.
6. Be aware of, and maintain an uncompromising adherence to Skate Australia Inc standards, rules, regulations and policies.
7. Operate within the rules of Skate Australia Inc including national and international guidelines which govern Skate Australia Inc.
8. Understand your responsibility if you breach, or are aware of any breaches of this Code of Conduct.
9. Do not use your involvement with Skate Australia Inc to promote your own beliefs, behaviours or practices where these are inconsistent with those of Skate Australia Inc.
10. Avoid unaccompanied and unobserved activities with persons under 18 years of age, wherever possible.
11. Refrain from any form of abuse towards others.
12. Refrain from any form of harassment towards, or discrimination of, others.
13. Provide a safe environment for the conduct of the activity.
14. Show concern and caution towards others who may be sick or injured.
15. Be a positive role model.

Skate Australia Inc – *Member Protection Policy By-Law 1*, page 17

<http://skateaustralia.org.au/wp-content/uploads/2015/10/ByLaw-1-MPP-June-2014.pdf>

## SUPPORTING YOUR CLUB

The contribution that parents, carers, stakeholders and volunteers make to the club is essential to its success and facilitates its smooth running. This section unpacks some of the ways members and stakeholders contribute to the running of the club.

Guardians and parents are encouraged to support our Star Classes and should check in at the learn to skate desk to identify how they can help.

Each family is allocated volunteer roles throughout the year - either marshalling at the competitions/tests or skate cupboard and the like. It is the family's responsibility to know when they are rostered and to be in attendance.

The Club will impose a financial fine on the member if the allocated family does not have an individual ready to

Marshall at the rostered time. As volunteers are so necessary to keep our sport going the club determined through an AGM vote that there would be a charge for non-participation in volunteer duties.

If when the rosters are drawn up, a time that your family has been allocated does not suit, please arrange a swap with another person. Then email the person co-ordinating the roster to advise of the change. If the change is for the skate cupboard, ensure that the copy of the roster in the skate cupboard is adjusted accordingly.

### **9.1 Learn to Skate Volunteers**

Coaches who have been allocated classes/rostered onto the "session" schedule must have completed the free [SportAus Community Coaching General Principles](#) course prior to commencing in this role. Our skaters who are 12-13 years can assist with a set assistant role and as a fill in for non-attendance of the "session" schedule. Please advise the Head Coach if you would like to be considered to enter into this process.

### **9.2 Skate Demonstration**

At the end of every Learn to Skate session, one of our competitive skaters will perform a dance or free skating routine for the students in the classes. This not only provides students with an example of the type of skills they can develop if they keep training, it also provides the opportunity for our skaters to practice their routines in front of an audience.

At the beginning of each year the Head Coach will allocate dates on which skaters will perform their demonstrations at learn to skate sessions. It is the responsibility of the family to know when these will occur and the skater is to liaise with their coach to determine the routine they will perform.

If a skater needs to change a date, they are to organise a swap and advise the Head Coach of the change.

### **9.3 Marshalling**

Members may be asked to provide a volunteer from their family to assist in Marshalling.

### **9.4 Skate Cupboard**

A responsible member or stakeholder coordinating the cupboard in which our Learn to Skate materials are held is essential for effective and efficient management of skates for our Learn to Skate participants. When you are in charge of the skate cupboard for learn to skate classes you'll need to.

- Be in attendance at the skate cupboard from 9:30am until all skates are packed away. If you need to leave the cupboard, please ensure that the cupboard is supervised in case a skater requires access during the session.
- Place the foot measurement chart out to check sizing.
- Exchange skates for the skater's shoes which are then placed in the position where the skates were removed from. Skates cannot be given out without a pair of shoes being exchanged.
- For safety reasons skaters are to wear socks.
- Check the skates prior to handing them out (eg. are the wheels rolling, are both toe stops attached and secure?). If skates are noted as faulty, please bring them to the Learn to Skate front desk where someone will be allocated to properly maintain them.
- Never leave the cupboard unattended and unlocked.
- When skates are returned they are to be sprayed inside with the Glen 20, laces tied together in front and returned to the position in the cupboard from which they were removed and the skater's shoes are returned to the skater.
- Tidy the cupboard at the end of the session so that it is in a clean and tidy condition for the next volunteer.
- There are areas of the cupboard that hold equipment that we use during sessions so there may appear to be empty spaces. Please leave these free.