



2020-2021 REGISTRATION INFORMATION

The Richmond Rockets Speed Skating Club (RRSSC) is a non-profit volunteer-based sport club with parents fulfilling all roles within the Club. We encourage all parents and/or guardians to help whenever and wherever possible in the process of building our Club for our skaters. With your support, our Club will operate effectively and expand. Please get involved as it is a great way to socialize and learn about speed skating.

For safety reasons, a parent/guardian/designated adult of minors(<16yrs) must be present while his/her skater attends the Club's activities. This is a City of Richmond rule which applies to all their facilities and field of play unless spectating is prohibited due to current health regulations.

SKATING GROUPS

Members have a choice to skate with the Richmond Rockets one or two days a week. The RRSSC skates on Tuesdays and Thursdays from September to March. The RRSSC has complimentary Sunday session twice a month. Each session is divided into 2 groups.

- **GROUP 1:**
 - New/Beginner skaters, who have no speed skating experience, but have completed the Learn to Skate Level Orange course or have skating skills of similar level OR
 - Intermediate skaters who have the basic speed skating skills but have not yet met the minimum speed skating fundamental skill set to advance to Group 2*.
 - Minimum age: For safety reasons, skaters 5-7yrs old must be able to take directions and able to demonstrate safety awareness and focus during lessons.
 - 60 minutes duration
 - **16:15 to 17:15**

- **GROUP 2:**
 - Returning Group 2 skaters & advanced skaters of similar speed and skills.
 - Intermediate to Advance skaters who have demonstrated speed skating skill set, physical maturity and experience to safely skate at high speed with others.
 - 60 minutes duration
 - **17:15 to 18:15**

** The RRSSC Head Coach makes the exclusive decision in advancing a skater from Group 1 to Group 2.*



LESSON / SESSION OPTIONS

- Once a week with extra session, are **Tuesdays** only plus up to 2 **Sundays/Month**
- Twice a week sessions are **Tuesdays** and **Thursdays** plus up to 2 **Sundays/Month**
- **Drop-in on Thursdays ONLY** -- applies to Group 2 level skaters who are registered in their respective Club and want the added skating ice time.
- Sunday session: Up to two Sundays per month
 - Group 1 – 15:45 – 16:45pm (60 minutes)
 - Group 2 – 16:45 – 17:45pm (60 minutes)

SKATER ADVANCEMENTS

The Coaches perform skater assessment throughout the season to determine if he/she has mastered the speed skating skill set at their current level. The Coaches will advance skaters to the next level as appropriate based on assessed readiness.

CANCELLED ICE SESSIONS

The club reserves the right to cancel sessions due to unforeseen reasons. You will be notified by email of all cancellations in a timely manner.

COMPETITIONS

Ability Meets (Interclub) are held by various speed skating clubs throughout the province during the season. These events are scheduled on weekends and you will be notified by email by your Head Coach or Registrar. Please confer with your coach if your skater is ready for the experience of competition.

Registration forms to these events will be emailed to you and must be returned by the deadline.

Please make cheques payable to Richmond Rockets Speed Skating Club. The Club will issue one cheque to the Host Interclub for cover our RRSS Club participant registration fees.

PLEASE NOTE: Group 2 skaters who plan to compete at any nationally sanctioned meets (eg: Western Elite Competition #2, Canada West, National Qualifiers for LT/ST events) must pay the BCSSA/SSC Elite Association Fee at registration.



SAFETY EQUIPMENT REQUIREMENTS

All skaters are required to wear:

- CSA approved hard shell helmet (bike helmets NOT allowed)
- protective sport glasses (goggles, available from club)
- neck guard (any sporting goods store in hockey section)
- cut resistant gloves (available from club)
- knee pads, (e.g. volleyball type soft ones)
- shin guards (soccer style)
- ankle protection (cut-protection tube socks, available from club)
- full-cover protection

