



2024-2025 REGISTRATION INFORMATION

Updated July 15, 2024

The **Richmond Rockets Speed Skating Club (RRSSC)** (the “Club”) 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, network and learn about speed skating.

The Club provides programs designed to give a new/beginner with the basic skating skills and a fun and safe introduction to speed skating; intermediate/advanced skater with speed skating experience and skills and a structured “train to compete” schedule to meet their sport specific goals.

The City of Richmond has mandated that all Richmond public facilities and sanctioned sports organizations utilizing these facilities enforce a rule that a parent/guardian/designated adult of participants / athletes / minors <16 years old must be present while their child (participant / athlete / minors <16years old) are participating within the designated areas of the facility. In the event of any health-related regulations ordered by the Provincial Health Officer, participants must comply with current safety policies and procedures in effect .

1. SPEED SKATING PROGRAM DESCRIPTION

1.1 PROGRAMS (SKATING GROUPS)

1.1.1 Minimum Skating Skills Skaters must have basic skating skills to be eligible for Group 1 (New/beginner skaters). Able to independently skate forwards, turn, stop in one direction, maintain their balance and get up after a fall. Able to consistently take directions and demonstrate safety awareness. Successfully met the skating skills in the City of Richmond [Learn to Skate Orange Level](#).

- a. Fall/Winter Skate lesson days: **Sundays, Tuesdays and Thursdays**
Spring lesson Days: **Sundays, Thursdays**
- b. Speed skating fall/winter season: September to March. +
Speed skating spring season: April to June when offered)
- c. Speed skating summer camp: August (when offered)
- d. No refunds for missed sessions

1.1.1.1 GROUP 1

- a. New/Beginner skaters, who have no fundamental speed skating skills but must have minimum fundamental skating experience **OR**



- b. Intermediate skaters who have the basic speed skating skills but have not yet consistently met the minimum speed skating fundamental skill set to advance to Group 2*.
- c. Minimum age: For safety reasons while on the ice, skaters 6-8 yrs old must be able to consistently take directions, focus on tasks during lessons, and demonstrate safety awareness of self and of others.
- d. 45 - 60 minutes duration
- e. PLEASE NOTE: If the skater does not demonstrate required expectations as described in 1.1.1.1.c, it is at the discretion of the coach, president and safety officer to discuss an achievable plan for the participant to meet expectations (as described in 1.1.1.1 a-c) or withdraw from the program. Safety of the participant and others during speed skating lessons and competitions is a priority.

1.1.1.2 GROUP 2

- a. Returning Group 2 skaters – Skaters who have skated in group 2 in the previous year.
- b. Advanced / competition-experienced, skaters of similar speed and mastered basic speed skating skills.
 - i. Must be evaluated by RRSSC coach to determine appropriateness and readiness prior to group 2 placement.
 - ii. Applicable to skaters who transfer from other speed skating clubs. However, RRSSC Coaches reserve the right to evaluate the skater and designate the skater to the appropriate group. This is to ensure safety and balanced skills within the group.
 - iii. In accordance to operational requirements, decision to advance skaters to group 2 will be in conjunction (to 1.1.1.2 a & b) with the registration committee's guidelines and process in order to maintain safety standards in the group.
- c. Intermediate skaters who have demonstrated speed skating skill set, physical and developmental maturity and experience to safely skate at high speed with others.
 - i. Must be evaluated by RRSSC coach to determine appropriateness and readiness prior to group 2 placement.
 - ii. Applicable to RRSSC skaters in group 1.
- d. Must demonstrate minimum developmental age appropriate to advance to group 2. Suggested minimum age requirement: 12 years old.
- e. 45 - 60 minutes duration
- f. PLEASE NOTE: If the skater does not demonstrate required expectations as described in 1.1.1.1.c & d, it is at the discretion of the coach, president and safety officer to discuss an achievable plan for the participant to meet expectations (as described in 1.1.1.2 a – d) or withdraw from the program. Safety of the participant and others during speed skating lessons and competitions are a priority.



