



Missoula Figure Skating Club Code of Conduct and Disciplinary Procedures

The following is a copy of the MFSC Code of Conduct and Disciplinary Procedures. Each skater and parents, if skater is a minor, are requested to review, discuss and accept this Code of Conduct and indicate that they have read and understand their responsibilities by signing the attached agreement before participating in Club activities. The Club will benefit by having a uniform standard of behavior that everyone is familiar with. The coaches and rink officials will spend less time on discipline and the assumption will be that skaters are genuinely interested in improving their skills during our ice time.

Code of Conduct

GENERAL

The Missoula Figure Skating Club practices, tests and performs at facilities not owned by our Club. All members must conduct themselves in a manner respectful of all policies and property at these facilities. Any violation of facility policy may result in suspension from the use of these facilities. This MFSC policy is also in effect during **public skate sessions** and when the Club is represented at out of town activities. Please exhibit a model of behavior that will provide a good example to the community and to the public and encourage pride in our Club.

Skaters are expected to display proper respect and sportsmanship and a positive attitude towards their competitors, fellow skaters, coaches, officials, parents and the public.

Skaters are expected to follow the direction of the coaching staff, facility rink attendants and designated MFSC members acting as rink attendants.

Any act performed by a Club member that a coach, Club member or rink attendant sees and deems unsafe or inappropriate may be brought to the MFSC Board's attention for any disciplinary action necessary.

Persons appearing to be under the influence of alcohol or mood-altering drugs will not be allowed on the ice.

ICE ETIQUETTE

The following right-of-way order is established to insure safety for all skaters on the ice and is in effect during all sessions.

- 1st priority - Skater in a lesson with their music playing
- 2nd priority - Skater in a lesson
- 3rd priority - Skater who has their music playing
- 4th priority - Skater who is in a spin

We must all learn to be more aware, cautious and considerate of other skaters on our limited ice time. We do not have the luxury of dividing each session between high (test), low (test) and recreational (non-test) skaters. Be aware of usual patterns in skating routines, exercises, ice-dancing and Moves-In-The-Field. Skate with your eyes up and with a clear head. Keep distracting conversation to a minimum. Remember you are not out there alone and each person needs to be responsible for everyone else's safety. The enclosed map and etiquette guidelines provide an example of how to utilize the ice safely.

SPECIFIC CLASSES OF INFRACTIONS

CLASS I

Running, spitting, littering, yelling, tossing objects or snowballs. Chewing gum, eating or drinking on the ice. (Exception for water bottles kept at the rink edge).

Discourteous behavior.

CLASS II

Abusive or obscene language, profanity, or any gesture of profanity. Insubordination toward any coach, official, parent or member acting as rink attendant. Refusal to comply with directive from coach or rink attendant. Displaying or promoting unsafe actions on the ice, locker room or rink facility. Deliberately skating in a manner that interferes with another skater's safety. Any destruction or defacement of property including the ice surface.

CLASS III

Any intentional physical contact, bodily or by throwing objects, which would be considered aggressive in nature by a responsible, prudent person. Threatening or harassing of other skaters or persons. Possession or use of any illegal substance on the premises. Stealing of any item or property.

CONSEQUENCES FOR INFRACTIONS

CLASS I

- 1st offense - verbal warning
- 2nd offense - verbal warning with warning of upgrade upon next offense
- 3rd offense - Upgrade to Class II - 1st offense

CLASS II

- 1st offense - Removal from ice for 2 skating sessions (the ones usually skated by the individual, i.e. if the skater does not attend a.m. sessions regularly those would not be counted).
 - Written apology to offended party
 - Letter of reprimand, warning of status upgrade upon next offense
- 2nd offense - Upgrade to Class III - Meeting of all parties concerned for disposition.

CLASS III

A class III infraction will involve a meeting of the board, skater, and parents (if skater is a minor). Consequences may include any or all of the following.

