



Lansing Skating Club Code of Conduct



All members of the Lansing Skating Club agree to adhere to this Code of Conduct at all times.

Lansing Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. This Code of Conduct has been established to ensure the safety and well-being for all home club, associate, non-members and guests who purchase freestyle and/or off ice sessions and who participate in all club-related activities.

All members, regardless of whether they hold home club, associate, non-member or guest status must follow and uphold the tenets in this Code of Conduct regarding behavior on and off the ice. All club members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents of skaters, U.S. Figure Skating officials and guests.

Our club is committed to promoting a positive and friendly environment for all skaters. Remember "The Golden Rule" – treat other people like you want to be treated – with respect.

Ice Usage and Free Skating Etiquette Safety Rules

Basic rules governing all behavior

- Please respect the rights of others.
- Please respect the arena's property and the property of others.
- Follow the arena's Ice Usage and Free Skating policies.

Specific rules governing free skating sessions

- Sign in at the front desk and pay for each session before stepping on to the ice.
- No breakable containers are allowed rink side. Drinks are allowed on the boards. No food is permitted on the ice.
- Please pick up all belongings (including dirty tissues, water cups, bottles, etc.) at the end of the session.
- Benches by the ice are to be used by skaters and coaches only.
- Coaching by parents from the bleachers or boards is not allowed at any time. This interferes with a constructive training session. Parents will be asked to leave the arena if this happens.
- If skaters must talk to someone off ice, they need to get off the ice to do so.
- If you fall and are unhurt, please get up immediately. Sitting on the ice for any period of time interrupts the flow on the ice and impedes practice for other skaters.

Ice Usage

- It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own.

- If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyle at one time, too.
- Please be understanding if someone gets in your way.
- Look both ways before leaving the boards or skating across the ice.
- Keep moving while on the ice; it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.
- Skaters must skate with the flow of other skaters and familiarize themselves with the most commonly used areas for jumps and spins.

Right of Way

- The skater doing their program to music has the right of way, even if not in a lesson.
- Colored belts are provided to help identify the skater whose music is being played. If the session is crowded, please wear the belt when you play your music to help other skaters know you are skating your program. Please stay aware of which skater is doing his/her program and do your best to stay clear of his/her pattern.
- Skaters taking a lesson have the right of way over general skaters in the session.
- Skaters on the harness also have the right of way. Please be careful of the cable harness area, as well as skaters using the pole harness, as they are not able to quickly change course to avoid collision.

Music

- Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches.
- After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation. Dance music can take the place of program music.
- Coaches may put the music of the student they are teaching ahead of other skaters not in a lesson.
- Please do not stop and restart your music if others are waiting in line.
- Please handle the music equipment with extreme care.
- If no program music is to be played, background music can be played on a first come first serve basis. Please do not turn off others music without permission, unless for program music.

Prohibited Behavior

Included but not limited to:

- Kicking, digging holes, scraping or stomping the ice or boards with your blades.
- Lying on the ice, congregating at the boards, disrupting ice flow, or impeding other skaters' practice in anyway.

- Being abusive, shaming or bullying other skaters or coaches, either verbally, physically, in writing, or online.
- Deliberately challenging, scaring or intentionally blocking another skater.
- Videotaping anyone other than yourself or your own skater.
- No phones will be allowed on the ice surface. Phones may be used to play music but must remain at the music box.

Clearing the Ice

When the Zamboni doors open, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off music and clear the ice – no exceptions.

***The Skating Director and skaters' coach reserve the right to remove skater from ice and/or arena upon any violation of codes of conduct.**

SafeSport Policy

Lansing Skating Club and U.S. Figure Skating have ZERO TOLERANCE for abuse and misconduct. The U.S. Figure Skating SafeSport Program, which is adhered to by the Lansing Skating Club, addresses the following types of abuse, harassment and misconduct:

1. Bullying, Threats and Harassment
2. Hazing
3. Emotional Abuse
4. Physical Abuse
5. Sexual Abuse
6. Willfully Tolerating Misconduct

Skaters, parents, coaches, and Board members are required to follow all U.S. Figure Skating SafeSport policies and to report any suspected violations as described below and in the U.S. Figure Skating SafeSport Handbook.

The Lansing Skating Club promotes the philosophy that the essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship.

Social Media Policies

Please be responsible and respectful when using social media, using positive messages about the Club and its members.

Coaches' Code of Conduct

All coaches agree to:

- Obey and abide by all U.S. Figure Skating published rules, regulations and procedures.
- Maintain exemplary standards of personal conduct.

- Obey all state, national and international laws.
- Not use alcohol, illegal drugs or substances, which could impair ability or judgment as a coach.
- Refrain from using any profane or abusive language.
- Not engage in sexual harassment or sexual misconduct with any athlete.
- Teach and support the athletes fairly and equitably.
- Never discriminate against any athlete.
- Adhere to all principles and ethical standards outlined in the U.S. Figure Skating SafeSport Program Handbook.

