



## Parent and Tot Handbook 2023 – 2024

Skate Battlefords Board of Directors is pleased to welcome all skaters and their families to 2023/2024 skating season. We hope to make it a rewarding and fun season for all. We are proud to say that we have a great group of volunteers and coaching staff who are committed to the success of Skate Battlefords and all its members.

The handbook is filled with information that will help skaters and their families have a more informed view on the skating season. If you have any questions or suggestions about the information available, we encourage you to contact any member of the Board of Directors

The success of the club is based on; all the volunteers that put in an endless number of hours to keep the club and its programs running smoothly. We would like to thank everyone in advance for all their time and commitment.

We wish everyone a successful season of personal bests, fun and laughter.

### **Mission Statement**

Skate Battlefords is a non-profit organization, sanctioned by Skate Canada that provides an inclusive opportunity for the community to participate in skating as a sport. Through encouragement, support, and training with the expertise of a professional coaching staff and dedicated program assistants, all participating can achieve their person goals in a fun, safe and nurturing environment.

### **The Mandate of Skate Battlefords**

Encourage the instruction, practice, enjoyment, and advancement of its members in all aspects of skating. Create a positive inclusive atmosphere in which a sense of commitment, cooperation, responsibility, enable community members to achieve goals in physical literacy, excellence in sport and the lifelong participation in the sport of skating.

**\*\*Disclaimer – information in this handbook is subject to change, The Board of directors and volunteers strive to full fill the information provided but cannot be held liable for changes.**

### **Arena's**

Battleford Arena 401 28th Street West, Battleford (306) 937-6219
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Battlefords Arena requires certain conditions to be met by arena users. Just a couple to keep in mind:

- Children should be supervised at all times and are not permitted to run around or make noise in hallways, lobbies, or dressing rooms.
- Devices with the ability to capture images are not to be used in the dressing rooms. **For any reason.**

All members are representatives of Skate Battlefords while we are at the arena and must act in such a way that reflects well on our club.

### **Registration**

Online Registration opens August 21st

A registration must be done for the skater (program fee) and for the parent or guardian accompanying the Tot (just the Skate Canada/Skate Saskatchewan Fee)

Registration for all programming is available @ [Home Page: Skate Battleford powered by Uplifter \(uplifterinc.com\)](http://Home Page: Skate Battleford powered by Uplifter (uplifterinc.com))

Information and in person registration help night September 14<sup>th</sup>, 7pm Access Communication Centre lobby

**Please Note** – Parent and Tot has a minimum number of skaters that must be registered for the program to run. Email and refund will be sent if we do not meet the minimum by October 10<sup>th</sup>.

### **Parent and Tot**

Parent and Tot is for skaters that are not yet ready to be independent on the CanSkate ice time. Parent and Tot allows the skater to go on the ice with a parent/guardian/adult that know how to skate, to help in the development of the skaters skating abilities and independence on the ice. Lessons are led by NCCP-certified professional coaches, that will help you work with your child.

### **Program Options**

#### **Parent and Tot**

The program that runs October 20<sup>th</sup> to December 8<sup>th</sup> and Possible February program start - to be announced

The Parent and Tot package includes 45 minutes of ice time that is all group coach lead instructed. Coaching time is included in registration Cost.

**Parent and Tot Session is from 5:00 – 5:45**

- **Fridays, Battleford Arena (BF)**

### **Fees**

Skater and Parent must be registered and first payment made before the start of the first day's lesson in order for skaters to participate.

All fees will include 2023-2024 Registrant Fee

Registrant Fee – Skate Canada	\$28.00
Registrant Fee – Skate Saskatchewan	\$25.00
Safe Sport Fee	\$ 5.00
<u>Injury Benefit Charge</u>	<u>\$ 0.65</u>
<b>Total</b>	<b>\$58.65</b>

Program fee for skater is \$100.00 + \$58.65 Skate Canada/Skate Saskatchewan Fee = **\$158.65**

Skate Canada/Skate Saskatchewan Fee for Adult **\$58.65**

### **Payment**

Payment can be made in by E-Transfer to [sk8battlefords@sasktel.net](mailto:sk8battlefords@sasktel.net)

### **Refunds**

Refunds for the program fee will only be given if notice by email is received on or before October 13<sup>th</sup>.

Skate Canada/Skate Saskatchewan fees are nonrefundable

### **Parent and Tot Program Structure**

Group Warm up 5 – 10 minutes

Group lesson 25 -35 min

Group Cool down 5 – 10 min

The program structure may change from time to time based on a variety of different factors.

