

I want to sign up for the following membership:

<u>Membership Type</u>	<u>Price</u>	<u>Total Due</u>
_____ Individual Membership	\$110	_____
_____ Additional Member	\$30	_____
_____ New Member – Introductory Price	\$60	_____
_____ Subsequent New Member Introductory	\$30	_____
_____ Collegiate Member – One time	\$100	_____
_____ Associate Membership/Associate Coach (Must have primary membership with another club)	\$60	_____
_____ Coach Membership (first person)	\$60	_____
_____ *Learn to Skate USA (only for LTS)	\$18	_____

**skaters joining as LTS USA members can only use club ice for practice and lessons. No other membership benefits. If they plan to be in a show or competition they are encouraged to upgrade to Full, Introductory or Associate membership.*

Total Due _____

All forms with information on each member must be filled out and liability / emergency information must be completed, signed and turned in with membership fees.

Make checks payable to “Central Iowa Figure Skating Club” or “CIFSC” and submit to Burton Powley burtonpowley74@gmail.com (Membership Chair) or a your CIFSC Coach.

***THERE WILL BE NO REFUNDS FOR MEMBERSHIP FEES FOR ANY REASON WHETHER CHANGING CLUBS OR RESIGNING MEMBERSHIP IN CIFSC.**

Central Iowa Figure Skating Club

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in activities, I represent that I understand the nature of figure skating activities (“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the “activity”, the conditions in which the “activity” takes place, or the negligence of the “releasees” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue Central Iowa Figure Skating Club, United States Figure Skating, it’s directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the “activity” takes place (each considered one of the “Releasees” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releasees” or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

Central Iowa Figure Skating Club has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that Central Iowa Figure Skating Club shall not be responsible for the supervision of the members at Club Ice.

I have read this WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant

Date

Signature of Participant

Signature of Parent (if skater is a minor)

Consent for Medical Attention or Treatment

I certify that I, the member, or I, the parent/guardian of said participant, give my consent to Central Iowa Figure Skating Club and the facility the activities are taking place in and their staff and to members of Central Iowa Figure Skating Club, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participation in these activities.

Name of Skater – Please Print

Name(s) of Parent(s)/Guardian(s) (please print)

1st Parent/Guardian Signature Date

2nd Parent/Guardian Signature Date

Medical Doctor:

Doctor Name

Telephone Number

This Consent for Medical Attention shall be binding and effective for the **2018-2019** membership year of Central Iowa Figure Skating Club.

Photo Release Statement

I hereby consent to and authorize the use of any photographs or videos that have been taken of me and/or my child(ren) for the purpose of marketing/advertising of CIFSC. Such photographs/videos will not have participants full names listed.

I hereby acknowledge that I have read and understood the terms of this release.

Parent Signature

Date



Central Iowa Figure Skating Club

Code of Conduct

On-Ice Responsibilities

Payment of Contracts/walk-on fees

Skaters must pay for each session before stepping on to the ice (Contract through CIFSC or Walk-on Rate).

Skaters are not to bring gum, candy, food or breakable item (glass bottles) onto the ice. Skaters must clean up after themselves when sessions are over. This includes tissues, water bottles, inhalers, CDs, rulebooks, clothing, etc. Please make sure that the CDs that you pick up and the cases that you are leaving with are yours, so as not to inconvenience any other skaters. Skaters must be considerate of the rights of priority skaters that are on the ice.

Right of Way

- Skaters performing their programs to music have the first priority right of way (please note, the skater forfeits this priority if not wearing the neon vest/sash during the program). Everyone (skaters and coaches) yields to whoever is skating to the music while wearing the neon sash. Do your best to stay clear of his or her pattern.
- If the rink has a harness, the skater on the harness has the second priority right of way. Coaches working with their students in the harness should be mindful of those skating to their music.
- Skaters in a lesson have the third priority right of way over general skaters in the session.

Please act appropriately if a non-priority skater is in your path. A polite "excuse me" is an appropriate comment to make. While on the ice, skaters must keep moving. There is to be no standing around or talking on the ice in groups. This is to maintain the flow of the session and to keep all skaters working. 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 pattern.

- a. 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.
- b. If you are an experienced skater, please be patient with the less experienced skaters. Remember you were new to freestyle at one time too.
- c. Please be understanding if someone gets in your way.

Deliberately challenging, scaring, or blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately for an indefinite period of time. Skaters are not to sit in the penalty boxes unless tying a skate quickly or recovering from a difficult fall. If a skater falls and is not seriously injured, they must stand up right away. No one is to use profanity on the ice. Kicking or slapping the ice or boards at any time due to frustration or any other reason will not be tolerated. Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately. Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the arena for an indefinite period of time. Consult a coach or board member if a problem arises. Each member of the board and coaching staff has the ability to enforce the Code of Conduct both on and off the ice.

- Videotaping another student other than your own skater is strictly prohibited.
- Coaching by parents **or unapproved coaches**, from the bleachers, benches or railing is **not** allowed at any time.

Awareness of other skaters

All coaches and skaters, regardless of experience or level, must stay aware of other skaters on the ice. Try to anticipate the patterns of others as you decide your own pattern in accordance with right of way and club ice usage prescribed patterns (see Use of Certain Areas on the Ice below)

- Be understanding if someone gets in your way.
- Skaters coming toward each other should try to move to the right in order to avoid collisions.
- Remember to look both ways before leaving the railing or skating across the ice.
- Keep moving while on the ice, as it is dangerous for you, other skaters and coaches 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.

Use of certain areas on the ice

- LUTZ CORNERS - Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless it is a clockwise jumper.). These corners are informally called the "Lutz Corners". Avoid coaching and practice activities in these corners unless working on the Lutz jump. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. **If there is a Lefty jumper practicing Lutz jumps, their corners will be the opposite corners**
- CENTER ICE (around the Center Circle). Skaters should practice their spins in the area in and surrounding the center circle. Skaters practicing program and moves in the field patterns should understand that the spinner is not likely to see you while spinning and should adjust your pattern accordingly
- In all areas on the ice, skaters are expected to be working on their own skating skills/routines. Unless actively practicing a group number, skaters should not be 'traveling in packs' around the ice.

Music

- Skaters/coaches who intend to have music played during the session should give it to the ice monitor (or place it in the music box) at the beginning of the session in order to be included in the music rotation.
- While headphone use on the ice is strictly prohibited, use of hand-held music devices that have a speaker are allowed.

Coaching Guidelines

- Coaches are asked to teach at or very near the boards (out of traffic patterns) as much as possible except when skating with or demonstrating to a student, when using the harness or with beginning skaters to ensure safety (see **Use of Certain Areas of the Ice** for beginning skaters).
- While teaching programs to skaters, coaches should refrain as much as possible from skating a majority or entire program with their skaters. In cases where Coaches who need to skate a program with their skater while the skater is still learning both student and coach will be expected to wear the neon vest/sash.
- **Coaches teaching by video or phone technology from a remote location will still need to be approved coaches.**

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.

Consequences for not complying with above rules

- Violation of any of the above Basic Ice Usage and Free Skating Etiquette Safety Rules may result in a verbal warning, written warning, up to and including suspension of club membership **and ice privileges.**

***Repeated violations of the code of conduct may result in loss of membership or suspension, based on the severity of the actions. CIFSC adheres to the US Figure Skating Safe Sports Policies.**

I hereby acknowledge that I have read and understood the terms of this code of conduct and basic coaching policies.

Parent/skater Signature

Date