Adult Member Commitment

All parents, coaches, and adult members agree to:

- Encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches, parents, and officials at every practice, competition and test session.
- Place the emotional and physical well-being of my skater and others ahead of my desire to win.
- Encourage my skater to skate in a safe and healthy environment by maintaining a respectful and courteous attitude to others.
- Teach my skater that doing his/her best is more important than winning.
- Not ridicule, bully, blame, or yell at my skater or other skaters, coaches, officials, parents, or volunteers in response to a poor performance or for any other reason.
- Teach my skater to treat other skaters, coaches, fans, volunteers, officials, parents, and rink staff with respect, regardless of race, creed, color, sexual orientation or ability. I will also take action and report any acts of bullying, harassment or abuse to the appropriate authorities.
- Applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.
- Resolve conflicts calmly and peacefully without resorting to hostility or violence.
- Not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
- Respect the decisions of officials, their authority and decisions during competitions and test sessions and teach my skater to do the same.
- Show appreciation and recognize the importance of volunteers and club officials. I will fulfill my responsibility to help my club with membership, special projects, competitions and test sessions.
- Support and respect all skaters and their right to participate.
- Adhere to all principles and ethical standards outlined in the U.S. Figure Skating SafeSport Handbook.

Parent Commitment

All parents of LSC skaters agree to:

- Promptly inform my child's coach of any physical/mental disability or challenge

- affecting my child that may affect the safety of my child or others.
- Expect my child's coach to be in compliance with all requirements of U.S. Figure Skating and the Professional Skaters Association, to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
- Respect my child's coach and refrain from "side line" coaching my child or other skaters.
- Educate myself regarding the proper procedures to follow when establishing or terminating a coaching relationship. (See Skating Director for more details)
- Adhere to all principles and ethical standards outlined in the U.S. Figure Skating SafeSport Handbook.

Complaints and Violations

Anyone experiencing or aware of abuse, harassment or misconduct in violation of the SafeSport Policy, or any of the additional rules established in this Code of Conduct may contact the SafeSport Compliance Chair or the skater representative (Hannah Miller for the 2020-21 season). Any suspected SafeSport violations may also be reported directly to U.S. Figure Skating at <http://www.usfigureskating.org/SafeSport>. Reports of sexual misconduct or abuse should be made directly to the U.S. Center for SafeSport.

Complaints received by the skater representative that may involve an area addressed by the SafeSport program will be reported promptly to the SafeSport Compliance Chair for review. The SafeSport Compliance Chair will consult with the Skating Director, and will jointly make a determination on whether the complaint is a violation of any SafeSport Policy or whether further investigation is needed. If it is determined that the complaint lists a violation of a SafeSport Policy, the SafeSport Compliance Chair shall report to U.S. Figure Skating.

For all complaints, the matter will also be addressed by the SafeSport Committee under the conflict resolution process described below. The Committee will consist of the Skating Director, the SafeSport Compliance Chair, the skater representative, and one member appointed by the Board of Governors. In any matter where there is a conflict of interest, that Committee member shall recuse him or herself from all discussions. If the Committee finds that a violation of the Code of Conduct has occurred, the Skating Director and, if applicable, the skater's coach, will typically address it under the conflict resolution process. Depending on the severity of the violation, one or more of the progressive discipline steps may be skipped.

Both LSC and, if applicable, U.S. Figure Skating will use reasonable efforts to maintain anonymity but cannot guarantee that a report will remain anonymous. Regardless of whether an allegation is proven, LSC supports the Claimant(s) right to express concerns in good faith. Neither LSC nor U.S. Figure Skating will allow or tolerate attempts from any individual to retaliate, punish or in any way harm any individual(s) who report a concern in good faith. Such retaliatory actions against a Claimant may be grounds for disciplinary action.

Conflict Resolution Process

1. First Offense: Skater/coach/parent will be addressed verbally (in private) regarding the violation by the Skating Director (and skater's coach if a skater violation). Skater's parent will be informed. The skater/coach/parent may be asked to leave the ice and/or arena immediately upon violation. Offense will be documented in writing and maintained in a disciplinary file.

2. Second Offense: Skater/coach/parent will be given a written reprimand which will be added to their disciplinary file. The Committee, however, has the authority to impose a suspension at this stage if the offense is deemed severe enough that the safety of the skater, other skaters, coaches, staff or parents is at risk. If the Committee determines that suspension is necessary, the skater will be immediately removed from the ice and/or arena and suspended from all programs and sessions including freestyle, stroking, power, jump class, open skate, testing, and competition for one week (7 days) without refund for lost ice time. If a skater is suspended, it is at the coach's discretion whether or not they charge for missed lessons. In the instance of a written reprimand or suspension, parent will be notified. A written reprimand will be given and a copy maintained in a disciplinary file.

3. Third or Subsequent Offense: If there are multiple or repeated violations of any tenet of the Code of Conduct, or if U.S. Figure Skating determines that a SafeSport violation has occurred, additional disciplinary steps will be taken and may result in the suspension or loss of membership, and/or loss of eligibility. Further, repeated offenses and all other documented offenses may be taken to the SafeSport Committee at U.S. Figure Skating if applicable. Any recommendation to revoke membership or suspend for a period greater than one month will be referred to the Board of Governors for final approval. The Board of Governors will issue its decision within 30 days of the Committee's recommendation.

Lansing Skating Club Code of Conduct Agreement Form

When Lansing Skating Club members apply for or renew their LSC membership, all are annually required to signify by signing that they have read the Code of Conduct and Policies above and agree to uphold all guidelines and tenets of this document.