

Information Handbook for 2019-2020 Season



For more information check out our website

www.oldsskatingclub.ca

Or visit the Olds Figure Skating Club Facebook Page!

Regular posts and reminders are done via Facebook



Programs

PRE CANSKATE

Participants need to be 3 Years old at the time of registering. This program is typically for 3-5 year olds.

This is an entry level program for skating as it introduces children to basic skating movements on the ice. They will learn gliding, backward skating, and making snow etc. The children will progress in a fun, friendly, high energy environment. Once the skater has completed this program they can move on to the Canskate programs.

Equipment Required: Skates, Mitts, Snow pants and a CSA Approved Helmet (no Bike helmets)

CANSKATE (Levels 1-4)

This program is designed for children of all ages who have completed the Pre Canskate program, or who have basic skating skills. This program focuses on fun, participation and basic skill development. Lessons are given in a group format led by Certified Professional Coaches and assisted by trained Program Assistants. Skaters progress at their own rate and coaches make sessions active by using teaching aids, music, and a wide variety of activities that create a fun environment that promotes learning.

Equipment Required: Skates, Mitts and a CSA Approved Helmet (no Bike helmets)

CANSKATE + (Levels 5-6)

This program offers group lesson instruction that includes all the ice and coaching fees. It introduces the skater to the fundamental skills necessary to begin either recreational or competitive figure skating path. Open to all ages, however, the skater must be working on a level 5 badge and be recommended by a professional coach. The skaters are also encouraged to practice their skills independently, which is an important aspect of the future StarSkate programs.

- If you are interested in private lessons in addition to the Canskate+ program, you will need to make arrangements directly with a coach to discuss fees/ice time and policy.

Equipment Required: Skates & Mitts. A CSA Approved helmet is required until Level 5 is passed.

JR. STARSKATE (StarSkate levels 1-3)

This program is for skaters of all ages who have passed Canskate level 6 or higher (or as recommended by a certified coach). It introduces the disciplines of Ice Dance, Skills, Free Skate and Interpretive Skating. There is time allotted for skaters to practice independently.

Skaters must hire an ASC Professional Skate Canada Certified Coach prior to registration. You can contact the coach of your choice directly to discuss fees, availability and policy information. All coaching fees are paid directly to the coach.

SR. STARSKATE

This program is for skaters of all ages who have previously participated in Jr. StarSkate and have passed the Skate Canada Preliminary Freeskate, Jr. Bronze Dances and Skills. The program offers opportunities for skaters to continue to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Skaters will be working on the StarSkate Test Program.

Participants **must** hire an ASC Professional Skate Canada Certified Coach prior to registration. You can contact the coach of your choice directly to discuss fees, availability and policy information. All coaching fees are paid directly to the coach.

VOLUNTEER COMMITMENT

The Pre-Canskate morning program families are exempt from the Volunteer Commitment

There is a \$500.00 bond cheque (per family) that is required at the time of registration. The cheque can be made out to The Olds Figure Skating Club and dated April 1, 2020. If your volunteer commitment is not fulfilled by the end of the season the cheque will be cashed. Each family will need 8 credits to fulfill their volunteer commitment. 1 Credit = 1 Hour. There are 2 events that can be volunteered at:

Competition – Feb.1, 2020

Carnival – March 22,2020

When you register for the season on our website, you can view the breakdown of the jobs and how many credits/hours are attached to it for each event. You are able to choose which job suits you.

- It is required to submit your bond cheque on or before the first day of skating in order for your child to participate.
- If you are unable to make it your chosen volunteering shift it is your responsibility to make arrangements to change shifts or find someone to cover your shift.

The Volunteer Commitment Chair for the 2019/20 season is Natasha Koksal. You can reach Natasha with any questions at jaylin-1@hotmail.com

REFUND POLICY

****Skate Canada Fee of \$45.00 and administration fee is non-refundable and due at the time of registration****

Two-Week Trial Period

Withdraw during this period must be in writing. A full refund less the Skate Canada and Administration fee will be processed.

If a skater withdraws after the 2-week period there will not be a refund and all volunteering commitments must be met. If the volunteering commitment is not met the bond cheque will be cashed.

MEDICAL WITHDRAWAL

Skaters withdrawing for medical reasons must submit a Doctors certificate to the Executive with their refund request. Medical requests will be reviewed on a case by case basis and a potential reimbursement will be reviewed at that time.