1.1.2 SKATER ADVANCEMENTS

- 1.1.2.1 Participants are evaluated on the speed skating skills learned and may progress to the next level when all skills practiced are performed consistently and successfully. Each skill level helps build confidence while introducing the skills of speed skating.
- 1.1.2.2. RRSSC Certified Coaches makes the exclusive decision in advancing a skater from Group 1 to Group 2. However, it is subject to space availability and operational requirements in the Group 2 sessions.
- 1.1.2.3 RRSSC Certified Coaches may advise a skater if they are appropriate and ready for the Richmond Olympic Oval High Performance Program (ROO HP program). In conjunction to operational procedure, decision to advance into the ROO HP program must be communicated to the registration committee.
- 1.1.2.4 Skater assessment are made throughout the season to determine if the skater has mastered the speed skating skill set at their current level. Advancements to the next level is made as appropriate based on assessed readiness. Please see the [RRSSC Evaluation Protocol](#).

1.1.3 CANCELLED ICE SESSIONS

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

1.1.4 COMPETITIONS

Ability Meets are **competitions where skaters are grouped by ability**, not age. Ability is based on designated distance (seed) times for that competition. In this type of meet, your skater may be racing against skaters several years younger or older than them. (Calgary Speed Skating Association. (n.d.). *Competitions 101*. <https://calgaryspeedskating.ca/competitions/>

Interclub meets are held by various speed skating clubs throughout the province during the season. These events are scheduled on weekends. Your RRSSC Head Coach will advise you when your skater is ready for the experience of competition.

Interclub meet registration information for these events will be emailed to you. Registration forms and fees must be completed and submitted to the registrar by the stated deadline. No exceptions. Late submissions will not be accepted. Skaters must be registered with the Speed Skating BC at time of registration to be eligible to compete at Interclub meets. When competing at Provincial or National competitions, upgrades to memberships fees (if needed) will be required at event registration to ensure eligibility.



2. SPEED SKATING EQUIPMENT

2.1 SAFETY EQUIPMENT REQUIREMENTS

ALL mandatory equipment listed below **must** be worn prior to entering the ice surface (field of play)
NO EXCEPTIONS.

- CSA approved hard shell helmet - eg: hockey helmet, speed skating helmet, ski helmet. Please note: bike helmets NOT allowed
- protective sport glasses (goggles) * for sale from the Club
- neck guard - any sporting goods store in hockey section
- cut resistant gloves * for sale from the Club
- knee pads, (e.g. volleyball type soft ones)
- shin guards - e.g. soccer style without built-in ankle guard
- ankle protection - cut-resistant tube socks * for sale from the Club
- full-body coverage (protection from cuts) – e.g. long sleeves light sweatshirt and sweat pants/stretchy style sport pants or skinsuit. NO Jeans or shorts.

Please contact the equipment manager if you would like to order a club skinsuit. For more details see <https://www.richmondrockets.org/equipment-and-clothing/>

- Hard skate guards (for sale from club) – Mandatory * for sale from the Club
- Water bottle – labelled with name of skater
- Absorbent cloth for wiping blades
- Soft skate guards (cloth) * for sale from the Club
- Non-medical face mask (as per COVID-19 policy)
- Storage bin (20L) or equipment duffle bag to keep equipment and personal items contained during practice. This will avoid lost or misplaced equipment/personal items during practices and competitions.



2.2 SPEED SKATE MAINTENANCE

- Skates must be protected using hard skate guards when walking on non-ice surfaces.
- Check for loose screws/bolts frequently throughout the season to ensure safety prior to practice and competition
- 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. Use soft skate guards (soakers) for storage.
- Skates are sharpened using a sharpening stone and burr stone while skates are set on a special platform called a sharpening jig.
- Skates must be sharpened regularly (at least once/month). Equipment manager will schedule skate sharpening lessons/sessions.
- See website for Speed Skate Sharpening Tutorial.
<https://www.richmondrockets.org/speed-skate-sharpening-tutorial/>
- Sharpening equipment listed below
 - sharpening stone
 - deburring stone (* for sale from club)
 - sharpening jig – may purchase your own through www.ilovespeedskating.com or you may borrow the Club's sharpening jig during one of the scheduled skate sharpening sessions.
 - cleaning cloth
 - oil



2.3 SPEED SKATE RENTAL TERMS OF USE

Speed Skate rentals are available from the Club. The skate rental fee includes the use of 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 as follows:

- A skate damage deposit of \$600 (by post-dated cheque) is required at the time of skate fitting, issued to Rockets Speed Skating Club. This cheque will be returned to you or destroyed when the skates are handed in at the end of the skater's last registered session.