Skaters must dress properly so that no areas of the skin, from the chin down to the toes, are exposed. **NO SKATER IS ALLOWED ON THE ICE WITHOUT THE ABOVE LISTED MANDATORY SAFETY EQUIPMENT ON.** Speed skating practices and competitions take place in rinks where the corner side boards are covered by dense foam mats to protect skaters in the case of falls. Gloves, goggles, and tube socks are available from the club. Some skin suits include full-cover, neck, knee and shin protection in one piece. Contact the equipment manager to order a club suit. For more details see <https://www.richmondrockets.org/equipment-and-clothing/>

Other Equipment to take to practice:

- water bottle
- cloth for wiping blades
- hard skate guards (available from club)
- soft skate guards
- face mask (as per COVID-19 policy)
- if getting ready at the rink, bin (20L) to keep equipment in during practice

Skates must be protected using hard skate guards when walking. When storage, skates must be kept in soft guards to prevent rust. Skates must be sharpened manually regularly (at least once/month). Skate sharpening lessons will be provided to new skaters. The following list of items are normally used when sharpening skates, depending on the method used. See website for more information.

- sharpening stone
- deburring stone (available from club)
- sharpening jig
- cleaning cloth
- oil



SKATE RENTALS

Skate rentals are available from the club. The skate rental fee includes the use of RRSS Club skates for the duration of the Fall/Winter and/or Spring/Summer seasons. It is the responsibility of the parent/guardian/adult skater to maintain the skates by:

- Checking for loose screws/bolts throughout the season
- Using skate guards when not on the ice
- Sharpening skates as necessary throughout the season
- After each session, skate blades must be thoroughly dried with an absorbent towel...AND
- Skate guards should never be left on the skates when not in use. Moisture will build up when blades are still cold which will cause blades to rust.
- If there is a problem with the skate laces or any other issue, please let us know.
- **Skates should be returned sharpened.**

A skate deposit is required at the beginning of the season with a post-dated cheque. This cheque will be returned to you when the skates are handed in at the end of their last registered session.

Fall/Winter Speed Skating Season: A post-dated cheque (March 31st, 2021) with signed agreement. All rented skates must be returned before; on the last day of the skater's session; at the May AGM meeting for inventory and skate maintenance/assessment before spring/summer rental.

Spring/Summer Rentals: A post-dated cheque (August 31st, 2021) with signed agreement.



VOLUNTEER AGREEMENT

As a volunteer-run speed skating club, the executive team tries to give the skaters the best experience for them to want to return the following season and continue with the sport. To make this Club a success, we need parent/family participation throughout the season and especially during organized Club events.

The V-Rroom Challenge and Richmond Oval sanctioned speed skating events require Club volunteers and other volunteer group sources to participate in these all-day events.

A minimum of 16 cumulative volunteer hours per family are expected for each skater registered and an additional 8 hours for each additional skater in the same family. A post-dated cheque for **Volunteer Activity Deposit of \$200** is required for **each registered skater**. Once your minimum volunteer hours reached, your deposit will be returned to you. A portion of the deposit will be retained if less than the minimum volunteer hours reached. Retained deposit will be put towards the expenses incurred during these events. Efforts in providing the Club with corporate sponsorships will count **1.5 hours per sponsor** towards your volunteer hours. In the event of a COVID-19 closure this policy will be revisited.

COVID-19 RETURN TO SPORTS PLAN

The Richmond Rockets Speed Skating club has created a safety plan that outlines the steps club members must take to minimize the risk of transmission of the COVID-19 virus and to ensure that they meet the recommendations of the Province of British Columbia, the Provincial Health Officer (PHO), WorkSafe BC, the Richmond Olympic Oval, BC Speed Skating Association (BCSSA) and ViaSport to return to sport in the Richmond Olympic Oval facility. Members will be required to complete a **symptom screening check** and abide by **safety guidelines** in the club's **COVID-19 Return to Sports Plan** and complete a waiver acknowledging and assuming the risks involved in volunteering and/or participating in speed skating activities.



REGISTRATION FEES AND DEPOSITS

Total Fees for registration consist of the following:

- **BCSSA and SSC Skater Membership Fees**

BC Speed Skating Association and Speed Skating Canada Membership. **All members should normally register as competitive** so they are insured for competitions unless they DO NOT wish to compete at all during the season.

