



## **Skaters Code of Conduct**

- Courtesy and good sportsmanship to coaches and fellow skaters is expected at all times.
- Skaters are expected to wear appropriate skating attire while on the ice ([Dress Code](#)). Clothing with profanity or inappropriate visual elements are not acceptable and a skater may be asked to change. Long hair should be tied back with an elastic or cloth headband.
- Skaters should not interrupt a coach while a lesson is in progress.
- When your session is over, gather your belongings and clear the ice immediately.
- Be respectful to arena staff and property at all times.
- Skaters should use the dressing room at all times. Skaters should avoid using the lobby for changing skates or storage of items during sessions. Matrix Synchronized Skating Academy is not responsible for lost or stolen items. Please leave valuables at home.
- **And remember...**inappropriate behaviour (both on or off the ice) such as the use of foul language towards any individual within the skating school (skater, coach, committee member, parent/guardian, arena staff) will not be tolerated and disciplinary action may be warranted.
- I understand that music selection, competition selection, program components and all on ice decisions are at the coach's discretion.
- I promise to attend every practice in good spirits and be ready to work. Prepared with my equipment and following the dress code.
- I promise to let my team manager know if I will be absent for a practice ASAP. I understand it will be my responsibility to find out from my Team Captains what I had missed prior to my next practice.
- I understand that if I miss a practice, I may be putting my skating position in jeopardy.

- I promise to be a good teammate. Bullying on or off the ice will not be tolerated and could be subject to disciplinary action.
- I promise to only follow what my coach has told me while on ice for Synchro practices, and not be doing free skate (spins jump etc.) during practice.
- I promise to give my coaches my full attention during practices. Talking and goofing around is not acceptable during practice, we will have off ice time to have fun. Please no side conversations they are distracting to skaters and the coach.
- I understand that as the season progresses it is the coach's discretion to adjust my skating status for a competition if she feels my skating skills, attendance or performance is not up to the level of the team as a whole.
- I understand these guidelines are here for my own protection and safety. We all deserve a safe and happy learning environment for our skating season. Being prepared to work each and every week will ensure the skaters are prepared and confident for their competition season.

### **Disciplinary Action**

- The Matrix Synchronized Skating Academy Committee will only commence an investigation when a written letter of complaint is forwarded. If it is determined an infraction/breach of code of conduct has occurred, the following disciplinary actions will be taken:
- **1st Offence:** Verbal warning by the Skater's Coach or Skating School Committee. The Skater's Parent/Guardian will be informed of the warning if the Skater is under the Age of Majority.
- **2nd Offence:** Letter from the Committee will be addressed to the Skater and Parent/Guardian outlining the nature of the violation.
- **3rd Offence:** Suspension from all Skating School programs without compensation for 1 week. This includes all competitions and team events.
- **4th Offence:** Skater may be asked to leave the Skating School/team at the Committee's discretion.
- *In the case of a serious breach of ethics, the skater may be immediately suspended at the Committee's discretion. In cases of suspension or expulsion, no refund of any kind will be granted.*

Skaters Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_