








2015/2016 Season



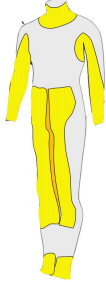
REGISTRATION PACKAGE

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><u>Intent:</u> Prevent eye injuries resulting from ice chips or a collision with a blade or other object.</p> <p><u>Minimum Requirement:</u> Shatter-resistant glasses or a complete visor are required for all skaters. All glasses must be held in place by a strap.</p> <p><u>Guidance:</u> 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><u>Intent:</u> Prevent cut and puncture wounds on the hands from blades.</p> <p><u>Minimum Requirement:</u> 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><u>Guidance:</u> The more cut and puncture resistance of the gloves, the better.</p>	
Head Protection	<p><u>Intent:</u> Prevent major and minor head trauma and traumatic brain injury due to impacts with ice, boots, blades, bodies, boards and crash pads</p> <p><u>Minimum Requirement:</u> 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><u>Intent:</u> Prevent puncture and blunt force impact wounds to the knees.</p> <p><u>Minimum Requirement:</u> 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><u>Guidance:</u> The more puncture resistance and blunt impact energy absorption, the better.</p>	
Neck Protection	<p><u>Intent:</u> Prevent cut and puncture wounds to the neck area, especially in the areas of the major arteries.</p> <p><u>Minimum Requirement:</u> 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 ankle 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>	
<h3>Additional Safety Equipment requirements for High Performance Skaters</h3>		
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, 2016. 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, 2016 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) _____ / _____ / _____

TRAVEL FUNDING POLICY

All funding is pending the availability of club funds set aside in the club budget for travel funding. A meeting with parents of skaters and the coach may be held at the beginning of the season to outline upcoming meets for the season. The purpose of travel is to assist skaters with travel (car, air, bus). This does not include cost of meals, hotels etc. as this is the responsibility of the family. Coach travel is also included in the budget at the beginning of the season and remains separate from skater travel.

Criteria for Funding

1. The travel committee will review criteria for travel funding annually at the beginning of the new season.
2. Skaters must uphold the BCSSA Code of Conduct throughout the season and be of good standing in the club.
3. It is expected that the skater will attend 75 percent of scheduled practices unless otherwise approved by the coach (at the discretion of the coach) to be eligible for club funding.
4. Funding will be provided only for skaters in T2T (training to train) ages 12/males and 11/females to NEO Seniors B, age 19 (who skate in FSJ), and L2T skaters that qualify (meet provincial time standards) as per criteria listed below.
5. Maximum individual funding for an event is based on the lesser of the budgeted funds divided by the number of skaters or the two week in advance booked price, or seat sale air fare.
6. Skaters will be funded in full or partial, dependant on number of skaters and budget for trip.

Funding Formula

1. The funding formula will be reviewed by the Travel Committee at the start of each season and adopted at the next monthly meeting by the Executive.
2. As there are no records for calculating performance ratios this season, all skaters will be funded equally regardless of performance level in their age class

Competitions Funded by the Club

1. The competitions funded by the club are typically provincial, national or North American age class competitions or competitions required for provincial ranking or qualifying competitions for a CWG year.
2. The competitions funded each year are proposed by the Travel Committee at the start of each season and adopted at the next monthly meeting by the Executive

Travel Options and Compensation

Air Travel

Unit funding will be the lesser of: the two week in advance booked price, seat sale airfare, or the unit amount budgeted.

The club encourages families to get seat sale pricing whenever possible. In the event that an eligible family cannot secure seat sale pricing, the club will cover the costs of travel booked two weeks in advance only. The travel committee must approve exceptions to this unanimously.

Funding per skater will be pro-rated based on the ratio of the budgeted funds per event divided by the actual travel costs, if the actual costs exceed those budgeted.

Skaters who qualify for funding and choose to use frequent flyer miles, etc. instead, will still receive their unit funding.

Vehicle Travel

The club will fund travel per vehicle based on \$0.20/km to compensate for gasoline costs.

Members are encouraged to car pool. Gas receipts or hotel receipts must be provided with travel reimbursement form as proof of attendance at the event.

Vehicle travel funding will not exceed the two week in advance airfare costs.

The distances recognized will be based on the table in Appendix A.

Bus Travel

Assuming there are appropriate meets in the travel year, a bus trip to a short track and long track competition maybe planned.

A minimum number of skaters will be required for a club sponsored bus trip.