- Elite \$115 BC + \$63 SSC* \$178
- Competitive \$95 BC + \$42 SSC* \$137
- Recreational \$75 BC + \$21 SSC* \$96

- **BCSSA and SSC Associate Membership Fee**

Mandatory for Parents/Guardians of Skaters Under 16, the Associate Membership fee covers the parent/guardian's insurance when helping with club activities and/or events on or off the ice. *Volunteer/Associate Member \$19 BC + \$6.50 SSC = \$25.50*

- **RRSSC Session Fees – Sep 22 – March 11**

- One Day a Week + Complimentary Sundays (Group 1)* \$345
- Two Days a Week + Complimentary Sundays (Group 1)* \$435
- Two Days a Week + Complimentary Sundays (Group 2)* \$525
- Drop-In (10 Passes)* \$130

- **Skate Rental Fees**

- September – March \$175
- April – August \$75

- **Mandatory Deposits**

Please make cheques payable to **Richmond Rockets Speed Skating Club** post dated to March 31, 2021. Post-dated cheques will not get cashed unless necessary and will be destroyed or returned at the end of the season.

- Skate Rental Damage Deposit \$600
- Volunteer Activity Deposit \$200 per skater



WITHDRAWAL POLICY

Any request for a refund of registration fees can be submitted by completing the Skater Withdrawal Form and sending it to the Financial Assistance Committee (President, Treasurer, Registrar) at treasurer@richmondrockets.org; however, there will be no guarantees of any or partial refunds. Given that matters of financial assistance are considered confidential, all decisions of the Financial Assistance Committee are final and are not subject to further appeal within RRSSC. Each case will be decided based on the merits of the request and the financial stability of RRSSC.

The committee will use the following as a guideline when considering registration refund requests:

- Non-Refundable costs - BCSSA/SSC Association/Insurance fees, payment processing fees, volunteer deposits and any purchased equipment from the RRSSC
- If external funds are received such as KidSport, Jumpstart or Athletic 4 Kids organizations, refundable funds would include only the paid difference.
- Withdrawal application form received prior to:
 - **October 31: \$25 administration fee will apply.** A pro-rated refund based on ice-time attendance in September.
 - **November 1 or later: NO REFUNDS.** Withdrawals for medical reasons will be considered on a case-by-case basis and will be decided by the Financial Assistance Committee (President, Treasurer and Registrar).

Two specific considerations:

1. Beginning skaters (first year in speed skating) of any age will be given up to 4-5 lessons to decide if they want to continue with the sport. If they choose not to continue, a partial refund will be given minus the non-refundable costs and percentage season remaining.
2. Any skater in which the skater or parent is involved in disciplinary matters or non-compliance with Richmond Oval or Club health and safety policies will not be granted any refund.

In the event of a closure due to COVID-19. A pro-rated refund will be calculated minus the non-refundable BCSSA/SSC and processing fees.



REGISTRATION CHECKLIST

2020-2021 Registration is online only and is accessible via IceReg.ca at

<https://icereg.ca/#!/events/richmond-rockets-speed-skating-club>

Please bring the following documents on skate pickup day.

- Equipment Rental Agreement
- Medical Information Form
- Volunteer Deposit Cheque
- Skate Rental Cheque

You will be presented with the following waivers that you will be required to agree to during registration for each registrant. Please read them carefully.

- BCSSA Concussion Protocol
- RRSSC Athlete Code of Conduct
- RRSSC Withdrawal Policy
- RRSSC Privacy Policy
- RRSSC Return to Sports Plan
- RRSSC Adult or Minor Waiver and Assumption of Risk Agreement
- BCSSA Adult or Minor Waiver and Assumption of Risk Agreement
- BCSSA COVID-19 Return to Sport Acknowledgement
- SSC Facility Use Agreement and Data Use Policy

Registration Ends Nov 1, 2020



COVID-19 SAFETY PLAN

The Richmond Rockets Speed Skating club has prepared a ***Return to Sport Plan*** to minimize the risk of transmission of the COVID-19 virus. Please read the plan. A summary of the guidelines is below. Failure to comply will result in the participant's removal from activities.

