








2016/2017 Season



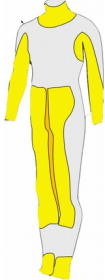
REGISTRATION PACKAGE

Welcome to the Fort St. John Elks Speed Skating Club. We are a club that is dedicated to the sport of speed skating and athlete development for children and adults in a fun and supportive environment. Our club season starts with a long track summer camp at the end of August at the Pomeroy Sport Centre and concludes at the end of March. Come join us!

www.fsjspeedskating.com
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Safety Equipment requirements for all Skaters

Equipment	Intent, Minimum Requirement and Guidance	Photo
Eye Protection	<p>Intent: Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p>Minimum Requirement: Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap.</p> <p>Guidance: Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better.</p>	
Hand Protection	<p>Intent: Prevent cut and puncture wounds on the hands from blades.</p> <p>Minimum Requirement: For Learn to Skate programs, gloves or mitts must be worn. For any long blade activity, full leather gloves or a synthetic glove which offers an equal or superior level of cut and puncture resistance to leather must be worn.</p> <p>Guidance: The more cut and puncture resistance of the gloves, the better.</p>	
Head Protection	<p>Intent: Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p>Minimum Requirement: A helmet must be worn for all on-ice activities. It must be securely fastened under the chin at all times. A skate blade should not be able to penetrate any ventilation holes in the helmet.</p> <p>For Learn to Skate and Learn to Speed Skate Programs, as well as training for Active Start and FUNDamentals aged participants, helmets must be ASTM F 1849 certified or CSA approved (hockey, snowboard/ski skateboarding helmets only. Bike Helmets are NOT acceptable). For all other competitions and activities, helmets must be ASTM F 1849 certified.</p>	
Knee Protection	<p>Intent: Prevent puncture and blunt force impact wounds to the knees.</p> <p>Minimum Requirement: Full frontal knee coverage providing complete coverage of the patella. Made of puncture resistant (e.g. Kevlar or Dyneema) and impact absorbing (e.g. high density foam) material. Protection may be worn over a skater's skin suit or it can be integrated in the suit.</p> <p>Guidance: The more puncture resistance and blunt impact energy absorption, the better.</p>	
Neck Protection	<p>Intent: Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p>Minimum Requirement: All skaters must wear neck protection covering the lower half of the full circumference of the neck and covering all soft tissue below the chin to a point extending below a line joining the armpits at the front of the body.</p> <p>Neck protection must be made of Kevlar, Dyneema, or ballistic nylon. Protection may be integrated into the design of a skater's skin suit or worn tucked into a skater's skin suit. If separate neck protection is worn it</p>	

	<p>must fastened securely. <u>Guidance:</u> The more cut and puncture resistance and the greater the extent of neck coverage, the better.</p>	
Shin Protection	<p><u>Intent:</u> Prevent cut and puncture wounds along the shin from blades, as well as some measure of blunt impact protection from hitting hard objects/bodies. <u>Minimum Requirement:</u> When wearing long blades, skaters must wear hard plastic or built-in cut and puncture resistant material with some impact energy absorption. Full frontal shin coverage is from within 2.5 cm of the top of the boot to within 2.5 cm of the bottom of the knee protection. Protection may be worn over/under a skater's skin suit or it can be integrated in the suit. <u>Guidance:</u> The more cut and puncture resistance and impact protection of the shins, the better.</p>	
Ankle Protection	<p><u>Intent:</u> Prevent cut and puncture wounds of the Achilles tendon from blades during the thrust phase of the stride. <u>Minimum Requirement:</u> When no cut resistant suit is worn, a cut and puncture resistant anklet made of Kevlar or Dyneema must be worn on both legs, covering the legs from the tops of the boots to 10 cm above the tops of the boots. <u>Guidance:</u> Extend coverage higher up the legs, as desired. The more cut and puncture resistance, the better.</p>	
Additional Safety Equipment requirements for High Performance Skaters		
Rest of Body Protection	<p><u>Intent:</u> Prevent cut and puncture wounds on any other part of the body not already covered by other protective equipment. <u>Minimum Requirement:</u> All skin below the mid-line of the neck must not be bare. Skaters participating in events sanctioned as SSC Championships and/or as Selection/International competitions must wear cut resistant clothing meeting or exceeding the minimum standards established by the ISU. <u>Guidance:</u> Minimum requirement "rest of body protection" is recommended for all other activities (e.g. training) where skaters are performing at a level similar to the lowest level of SSC Championships. The more cut and puncture resistance, the better.</p>	

The Equipment needed for all skaters can be purchased from the club, or it can be picked up from various vendors online. Please ask if you have any questions.

Skate Rental Policy

I agree to rent skates for \$100 for the season, plus give a postdated Cheque deposit, in the amount of \$300.00, dated for March 31, 2017. Skates must be returned on or before the last practice. The postdated Cheque will be returned at this time. If skates are not returned by March 31, 2017 the deposit cheque will be cashed. A refund will be given once the skates have been returned in good condition. The value of the skates is approximately \$500 per pair.

Injury Disclaimer/Competitions/Camps

In consideration of you accepting this application, I hereby for myself and my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against the Fort St. John Recreational & Speed Skating Club, the BC Speed Skating Association, Speed Skating Canada, and the Host Club, their respective directors, officers, agents, representatives or successors for injuries suffered by me during club or organized training, practice, and competitive events.

Refund Policy

No refunds will be given after 30 days past registration date. BCSSA and SSC fees will not be refunded.

Travel Funding Policy

Skaters at an active T2T level may be eligible for assistance through the Fort St John Recreational and Speed Skating Club. Full policy will be provided to club members upon request. Policy is also available on our website.

Volunteer Opportunities

Volunteering is an excellent way to get involved in speed skating and to contribute to the sport. All club coaches and management committee members are volunteers and rely on support from parents and friends of skaters.

At Short Track practice sessions, volunteers are needed to put the safety mats on the ice and to return them at the end of practice.

At meets, all of the officials are volunteers; there are opportunities for parents to get involved in the sport. Various educational clinics and workshops are given regularly to help develop skills and knowledge for those individuals interested in qualifying to become time keepers place judges, clerk of course, lap recorders, etc.

The club executives are also volunteers who are elected annually at the club's annual general meetings (AGM). Positions include president, treasurer, registrar, secretary, and equipment manager.

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 Fort St. John Recreation and 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 behaviour is unacceptable for a member of the **Fort St. John Recreation and Speed Skating Club**:

- Lying;
- Intimidation;
- Using profane, disrespectful and abusive language including offensive gestures;
- Using any form of physical abuse;
- Prejudicial behaviour;
- 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 Prince George Blizzards;

The following is a list of immediate consequences for unacceptable behaviour. 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;

Upon accepting his or her misbehaviour, 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 behaviour, all or some of the following measures may be taken by the Executive of the **Fort St. John Recreation and Speed Skating Club**:

- Withdrawal of funding to meets;
- Suspension from practices and meets; and
- Expulsion from the **Fort St. John Recreation and Speed Skating Club**.

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

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

Parent/Guardian _____ Parent/Guardian _____

Skater(s) _____ / _____ / _____ / _____