



CODE OF CONDUCT

Club philosophy on coaching

It is the responsibility of each of our coaches to see that all members of the club are taught to skate in such a way that values learned are values that can be applied to everyday living.

A skater may not always win and cannot be expected to always win, however it is their responsibility to do their best at all times. It is the duty of the coach and parent to see that these skaters feel their skating is improving. We do this by keeping good records of skater's times. If the skater shows improvement in their race times, or their personal bests throughout the season, they will feel encouraged to keep trying.

Communicating between parents and coaches is key to ensuring we are doing what is best for each skater in our club. Every skater develops at their own rate so every skater needs different kinds of coaching at different times of the season.

Coach's responsibilities

- plan and conduct practices
- schedule parent/coach meetings as required
- provide emergency response on ice during practice

What our skaters can expect from our coaches

- organized practices
- information about meets and rules
- communication
- competency
- realistic goals and expectations
- enthusiasm and commitment to develop skaters and their love for the sport by making their practices and competitions FUN FOR ALL.

What our coaches expect from the skaters

- show up to all or as many practices as possible, and to be on time
- listen and to try their best
- encourage each other
- respect coaches, other skaters and officials
- communicate with the coaches
- honest effort to set new personal goals
- show sportsmanship in competitions
- most important - HAVE FUN!

What our coaches expect from parents

- be positive and supportive of all skaters
- be available at practices to help with placing mats on the ice or to remove them from the ice
- have your skater ready to go on the ice at the proper time with proper equipment
- sharpen skates
- communicate problems/conflicts re: practice times, program, etc. and encourage coaches in their efforts to develop skaters
- social involvement within the club to help develop skater friendships

MEMBER CODE OF ETHICS

As a member of the Banff/Canmore Speed Skating Club, I promise:

1. To carry out my speed skating activities in a spirit of goodwill towards all, and in particular
 - a. To my coaches and their assistants whose greatest reward is the respectful cooperation I will show to them at all times.
 - b. To my fellow skaters and competitors, who will find me a good sport on every occasion, one who loses and wins with grace and dignity.
 - c. To parents, officials and volunteers whose efforts provide me with opportunities to train and compete.
2. To be appreciative of my club whose generosity has provided me with the facilities and equipment that I will care for as my own.
3. To attend skating practices regularly and on time.
4. To respond to instruction with enthusiasm and respect.
5. To be loyal to my club - at home and away from home.
6. To strive to do my best.

SKATER CODE OF CONDUCT

1. Skaters will comply with instructions from the coaches who, in consultation with the parents, have the final authority at all competitions and practices.
2. Possession and/or use of alcoholic beverages, tobacco or illegal drugs will not be tolerated. Use of any of these will result in immediate suspension.
3. A curfew may be set for each trip by the assigned coach(es). Skaters are expected to abide by the curfew.
4. No minor skater, traveling without their parent(s), will leave the rink or accommodation without permission from the coach, manager, or chaperone. No adult skater will leave the rink without informing the coach.
5. Absolutely no foul language will be tolerated at competitions or practices.
6. The use of hotel rooms, private rooms, skating facilities, buses and private vehicles is a privilege.
7. Skaters will be held responsible for any damage they cause.
8. Respect of all officials and fellow competitors is expected - on and off the ice.
9. Any use of banned performance enhancing substances is prohibited.
10. Skaters will conduct themselves with decency and modesty while changing.
11. Skater conduct will comply with standards set by the Alberta Amateur Speed Skating Association and Speed Skating Canada.

Adapted from Saskatoon Lions Speed Skating Club