Fall/Winter Speed Skating Season: A post-dated cheque (March 31st, 2024) with signed agreement. All rented skates must be returned before or on the last day of the skater's session or at the May AGM meeting for inventory and skate maintenance/assessment before spring/summer rental.

Spring/Summer Rentals: A post-dated cheque (June 30, 2024) with signed agreement.

- Skaters and parent/guardian/designated adult must attend at least one of the skate sharpening lessons scheduled by the Equipment Manager.
- Skater and parent/guardian/designated adult to skater <16yrs old MUST comply to the Speed Skate Maintenance instructions. If there is a problem with the skate laces or any other issue, please inform the equipment manager or delegate volunteer.
- **Speed Skates must be sharpened before returning them back to the Club.**
- **Loss, theft, non-compliance or evidence of misuse/purposeful damage to the rental skates will forfeit partial or full skate damage deposit due to incurred expenses for repair/replacement.**
- **Speed Skates may only be used during Club practice sessions and SSBC/SSC sanctioned competitions. For safety reasons, the use of speed skates outside of approved facilities (such as public skate events) is not permitted.** Skates may be subject to confiscation by the facility that prohibits their use and the renter will be responsible for their loss. Unapproved use is not covered by SSBC insurance and skaters will not be covered in the event of injury to themselves or others.

Skate Rentals and Safety Equipment are available for purchase online on the RRSSC IceReg store.



EQUIPMENT RENTAL AGREEMENT

Skater's Name: _____

Rental Period	Amount	Post Dated Cheque
<input type="checkbox"/> September 1 to March 31	\$210	March 31, 2025
<input type="checkbox"/> April 1 – June 30	\$90	June 30, 2025
<input type="checkbox"/> April-May Introductory	Included in program price	June 30, 2025
<input type="checkbox"/> May-June Introductory	Included in program price	June 30, 2025
<input type="checkbox"/> July 1 - August 31	\$60	August 31, 2025

Skate Boot #: _____

Photograph of skate as of: (date) _____ Date Out: _____

Date Returned: _____

RRSSC Speed Skate Rental Damage Deposit

- Post-dated cheque for \$600 issued to Richmond Rockets Speed Skating Club will be cashed when skates are not returned, lost, stolen or damaged (eg: rust on blades, any part of skates that renders the skates irreparable or unusable).
- I agree to maintain the skates per the RRSSC Speed Skate Maintenance instructions (See attached instructions) and comply with the Speed Skate Rental Terms of Use.
- I agree to use club skates only during **club practices and SSBC/SSC sanctioned events**
- I give my permission to destroy the cheque after the skates are returned.

Cheque (Bank & No.): _____

Signature: _____ Date: _____

Print name: _____



VOLUNTEER AGREEMENT

As a volunteer-managed speed skating club, the executive team strive to provide the skaters the best possible experience for them to want to return the following season and continue with the sport. To make our Club a success, we need parent/family participation throughout the regular season and during organized Club/SSBC/SSC events.

For the Regular Season (Fall/Winter), a minimum of 16 hours (per skater family) is required to fulfill your obligation to the Club.

To ensure parent participation, a post-dated cheque for **Volunteer Activity Deposit of \$200** is required for **each registered skater**. Once minimum volunteer hours reached; your deposit will be returned to you at the AGM. 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. Our volunteer coordinator will contact you on required tasks/volunteer activities and quantity of hours needed. These are some (but not limited to), volunteer activities you may be interested in fulfilling.

- Providing the Club with corporate sponsorships – 1.5hrs/sponsor acquired.
- Richmond Rockets Oval Challenge (InterClub meet)
 - Volunteers will be needed to fulfill specific jobs during the meet (registration, hospitality, runners, security, safety personnel etc.)
 - Assistant Timers and Place judges – Must attend a Level 1 Course and trained by a certified Timer/Place Judge official.
 - Track Stewards – Must attend a Level 1 Course with advanced speed skating skills Will be under the supervision of the Level 1 Chief Track Steward
 - Operational duties during the regular season – e.g.: assist equipment manager during skate distribution, 2 day Trial sessions, marshaling skaters, attendance, assist group 1 with skate laces as necessary etc).
- Provincial/National Sanctioned Competitions hosted by Richmond Rockets and held at the ROO.
 - Volunteers will be needed to fulfill specific jobs during the meet (registration, hospitality, security, safety personnel etc.)
 - Track Stewards – Must attend a Level 1 Course with advanced speed skating skills and experience in track stewarding. Will be under the supervision of the Level 2 Chief Track Steward
 - Runners – Meet Coordinator will assign appropriate jobs as required.