- All skaters, coaches, associates, volunteers and guardians will each be required to conduct daily symptom screening using a wellness questionnaire or self-assessment on the **RRSSC TeamSnap app** before coming to each practice.
- No spitting policy will be enforced.
- **All participants and support personnel must wear non-medical masks** (also known as face coverings) at all times. Entry to the facility will be denied if no masks are worn. Non-medical masks are acceptable except for vented masks. Masks must be secure and not at risk of falling off during practice.
- Arrive 10-15 min prior to your session.
- **Group 1: Arrive fully dressed preferably with skates on** with own filled water bottle before leaving the car. Check in with group coordinator. Coordinator will lead you to the designated staging area. **Parents are asked to leave and be reachable by phone**
- **Group 2: Arrive fully dressed, skaters are responsible to bring a plastic bin with a lid (~20L)** to store their own equipment such as their own filled water bottle, cloth to wipe skate blades, an extra mask, skate guards and any other personal items to practice & labelled with their name.
- No water bottles on cart or skate guards on boards
- Avoid touching eyes nose mouth, cough into sleeve
- Sanitize hands before and after the practice.
- Maintain physical distance with exception of active skating activities
- Do not touch equipment other than your own - mats setup and take down by Oval and Coach only. Avoid touching boards, mats.
- Wipes will be made available for use in the event a skater crashes into the mats during the practice. Coaches will be responsible for wiping the mats if needed.
- Sanitize seating area before leaving. Sanitizing spray and towels will be provided.
- Leave through designated exit to parking lot.
- Check out with the coach afterwards and exit at the designated exit location.

Updates to the guidelines will be posted on our website and communicated to skaters as the situation changes via TeamSnap and e-mail. It is mandatory for skaters or parents to install the **TeamSnap** app on their devices.

RICHMOND ROCKETS

Speed Skating Club



info@richmondrockets.org
www.richmondrockets.org

P.O. Box 43090
6060 Minoru Blvd
Richmond, BC V6Y 2B0



ATHLETE CODE OF CONDUCT

To ensure the safety and enjoyment of all Club members and their parents, we have felt it necessary to have skaters and their parents (or guardians), read and sign this Code of Conduct. The Code of Conduct applies to all skate sanctioned activities both on and off the ice. **The Richmond Rockets Speed Skating Club** expects all members to:

- Be honest and forthright;
- Treat others with courtesy and respect;
- Respect the property of others;
- Respond to coaches and all meet officials with courtesy and respect;
- Settle disagreements in a fair and non-violent way;

The following behavior is unacceptable for a member of the **Richmond Rockets Speed Skating Club**:

- Lying;
- Intimidation;
- Using profane, disrespectful and abusive language including offensive gestures;
- Using any form of physical abuse;
- Prejudicial behavior;
- Harassment;
- Defiance of or rudeness to coaches and all ice officials or chaperones;
- Destroying, damaging or interfering with the property of others, or of the **Richmond Rockets Speed Skating Club**;

The following is a list of immediate consequences for unacceptable behavior. All or some of these measures may be taken, and not necessarily in this order listed.

- Warning;
- Time out;
- Contact with parents;
- Suspension until further investigation can take place;

RICHMOND ROCKETS

Speed Skating Club



Upon accepting his or her misbehavior, a skater may make restitution through a verbal or written apology to the parties involved, along with a Statement to the Club Executive that the offending action will not reoccur. For persistent unacceptable behavior, all or some of the following measures may be taken by the Executive of the **Richmond Rockets Speed Skating Club**:

- Withdrawal of funding to meets;
- Suspension from practices and meets; and
- Expulsion from the **Richmond Rockets Speed Skating Club**.