- 1st offense - Removal from ice for 14 calendar days
 - Written letter of apology to person before return
 - 30 calendar days suspension from club sponsored performances
 - Upon return to ice, parent must accompany skater (if minor) to the rink for the next 30 calendar days
- 2nd offense - Permanent club suspension and recommend suspension from the rink
 - Notification of conduct violation and suspension sent to **USFS**

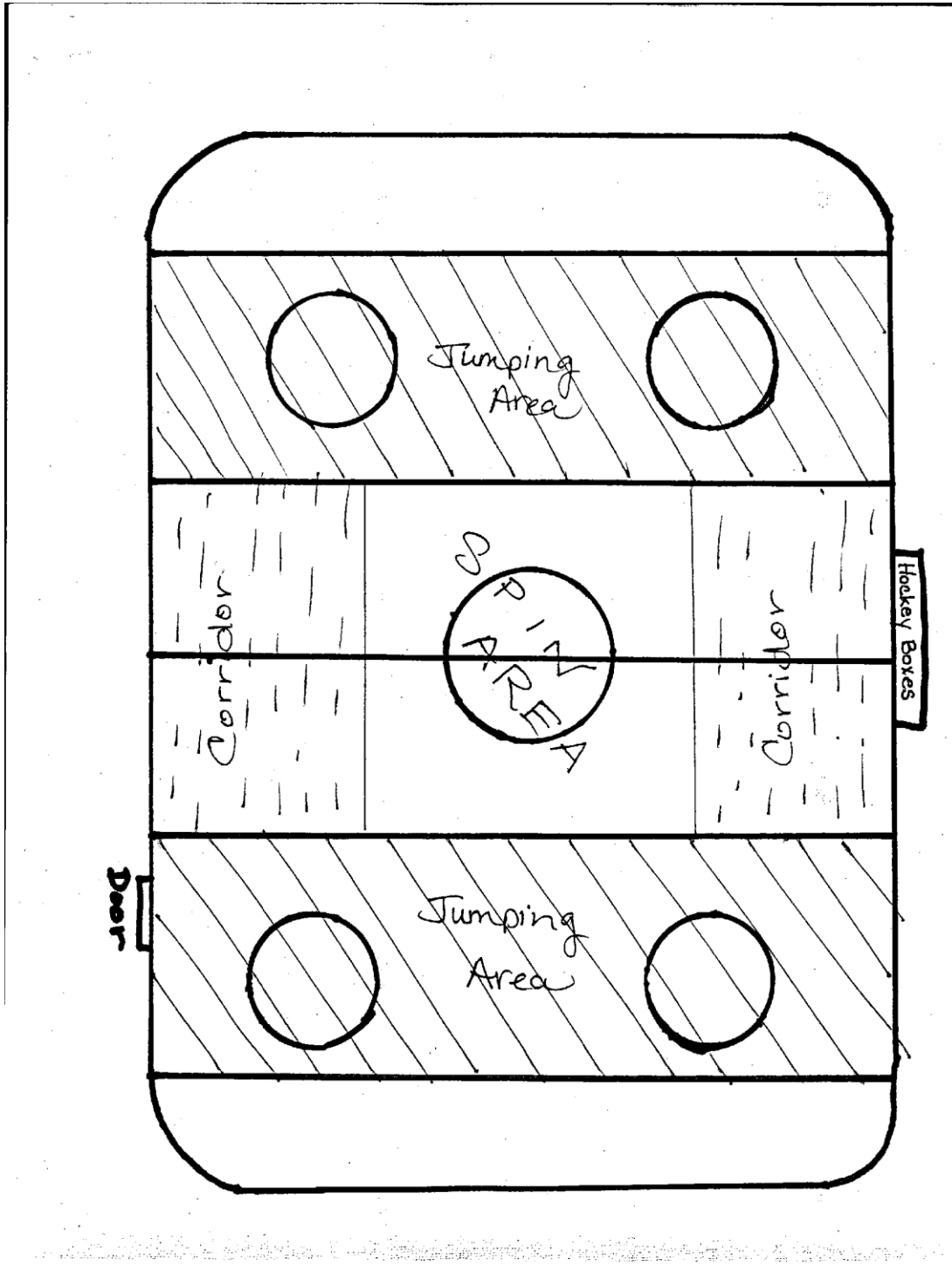
APPEALS

All disciplinary and appeal processes will be guided by the Club bylaws.