For the Spring / Summer season, volunteers are still needed. You will be asked to participate with club tasks as necessary.

Volunteer Activity Deposit (Regular Session)

- Post-dated cheque for \$200 per skater - dated March 31, 2025 to Richmond Rockets Speed Skating Club.
- I give my permission to destroy the cheque after volunteer hours are met

Cheque (Bank & No.) _____

Signature: _____ Date: _____

Print name: _____





REGISTRATION FEES AND DEPOSITS

- **SSBC and SSC Skater Membership Fees**

Speed Skating BC and Speed Skating Canada Membership are required for participation to cover insurance and member benefits.

<input type="checkbox"/> <i>Introductory Athlete (10-sessions) \$17 BC + 8 SSC</i>	<i>\$25</i>
<input type="checkbox"/> <i>Club Athlete \$80 BC + \$10 SSC</i>	<i>\$90</i>
<input type="checkbox"/> <i>Provincial Athlete \$100 BC + \$47 SSC</i>	<i>\$147</i>
<input type="checkbox"/> <i>National Athlete \$120 BC + \$68 SSC</i>	<i>\$188</i>

*Full season members need only register as Club Athlete which will allow members to compete in local/regional interclub meets. Upgrades to Provincial and National memberships will be available at the time of registration for competitions that require them. **Membership fees are non-refundable.***

- **SSBC and SSC Volunteer Membership Fee**

Volunteer Memberships for Parents/Guardians and all Club volunteers are \$0, but registration is required to cover the volunteer's insurance when helping with club activities and/or events on or off the ice.

- **Skate Rental Fees**

<input type="checkbox"/> September – March	\$210
<input type="checkbox"/> April – June	\$90
<input type="checkbox"/> Apr-May or May-June or July-August	\$60

- **Mandatory Deposit Cheques**

Please make cheques payable to **Richmond Rockets Speed Skating Club** post-dated to March 31, 2023. (June 30, 2023 for Spring skaters). Post-dated cheques will not get cashed unless necessary and will be destroyed or returned at the end of the season.

<input type="checkbox"/> Skate Rental Damage Deposit	\$600
<input type="checkbox"/> Volunteer Activity Deposit	\$200 per skater



- **RRSSC Session Schedule / Fees**

SCHEDULES (Subject to Change/Cancellation)

Fall//Winter Sep-Mar		Beginner / Group 1		Advanced / Group 2	
Sundays	3:30-4:15 or 4:15-500 *	\$363	2:30-3:30	\$484	
Tuesdays	4:45-5:45	\$550	5:45-6:45	\$550	
Thursdays	4:30-5:30	\$550	5:30-6:30	\$550	
Spring		New Skaters / Group 1** \$484		Advanced / Group 2 \$484	
Sundays	3:45-4:45	\$550	4:45-5:45	\$550	
Thursdays	4:30-5:30	\$550	5:30-6:30	\$550	

*It is proposed that Sunday sessions are for skill development. Therefore, skaters must be registered for Tues or Thurs, or both Tues/Thurs to be eligible. This ensures the skater's continuous improvement and preparation to compete at Interclub meets in the lower mainland. Subject to space availability, skater eligibility, and dependent on operational requirements, one day a week may or may not be an option.

**As space permits, group 1 returning skaters by invitation to spring session. No drop-ins will be accommodated during the spring.

TBA=To Be Announced

THE FOLLOWING WILL BE ANNOUNCED WHEN AVAILABLE

Introductory / Learn to Speed Skate - \$TBA

- 10 x 1 hour sessions
- Includes skate rental, SSBC membership, hard skate guards, Kevlar tube socks
- April-May OR May-June TBA
- New skaters only with confirmed skating ability
- 9 years old and up

Try Speed Skating – 2 Sessions \$55



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 info@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 - SSBC/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:
 - **Up to October 31st: \$50 administration fee will apply.** A pro-rated refund based on ice-time attendance in September/October
 - **After October 31st, : NO REFUNDS.** Withdrawals may be considered on a case-by-case basis and will be decided by the Financial Assistance Committee (President, Treasurer and Registrar).
 - **Spring Sessions, 2 day Trial Sessions and 10 Session program, are non-refundable.**

Two specific considerations:

1. Beginning skaters (first year in speed skating with RRSSC) 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, administrative fee and pro-rated refund based on ice-time usage.
2. Any skater in which the skater or parent is involved in disciplinary matters or non-compliance with Richmond Oval or RRSS Club health and safety policies will not be granted any refund.

