



ESSC Skater Code of Conduct

- I will wear the appropriate team attire, both on and off ice and while traveling.
This includes:
 - Black embroidered ESSC yoga jacket
 - Black leggings or yoga pants (free of additional colors or logos)
 - Hair tied back for all off-ice and on-ice practices
 - ESSC scarf and embroidered winter jacket to all competitions/events
- I will attend all 'on-ice and off-ice' practices. **Failure to attend practices prior to an exhibition or competition may result in a skater not being allowed to skate that event. This decision is at the discretion of the coach** (i.e. numerous changes to the program in the skater's absence may affect the safety of all skaters). It is expected that the skater attends the event and participates with their team, whether or not the skater is performing with the team.
- I will respect team schedules and be on time for all practices, competitions and events (this includes team curfews). It is essential that I am on time and prepared according to the competition/team schedule, and I understand the impact that my tardiness may have on my team.
- I will keep myself in good physical condition and will strive to contribute to the team. Any injury will be immediately brought to the attention of the coach. If injured, I will make every attempt to treat and rehabilitate my injury to prevent impacts to the overall team performance. This includes preventative measures for both physical and mental health.
- I will respect the rights, interests and opinions of others. I will respect and refrain from criticism of my coach, teammates, parents, opponents and officials, on and off the ice. Team building is an important part of the development of our synchro teams. Negative comments toward other team members will hinder team building and may result in disciplinary actions. Good sportsmanship is expected at all events and the behavior of a skater reflects on the team – whether positive or negative.
- I will practice good digital citizenship. I will not participate in bullying or derogatory online practices directed at my team, coach, skaters, the ESSC, etc.
- I understand that in circumstances where I have blatantly disregarded safety and/or participated in disrespect, bullying and/ or harassment, the disciplinary procedure may be activated. All reports of the above will be investigated by the executive. The disciplinary procedure is as follows:
 - verbal warning from the executive and coach (if appropriate)
 - written letter from the executive
 - expulsion from the club
- I understand that cell phones are not permitted in dressing rooms or on the ice and may be collected during team events. I will not take or share photos of myself or teammates in compromised positions, or without the consent of all individuals involved.
- I understand that the 'Rule of Two' practice is in place and I will involve a parent or other trusted adult in conversations with my coach.
- I will communicate honestly at all times; with myself, teammates, coaches and team manager(s).



- I will comply with the decisions made by the coaches, team managers and executive members. I understand the coach has the final authority to determine the competition roster and is not required to explain the reasons for their choices.
- I will be a team player – I will not place blame for a loss on teammates or coaches. I understand that we win or lose as a team.
- I understand that smoking/ vaping or consumption of alcohol and/ or drugs while representing ESSC at team functions is not tolerated. **ZERO TOLERANCE.** This behavior may result in the activation of the ESSC disciplinary procedure.
- I will be responsible for any damage to property I have caused.
- If I cannot attend a practice, competition or event, I will put this in writing to my coach and manager as soon as possible. This allows the coach to use an alternate skater or make changes to the program where necessary.
- I understand that unexplained absences are not acceptable. I will make arrangements with coaches and/ or teammates to learn all that I have missed when an absence occurs.
- I will ensure I communicate all required information with my parent/ guardian related to events, fees and general team info.
- I understand, as per the ESSC Policies and Procedures:
 - If I experience an issue or concern with another team member, I will direct the concern to the coach and/or team manager.
 - If I experience a concern or issue regarding the coach, I will direct the concern to the team manager and/or the executive.
 - If I experience a concern or issue with a team manager, I will direct the concern to the coach and/or the executive.
 - If I experience a concern or issue with a member of the executive, I will direct the concern to the coach/and or team manager.

SKATER NAME:

SKATER SIGNATURE: _____ DATE: _____

PARENT/GUARDIAN SIGNATURE (if under 18 years): _____