POLICY INFORMATION

1. **We only accept online registrations which can be paid by credit card.** Bond Cheques are still accepted and will need to be received on or before the first day of skating. Board members will be available on the first day of skating to receive bond cheques.
2. **Skaters must wear a CSA Approved helmet for levels 5 and under. Skaters not wearing the appropriate helmet or equipment will not be permitted on the ice.**
Please refer to the helmet Policy following this page for more information
3. Skaters will not be allowed on the ice until their helmets are checked, they have the appropriate equipment, registration is complete, payment received and Bond cheques are on file.
4. \$30.00 fee for dishonored (NSF) Bond cheques will apply.
5. **There are 2 Mandatory events that families will have to Volunteer for.** If the volunteering commitment is not met their bond cheque will be cashed. Bond cheques can be dated April 1,2020.
6. **Parents cannot participate on the ice** unless they are registered with Skate Canada and have been asked to do so.
7. Non-payment of club fees will result in withdrawal of skating privileges.
8. Pushing, tripping, horseplay and intentional interference with other skaters may result in expulsion of the offending skater. Parents are responsible for the behavior of their children.

Helmet Policy

Introduction

The recognition of concussion in sport has come to the forefront of injury in sport. More and more scientific and public press attention is paid to this injury, and our knowledge of the causation, effects and outcomes of concussion injury is expanding daily. Skate Canada and its medical team recognize the importance and need for athletes, parents, coaches and other team members to rapidly and appropriately **RECOGNIZE** and **RESPOND** to a concussion injury. The following policy has been drafted to address this, and is based on the ongoing work being done by the Concussion in Sport Group and their latest Consensus Statement on Concussion in Sport: the 5th International Conference on Concussion in Sport held in Berlin, October 2016. These recommendations can be found in the British Journal of Sports Medicine at: <http://dx.doi.org/10.1136/bjsports-2017-097699>

Updates to this policy will occur when the next Consensus Statement is reviewed and released, typically in four year's time.

Definition

Concussion is defined as a disturbance in brain function caused by a direct or indirect force to the head. Concussion may be caused either by:

- A) a direct blow to the head, face, neck
- B) indirectly, through an awkward landing or impact elsewhere on the body, with an impulsive force transmitted to the head.

Concussion injury results in a number of signs and symptoms. Loss of consciousness does not need to occur. No two concussions are alike; each concussion can result in differing constellations of symptoms.

Although the majority of concussion cases tend to resolve within a few weeks with proper medical attention, it is important to note that in a small percentage of cases, post-concussive symptoms may be prolonged. Concussion symptoms that extend longer than one month may be due to injury involving other areas such as the neck. Careful medical monitoring is essential and the concussion management may require additional therapy intervention.

Concussion Symptoms

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- Pressure in head
- Neck Pain
- Dizziness
- Blurred vision
- Balance Problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like “in a fog”
- “Don’t feel right”
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- Trouble falling asleep
- More emotional
- Irritability
- Sadness
- Nervous or Anxious

Please note that children under the age of 12 may present with different concussion symptoms than those listed above. Children may also require additional healing time, as their brains are still developing.

Sustaining a secondary concussion when not fully recovered from an initial concussion injury can be devastating/life-threatening. This is referred to as “second impact syndrome.”

What to do if you RECOGNIZE/suspect someone has a concussion:

1. The skater must be safely **REMOVED** from the ice and evaluated onsite with standard emergency management principles, including consideration of cervical spine injury.
2. The skater must **seek medical attention** expediently and be assessed by a qualified medical professional (physician, physical therapist, athletic therapist) with experience in the assessment and management of concussion injury. If no healthcare provider is available on site (including international events) and the skater is exhibiting one or more of the symptoms listed under *Concussion Symptoms* above (must be assessed by the coach and/or team leader), the skater must be transferred to an Emergency Department or Urgent Care assessment center.
3. The skater should not be left alone following a concussion injury and should be monitored for deterioration over the initial few hours following the injury.
4. A skater diagnosed with a concussion will not be allowed to return to skate on the same day as the concussion injury. It must be recognized that the appearance of symptoms of concussion may be delayed several hours following a concussive episode. If the injured person is under the age of eighteen (18), the parents/guardian will be contacted immediately.
5. A skater must receive medical clearance by a concussion-trained health care professional before resuming on- or off-ice training.

Skate Canada recognizes the following to be example of acceptable health care professionals: sport and exercise medicine physician, sport physiotherapist, athletic therapist, family physician.

Please refer to the resource list available through Skate Canada for a qualified medical professional near you.