RICHMOND ROCKETS

Speed Skating Club



In the event of a closure due to Provincial Health Orders, a pro-rated refund will be calculated minus the non-refundable SSBC/SSC and processing fees.





REGISTRATION CHECKLIST

New inquiries: Contact us at <http://www.richmondrockets.org/contact> to be placed on a wait list.

Returning members, submit your intent to participate via IceReg's waitlist button and you will receive a link to register. Contact us if you have not received the email. You will then be sent a registration link and password by email upon confirmation of availability.

Accounts and User Profiles

IceReg can have multiple profiles under each account. We recommend if you are a parent / guardian, to **create a parent account first**, you can then create a profile for each child you want to register.

Registration Categories

For skaters, register as **RRSSC Group 1** (beginner/existing group1 skaters). Only register for **RRSSC Group 2** if you have prior approval or a returning skater – See section 1.1.1.2 above)

For parent/volunteers, register as RRSSC Volunteer. This is required for volunteering.

Spring and Summer programs will have their respective categories when available.

Memberships

You will be prompted to add SSBC Memberships to your registration. Most skaters need the **Club Athlete** Membership. You can upgrade to Provincial or National when needed for competitions. 10 Session Introductory Lessons require the Introductory membership. *Memberships are non-refundable.*

You can then add Lesson Days and safety equipment to your cart during the registration process.

Paper Forms

- Volunteer Activity Deposit Cheque (regular season requirement)
- Skate Rental Deposit Cheque



Online Waivers

You will be presented with the following waivers that you will be required to agree to during registration for each registrant. Please be patient and acknowledge them deliberately.

- SSBC Adult or Minor Waiver and Assumption of Risk Agreement
- SSC Facility Use Agreement and Data Use Policy
- RRSSC Waivers:
 - RRSSC Adult or Minor Waiver and Assumption of Risk Agreement
 - SSBC Concussion Protocol
 - RRSSC Athlete Code of Conduct
 - RRSSC Parent Code of Conduct
 - RRSSC Withdrawal & Refund Policy
 - RRSSC Privacy Policy
 - RRSSC Communicable Disease Plan
 - RRSSC Skate Rental Policy

Fall/Winter Registration Ends Nov 1, 2024 or until program(s) full. Waitlist will apply.



COMMUNICABLE DISEASE RESPONSE PLAN

The Richmond Rockets Speed Skating club has created a Communicable Disease Response Plan that outlines the steps club members must take to minimize the risk of transmission of communicable diseases 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, Speed Skating BC(SSBC) and ViaSport to return to sport in the Richmond Olympic Oval facility.

Members will be required to abide by the club's safety protocols and complete a waiver acknowledging and assuming the risks involved in volunteering and/or participating in speed skating activities. Failure to comply will result in the participant's removal from activities.

Updates to the guidelines will be posted on our website and communicated to members via e-mail.

Communicable Disease Response Plan

<https://www.richmondrockets.org/safety-plan/>



ATHLETE CODE OF CONDUCT

To ensure the safety and enjoyment of all Club members, all skaters and parent/guardians of skaters under 19 are required to 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, other skaters and all on and off ice officials or chaperones/volunteers;
- Destroying, damaging or interfering with the property of others, or of the ***Richmond Rockets Speed Skating Club***;
- Vandalism of the venue;
- Theft

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 (verbal and documented);
- Time out (time-limited based on age appropriateness) eg: remove from field of play;
- Contact with parents – remove skater from field of play;
- Suspension until further investigation can take place;



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**:

- Suspension from practices (graduated process e.g. 1 practice for 2nd offence, 2 for 3rd offence)
- RRSSC Interclub meet (this will be dependent on the above outcome); and
- Expulsion from the **Richmond Rockets Speed Skating Club** (reviewed on a case by case basis).