Minor skaters must have a parent or designated supervisor present during all club sanctioned activities.*

*Unless spectating is prohibited due to COVID-19 Safety Guidelines

I, the undersigned, have read, and understand, and agree to the terms of the **Richmond Rockets Speed Skating Club** Code of Conduct, and its rules, expectations and consequences stated above.

Skater/Skater(s): _____ Date: _____

Parent/Guardian: _____ Date: _____



EQUIPMENT RENTAL AGREEMENT

Skater's Name: _____

For September 1, 2020 to March 15, 2021 \$ 175

Skate Boot #: _____ Club Skate Guards Yes / No

Date Out: _____ Date Returned: _____

Condition: _____ Condition: _____

Equipment Damage Deposit (only if skater is renting equipment):

- \$600 by means of cheque dated **March 31, 2021** which will not be cashed unless the skates are lost, damaged to a point where they are unusable, or not returned.
- I give my permission to destroy the cheque after the skates are returned
_____ (signature)

Cheque #: _____

Signature: _____ Date: _____

For March 15, 2021 to August 31, 2021 \$75

Skate Boot #: _____ Club Skate Guards Yes / No

Date Out: _____ Date Returned: _____

Condition: _____ Condition: _____

Equipment Damage Deposit (only if skater is renting equipment):

- \$600 by means of cheque dated **August 31, 2021** which will not be cashed unless the skates are lost, damaged to a point where they are unusable, or not returned.
- I give my permission to destroy the cheque after the skates are returned
_____ (signature)

Cheque #: _____

Signature: _____ Date: _____



MEDICAL INFORMATION FORM

The information you provide will be kept in confidence and will only be shared on a “need to know” basis as set out in the RRSSC privacy policy.

Skater Name: _____

Provincial Medical Number: _____

Allergies (with reaction): _____

Doctor’s Name: _____

Emergency Contact Name: _____

Emergency Contact Cell Number: _____

Emergency Contact Telephone Number: _____

Please complete the information below if the skater has any medical conditions that:

1. Requires the skater to take medication, and where the taking of these medications may be at times when the skater is at a practice, competition or other club event.
2. You feel that the coaches or those offering medical or other assistance should be aware.



ACKNOWLEDGEMENT & WAIVER

I have read and understood what is expected of me/us during the season.

I have read and understood the **RRSSC Waiver and Assumption of Risk Agreement**, (**RRSSC Minor Waiver and Assumption of Risk Agreement** if under 19) releasing Richmond Rockets Speed Skating Club from all liability for me or my child's participation in speed skating activities and accept the risks involved in this activity and of the exposure to COVID-19.

I have read and understood the **RRSSC Privacy Policy** and consent to the use of personal information as set forth in that policy.

I have read and understood the **BCSSA Concussion Protocol** regarding the risk and procedures related to brain injuries.

I have read and understood the **RRSSC Volunteer Agreement**, requiring a volunteer deposit or participation in club activities

I have read and understood the **RRSSC Withdrawal Policy**, outlining conditions for withdrawal from the club.

I have read and understood the **RRSSC COVID-19 Safety Plan** and **RRSSC Return to Sports Policy** and agree to abide by the safety protocols to avoid the transmission of COVID-19

I have read, understood and agree to abide by the **Athlete Code of Conduct** for acceptable behaviour to ensure the safety and enjoyment of all club members

In consideration of my accepting this entry/registration, I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Richmond Rockets Speed Skating Club, Richmond Olympic Oval Corp, City of Richmond, Speed Skating Canada, British Columbia Speed Skating Association, their agents, officers, employees, contractor's, sponsors, representatives, volunteers or members for any and all injuries suffered by me at any event organized by or made available to me as a result of my participation in the activities of the club, and any claim for loss, illness or personal property of any description.

I hereby give my consent for the aforementioned applicant to participate in any and all activities of the RRSSC. I assume all risks, including going to and from club functions and hereby release the Club, it's Directors and all members from any claims or any blame arising out of any loss of injury that may occur to the above mentioned applicant. I agree to abide by the club policies.

SKATER NAME: _____

SIGNATURE: _____
(Parent or Guardian if under 19)

DATE: _____