Ice Etiquette guidelines for safe and fun skating sessions:

1. **Keep moving!** Everyone's skating is improving so use the entire rink, not just a corner. Save your figure and edge work for a less crowded session, if necessary. At no time should a skater stop in the middle of the ice to talk or visit with another skater. If you need to converse with another skater please keep moving together or move next to the boards.
2. **Look where you are going at all times!** When you are skating backwards it doesn't mean everyone has to look out for you. Skaters are responsible for looking in the direction they are skating, forwards or backwards, and being aware of where other skaters are.
3. **Don't linger in a skating / jumping pattern!** Most jumping is done between the blue lines and the ends of the rink. Skaters use crossovers to gain speed from one end of the rink to the other and then perform their jumping. Waltz jumps, salchow jumps, loop jumps, and axel jumps are usually done on a circular pattern. Whereas, toe loop jumps, flip jumps and lutz jumps are usually done from a straighter take off pattern. Please try to get used to and USE these skating patterns. Not only will they provide you with the speed you need to jump, but also your skating will improve if you utilize the entire rink. After you complete your jumping sequence, keep moving so another skater may jump in that area too.
4. **Spin in the center! (And center your spins!)** Since jumping is usually done near the ends of the rink, spins should be practiced near the center of the rink. This also allows the long sides of the rink to be used as corridors for gaining speed during jumping patterns. Be considerate of others trying to practice their spins and select an appropriate area for each spin you do.
5. **Keep your eyes open for priority skaters!** When a skater is doing their program, they have first priority or right-of-way so to speak. See the ice etiquette page for a listing of the other priority skaters. It is common etiquette to make an extra effort to stay out of these priority skaters way. This **does not** mean stop skating and stand at the boards. You have important moves to practice too, but make an extra effort to watch for skaters playing their musical program, skaters in a lesson or skaters in a spin. Try to move to another area if they come your way and extend them the courtesy you would want from them in return.
6. **See attached map for common freeskate areas!** If you have any questions on ice etiquette, please ask a Club instructor and they will be happy to explain how skaters maneuver on a freeskate session. MFSC wants all of you to feel safe and enjoy a productive skating session.

TIP: Here's a little tip for practicing your musical program or Moves In The Field patterns (outside of your lesson): The early afternoon sessions on Tuesday and Thursday, the noon sessions on Monday, the morning session on Friday, and the high/low sessions on Sunday are ideal for practicing your musical program or Moves patterns. These sessions are less crowded; therefore making it is easier for you to make it through your program or Moves patterns without interruption.



Basic Safety Rules for MFSC Club Ice Sessions

- * Sign in for club ice.
- * Do not bring breakable containers rink side.
- * Stay aware of other skaters on the ice. Be respectful of all skaters at all times.
- * Try to anticipate other skaters' patterns as you decide your own.
- * Look ahead, and behind, for other skaters, especially if you are a less experienced skater.
- * Be patient with less experienced skaters.
- * Look both ways before skating across the ice.
- * Attempt to keep moving at all times.
- * The skater doing a routine to music (in an orange vest) has the ultimate right of way.
- * Give way to skaters on the jump harness.
- * When club ice is over, exit the ice or help fill holes.
- * Be cautious with use of IPods (or other music players.) Use only when fewer than 10 skaters on the ice and use only one ear bud so you are able to hear what is happening on the ice. (Coaches are the exception, if using for choreography.)
- * Coaches - please be aware of other skaters & coaches; coach and demonstrate at boards or keep moving with your skater; avoid standing in middle of ice unless necessary.
- * Absolutely no stopping and talking in the middle of the ice. This activity (although not encouraged) must be done on the boards.
- * PRACTICE HARD & HAVE FUN!



CODE OF CONDUCT AGREEMENT

This agreement is between the Missoula Figure Skating Club and each member and his/her parent or guardian acknowledging they have received and understand the Code of Conduct policy of Missoula Figure Skating Club.

1. I have received, read and fully understand the attached document “Missoula Figure Skating Club Code of Conduct and Disciplinary Procedures”.
2. I understand that the terms of this Agreement are in effect while I am a member of Missoula Figure Skating Club and/or participating in any Club activity and/or representing the Club at out of town activities.
3. I accept the MFSC Code of Conduct Agreement as morally binding and will honor the terms of this Agreement. I fully understand violation of this Agreement will result in the actions stated in the Consequences for Infractions section.

I/WE AGREE TO ABIDE BY ALL TERMS. I ACKNOWLEDGE THAT I (AND MY CHILD) HAVE READ AND FULLY UNDERSTAND THIS AGREEMENT.

Name of Member: (please print) _____

Signature of Member: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

This Agreement must be returned to MFSC before the member will be allowed on the ice. Detach this page from the Code of Conduct document and return to address below:

MFSC • PO Box 9195 • Missoula MT 59807