The minimum number of skaters will be determined by the Travel Committee based on a comparison of actual unit costs for bus travel versus alternate travel.

Cost per seat - skaters nil
- Club family members – 1% of bus return cost
- Other clubs – 2% of bus return cost

Other Considerations

1. Rental Vehicle for Skaters

- Club rental of vehicle
- Must have a valid drivers license for the size of vehicle
- 2 designated drivers if required (they are the only ones to drive)
- Drivers must be willing to drive skaters & coach to all functions for the meet.
- All receipts are to be handed to the Treasurer for reimbursement
- Must have 2 million dollar liability (info will be supplied)
- The designated driver(s) will arrange for "Rental Car Insurance" from ICBC before the trip.

2. Skaters that qualify for BCSSA funding

- Skaters will not receive funding from the club If flying will be reimbursed by the Province
- If driving and one skater in vehicle is receiving funding from the province, no club funding will be provided for that vehicle.
- If Coach is driving to the meet with skaters, the skaters will not receive funding from the club.

3. A **chaperone** may be appointed if it is deemed necessary by the Travel Committee.

4. The BCSSA **appeal** process will be used to settle any disputes in the individual allocation of funds or the qualification for funding. Please refer to the BCSSA website for this policy.

Procedure

1. A Travel Funding Committee will be established at each annual general meeting.
2. The Committee membership will consist of:
 - Treasurer
 - Travel Coordinator
 - Head Coach (as an advisor)

- Two to three parent representatives – ideally one parent from each of the senior and middle groups.
3. The Travel Funding Committee will prepare a travel funding budget for each new season after the receipt of the HPC Package and propose funding amounts for certain meets.
 4. Individual event forms will be created that outline the potential skaters and unit funding available.
 5. The travel budget will be adopted at the following monthly meeting by the executive.
 - 6. It is the responsibility of the skater’s family/official to understand what funding is available prior to attending the event.**
 7. A “Travel Cost Submission” form will be developed and placed on the web site. Each skater will submit their travel expenses with an attached submission form to the Treasurer within 2 weeks after completion of the event or funding could be jeopardized.
 8. The Treasurer will then complete the actual costs section of the event form, rationalize each skater’s compensation and provide funds to the skaters.
 9. The Treasurer will report on the actual to budget comparison at the first general meeting of the next season.

Appendix A	Distance Chart – Return Mileage	Compensation for driving
Prince George	928 km	\$185.60
Edmonton	1326 km	\$265.20
Calgary	1916 km	\$383.20
Vancouver	2506 km	\$501.20
Grande Prairie	410 km	\$ 82.00
Saskatoon	2362 km	\$472.40
Kamloops	2074 km	\$414.80

Club Categories and Fees

Coaches have final say as to the category that best suits a skater. (Ability, age, skating experience, etc are taken into consideration in placing skaters) The ages stated below are guidelines.

Club Category	Description	Rate
Learn to Skate (10 weeks – once per week)	Eligible for fitness tax credit.	\$115.00
Active Start/FUNdamentals (ASFUN) Full½ season Oct to March	Eligible for fitness tax credit.	\$275.00
Active Start/FUNdamentals (ASFUN) ½ season Oct to Dec or Jan to March.	Eligible for fitness tax credit.	\$170.00
Learn to Train (Group 2) Ages 6 to 9 (L2T)	Eligible for fitness tax credit.	\$275.00
Train to Train, Junior, Elite (Group 3)	Eligible for fitness tax credit. (age dependent) Discount for two or more skaters.	\$430.00
Masters Group 4	Not eligible for fitness tax credit	\$480.00
Fundraising Levy (Postdated Cheque - March 31) Cheques destroyed if you raised the Fundraising amount thru the season	\$100.00 per skater	\$100.00
Associate Fee	Provides membership & insurance protection for family members.	\$20.00
Coach or Assistant Coach	For skating coaches only. Non-skating coaches pay associate fee.	\$80.00
Skate Rental	A \$300.00 deposit cheque is also required for skate rental.	\$100.00

SKATE RENTAL POLICY: In order to rent a pair of skates from the Fort St. John Recreational and Speedskating Club:

- Must be a club member in good standing
- Must sharpen and care for the skates according to prescribed procedures
- Will replace or repair any skate lost or damaged beyond normal wear
- Skates will be returned as issued
- The Club retains the right to ask for the return of the skates at any time
- The skates must be returned at the last practice