



## Fraser Family Promise Skater Code of Conduct

As a member of The Fraser Figure Skating Club family, all skaters must be mindful of and follow, the standards outlined in this Code of Conduct at all times both on and off the ice.

### General Guidelines:

The Fraser Figure Skating Club is committed to providing a fun 'Family' type atmosphere for all involved in our club and programs. This 'Fraser Family Promise' is an effort to have all our skating members commit to supporting this vision. It is very important we all focus on creating a safe and positive environment for all members' physically, emotionally and socially by ensuring that this environment is free of any and all misconduct. We must all make focused efforts to ensure all members, non-members and guests using our ice are treated like family and afforded the highest quality experience during any and all practice, tests, competitions, shows and/or other miscellaneous events associated with our club.

### Behavior:

1. I promise to follow and uphold the standards in this Skater Code of Conduct regarding behavior on and off the ice. I promise to exhibit good sportsmanship and be courteous toward my fellow skaters, coaches, parents of skaters, U.S. Figure Skating officials and guests at all times.
2. I promise to promote a positive and friendly 'Family' type environment towards all my fellow skaters at all times.
  - Remember 'The Golden Rule' —treat other people like you want to be treated—with respect.
3. I promise to always obey the rules of the club as directed by coaches, staff, and/or the ice monitor.

### Ice Etiquette and Safety:

Approved by the Fraser Figure Skating Club Board of Directors on 8/3/2014 for immediate implementation.



1. I promise that while in lesson or practice to always be conscientious and aware of other skaters around me. I also promise not to gather and socialize while on the ice for any non-skating related topics.
2. I promise to skate with the flow of other skaters and familiarize myself with the most commonly used areas for jumps and spins.
3. I promise to recognize that the only time a skater has the 'right of way' is when they are skating their program to music. When I hear another member's music, I will extend that person the courtesy and I will move out of their path momentarily.
  - This only takes a moment and you will enjoy the same courtesy while you are performing your program.
  - However, also understand, that if you are the skater that is skating to your program and another skater happens to be in your way during your music, it is also your responsibility to exercise precaution and take action to avoid any potential collision or contact with another skater. Safety is paramount and safety ALWAYS supersedes any 'right of way' rule!
4. I promise that if I should happen to fall and I am NOT injured that I will immediately get up off of the ice to let my coaches and those around me know that I am OK. I understand that this is for the safety of myself and those around me while on the ice.
  - Please note, that if you are injured, it is completely acceptable to take your time and do whatever you feel is necessary to ensure you do not further injure yourself!
5. I promise not to be destructive to the ice surface, boards around the rink, locker rooms or other areas of the facility.
  - This includes, but is not limited to, kicking/stomping on the ice surface, scratching or other forms of damage the rink boards or locker rooms.
6. I, as an advanced skater, promise to exhibit patience toward beginner members of the club.
  - Remember, you were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters.

#### Acknowledgement of the 'Fraser Family Promise':

I \_\_\_\_\_ (print skater name) understand that unsafe or discourteous behavior of any kind will not be tolerated. I also understand that if I violate my 'Fraser Family Promise' (as described above in this document), that I may be subject to disciplinary action as determined by the Board or Directors, appropriate committees and/or Director of skating programs.

Approved by the Fraser Figure Skating Club Board of Directors on 8/3/2014 for immediate implementation.



Signature \_\_\_\_\_

Date \_\_\_\_\_

Approved by the Fraser Figure Skating Club Board of Directors on 8/3/2014 for immediate implementation.