### **Equipment**

- CSA approved helmets are mandatory for all Skaters that have not achieved all of stage 5 badges and must have a CSA sticker. Bicycle and ski helmets are not acceptable protection. Helmets with cages optional.
- Knee pads and elbow pads are a good idea if you choose.
- Skates should fit just a finger or two bigger to accommodate for growth. Blades on the duller side.
- Tie skates loose from the toe to just below the ankle, tighter in the ankle area. Looser at the top so skaters are able to bend their skates easily.
- Skate guards are a must-have to protect blades.
- Clothing; No bulky ski jackets, pants or jeans, that are binding in the crotch area, stretchy is best.
- Lighter jacket adding layers that can be taken off or on is best for maneuverability.
- Mitts that fit properly; coaches & parents need to hold the hands of skaters to assist them

### **Skaters Dressing Rooms**

- All Dressing rooms are inclusive
- Skaters will put on skates in their assigned groups dressing rooms.
- Please check the white boards as you come into the arena's for assigned dressing room
- Skaters that need to change must do so in the washrooms provided in the lobby
- If a request is made for separate space, Skate Battlefords will try to accommodate as much as possible
- **Cell phone or devices that are capable of capturing an image or voice recording are not to be used in dressing room for any reason**
- Dressing rooms must be kept clean

### **Communication**

Information will be sent out by email from Cindy (Coach) or Alana (President)

You can also email: Cindy – [strides@sasktel.net](mailto:strides@sasktel.net)

Alana – [alana-bryant@hotmail.com](mailto:alana-bryant@hotmail.com)

You can also talk to your coach directly with any questions you may have at the end of a session please.

Website: [www.skatebattlefords.ca](http://www.skatebattlefords.ca)

Club email – [sk8battlefords@sasktel.net](mailto:sk8battlefords@sasktel.net)

Facebook page: Skate Battlefords

**Skater and Parents must stay in there designated skating area.**

### **Parent/Guardian Code of conduct**

- This code applies to all parents/guardians and others; supervising skaters who are Registered with Skate Canada.
- Parents/guardians shall always abide by this code while participating in any Skate Battleford or Skate Canada event, competition, school, or activity.
- All parents/guardians are expected to conduct themselves in a responsible manner consistent with the values of fair play, integrity, open communication, and mutual respect, Parents shall always model positive responsible behaviour and communicate with their skater that they expect to do the same. Parents assume the major responsibility for their skaters on and off ice attitude.
- Parents shall always treat all individuals and property with courtesy and respect
- Place the wellbeing and safety of their child above the training.
- Do not force your child to participate in sports, but do support their desire to participate in their chosen sport. Remember they should skate for their enjoyment, not yours
- Parents should set reasonable expectations for their child's participation in skating focusing on development and enjoyment for the sport.
- Parents should instil confidence in their skater's ability and skill development, always avoiding comparison with another skater
- Parents along with the coach and the athlete, shall be considered members of a team whose main concern is the child's love of the sport, and overall progress and development. Parents shall respect that the coaches are responsible and empowered for on ice and off ice development of an athlete,
- Be courteous of your skater, other parents, other skaters, coaches, league officials, rink employees and visitors at all times.
- Insist that your child and other family members abide by the code of conduct, club rules and rink rules.
- Do not approach or otherwise distract coaches or skaters during scheduled skating or off ice training sessions. Coaches are not expected to leave the ice for consultations during a session unless it is an emergency.
- Exercise control and restraint when dealing with difficult issues. The use of abusive, threatening, or violent behaviour and or foul sexist, racist or abusive language in or around the grounds of the skating rink is strictly prohibited.
- Parents shall emphasize the importance of values like sportsmanship, respect, cooperation, and teamwork to their children.
- Parents should model and encourage their children to maintain a healthy balance between skating and life.
- Parents shall insure that their skater wear proper skating attire on and off the ice
- Parents are expected to have their skaters at the rink in enough time for the skater to be prepared and on the ice for their designated skating time.
- Parents are expected to get their skater immediately after their child's skating time. Coaches are only responsible for your skater while they are in scheduled lesson times.
- It is the parent's responsibility to be sure your skater is being supervised during all other times.
- Parents are responsible for making sure they check their emails and /or Facebook for club communications.
- Never appear at the rink or any activity hosted by skate Battlefords under the influence of drugs or alcohol.
- Parents must be sure to contact a coach with as much notice as possible if a skater is going to miss a lesson time. If enough advance notice is not given, the lesson may be charged anyways
- Please be sure to pay coaches bills in a timely manner, this is a job and part of their income.
- Parents are not allowed in the player box or standing at the boards of the ice
- Please do not call or yell at your child from the stand while they are on the ice, as this cause distractions and can cause an accident

**THANK YOU! IT IS OUR PLEASURE TO PROVIDE SKATING SUCCESS TO YOUR FAMILY**