As a City of Richmond mandate to all who utilize any public facilities, minor skaters (<16 year olds) must have a parent/guardian or designated supervisor present during all Club sanctioned activities. **Unless spectating is prohibited due to current provincial health orders, however, must be accessible within the Richmond Olympic Oval grounds.

I, _____, (parent/>16yo skater) the undersigned, have read or discussed with my skater(s), 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 Signature: _____ Date: _____
Print Name: _____



PARENT/GUARDIAN CODE OF CONDUCT

Parent and guardian support are critical to the success of RRSSC athletes and the club in general. It is essential that as a parent/guardian you understand your role in the organization and how your actions (positive or negative) reflect on RRSSC, and the sport of speed skating. The code of conduct is intended to guide parents/guardians with your decision making with respect to the sport and the club. It is important that all parents/guardians strive to abide by the code.

As an RRSSC Parent/Guardian I Agree To...

General Behavior

1. Always treat all coaches, administrators, volunteers, officials and other athletes with respect.
2. Assume majority responsibility for my skater(s) on ice conduct and attitude. I may be approached by coaching staff or club executive if my skater's behaviour is not in line with the Athlete Code of Conduct.
3. Consistently display high personal standards and project a favorable image of the sport.
 - a) Refrain from public criticism of athletes, coaches or officials.
 - b) Refrain from the use of profane, insulting, harassing or otherwise offensive language.
4. Emphasize the importance of values like sportsmanship, respect, cooperation, competition and teamwork and offer praise for competing fairly, participation, and skill development.
5. Refrain from activities that shine a negative light on your person, the club, or the sport.
6. Never provide or advocate the use of performance enhancing drugs or substances.

Training & Development

1. Encourage my skater(s) to maintain a healthy balance between speed skating and life.
2. Set high, but reasonable expectations for my skater(s), focusing on development and enjoyment for my skater(s).
3. Celebrate my skater's skill development and goal achievement.
4. Acknowledge that I along with coaches are considered members of a team whose main concern is my skater's progress and development. I shall respect that the coach is responsible and empowered for the on[1]ice development of the athlete. My role shall be to take a healthy interest in my skater's progress and development and be responsible for my skater's nutrition, rest, overall health, life-balance, and moral and emotional support.
5. Ensure my skater(s) arrives on time for training sessions and is prepared to participate fully.
6. Ensure my skater(s) wears proper clothing and safety equipment.

Competition

1. Ensure my skater(s) is aware of race schedules. I will encourage them to become self-sufficient with respect to race preparation and punctuality.
2. Teach my skater(s) to respect the decisions of officials even if we disagree with them.
3. Unconditionally support my skater(s) through their successes and failures.
4. Encourage my skater(s) to put for their best effort in every race.
5. Show support for all RRSSC athletes, and celebrate the results of all athletes in competition.



The Richmond Rockets Speed Skating Club expects all associate members (eg. Parent/guardian) 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 from an associate member (eg. Parent/guardian) 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, other skaters and all on and off ice officials or chaperones/volunteers;
- Destroying, damaging or interfering with the property of others, or of the **Richmond Rockets Speed Skating Club**;
- Vandalism of the venue;
- Theft

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 (verbal and documented);
- Remove associate member (eg. Parent/guardian) from field of play/ areas outside of the field of play.
- Suspension until further investigation can take place;
- Associate membership (eg. Parent/guardian/volunteer/) denied in subsequent seasons until further notice.



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**:

- Suspension from practices (graduated process e.g. 1 practice for 2nd offence, 2 for 3rd offence)
- RRSSC Interclub meet (this will be dependent on the above outcome); and
- Expulsion from the **Richmond Rockets Speed Skating Club** (reviewed on a case by case basis).





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: _____

Allergies (with reaction): _____

Emergency Contact Name: _____

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 this RRSSC Registration Info and 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 or any communicable disease.

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 and participation in club activities

I have read and understood the **RRSSC Equipment Rental Agreement**, regarding use and care of equipment rented from the club.

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

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

I have read and understood the RRSSC Evaluation Protocol outlining procedures for skaters advancement.

I have read and understood the RRSSC Communicable Disease Response Plan and agree to abide by the safety protocols of the Club.

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 Club. 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: _____

RICHMOND ROCKETS

Speed Skating Club

