



Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

Current Member Registration Packet

Welcome to the Bellingham Figure Skating Club!

Becoming a member of BFSC is a great way to share your love of skating with like-minded friends. The club hosts a variety of social and recreational events, in addition to supporting competitive skating through test sessions, classes and events. BFSC is sanctioned by the U.S. Figure Skating Association.

Some of the club's activities include:

Monday Night Club Ice Session	Spring Recital "Blades of Spring"
Skate-a-thon Fundraiser	Interclub Competitions
Gear Swaps (Fall & Spring)	Test Sessions throughout the Seasons
Annual Awards Banquet	May Family BBQ @ Lake Padden
National Skating Month	Community Service Projects
Annual Winter Show/Recital	Bake Sales & Blazer Hockey 50/50 Raffles

BFSC's skate year runs July 1st through June 30th, the same as USFSA. Please fill out the membership forms completely, enclose your check made out to the "Sportsplex" (you may post date it for July 1) and return it to the Sportsplex office. There will be a \$10.00 additional processing fee if the packet is not received by July 1.

Membership packet includes the following:

1. Membership Application
2. Safe Sport
3. Skater Code of Conduct
4. Parent Code of Conduct
5. Hold Harmless Agreement
6. Club Committee Agreement
7. Quarterly Fundraiser Commitment
8. Consent for Medical Treatment
9. Directory Information
10. Coaches Code of Conduct

Thank you for your membership!

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229
www.bfsc.info ~ BellinghamFSC@yahoo.com

CURRENT MEMBER RENEWAL

Skater Name: _____ DOB: _____

Address: _____ Zip: _____

Phone: _____ Email: _____

If skater is under 18, one parent will be listed as a member with USFSA:

Parent Name: _____ Cell Phone: _____

This form will be used for mailing & e-mailing club information as well as EMERGENCY CONTACT information so please fill it out completely. Registration and waiver consent forms must be completed before skater is allowed on the ice. Membership levels (see description below):

- _____ Skater (under the age of 18) & 1 Parent **\$134.00**
- _____ Adult Skater/Coach (Over 18 and not a student currently enrolled in a 4 year College/university) **\$100.00**
- _____ Collegiate Member (enrolled student at a 4 year college/university) **\$70.00**
- _____ Additional Family Member **\$64.00**
- _____ Associate Member **\$64.00**

Adult Skater/Coach—Full Membership is open to any adult over the age of 18 years of age, not currently enrolled in a 4 year college/university. This membership includes full club membership as well as U.S. Figure Skating membership.

Skater (under the age of 18) Full Membership is open to any skater under the age of 18 and includes BFSC membership, as well as full U.S. Figure Skating membership. However, it is BFSC's policy for an adult (parent or legal guardian) to join with the skater under the age of 18. This parent will be a BFSC member with voting privileges, and also a member of USFSA.

Collegiate Skater—Skater over the age of 18 and currently enrolled in a 4 year college/university. Membership rate is based on a consecutive 4 year period.

Additional Family Member—can be another parent, grandparent or sibling.

Associate Member—Open to persons who are currently members of another U.S. Figure Skating club. Associate members have skating, testing and other privileges granted by the BFSC Board, but do not have voting privileges.

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

*All membership is subject to eligibility.

Signature: _____ Date: _____

Volunteer Fee \$ 50.00 (refundable once 15hrs of volunteering has been completed for all Club Members: Adults Members, as well as, Skaters and Associate Skaters under 18 and their parent/guardian members.

Please return all forms signed and dated along with the appropriate fees by June 30th, otherwise there will be an additional \$10.00 processing fee. Thank you!

****Anyone who volunteers to be on the BFSC board will have their volunteer fee waived for the year.**

SafeSport Statement for Membership Renewal

Bellingham Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct.

The following code of conduct applies to all participants in activities hosted, supported, sponsored or engaged in by US Figure Skating and the Bellingham Figure Skating Club including but not limited to competitions, exhibitions, training camps and local rink activities.

I recognize that my participation or my child's in all the activities associated with U.S. Figure Skating and the Bellingham Figures Skating Club is an honor and privilege that carries certain responsibilities. I agree to fully abide the rules and guidelines set forth by U.S. Figure Skating Club or its properly designated agents.

U.S. Figure Skating Member Code of Conduct GR 1.02

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions and training camps, is an honor and privilege that carries certain responsibilities. I agree to abide the rules and guidelines set forth by U.S. Figures Skating or its properly designated agents. As a precondition to participation in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating, I will adhere to the following tenant in good faith:

- A. I will exhibit the highest standards of fairness, ethical behavior and genuine good sportsmanship in all of my relations with others.
- B. I will not damage public or private property. I understand that I may be held financially responsible for damage deemed to be wantonly or willfully executed on my part, and that I may be subject to disciplinary action by U.S. Figure Skating
- C. I will not use or possess illegal drugs, and I will not engage in criminal activity. I understand that, if I am found to use or possess illegal drugs, or if I am found to engage in any criminal activity during any activity hosted, supported, sponsored or engaged in by U.S. Figure Skating, I may be subject to criminal penalties as well as penalties imposed by U.S. Figure Skating.
- D. I will adhere to the rules of U.S. Figure Skating and the host organization at all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating.
- E. I will comply with all applicable anti-doping rules including, but not limited to ISU and USADA anti-doping rules.
- F. I will conduct myself in a manner not detrimental to the welfare of skating. I understand that my actions reflect on U.S. Figure Skating and the sport of figure skating both positively and negatively. I understand that if my acts, statements, or conduct are considered detrimental to the welfare of figure skating by the appropriate authority, I may be subject to penalties imposed by U.S. Figure Skating pursuant to GR 1.04
- G. I understand that the penalties that may be imposed may include, but are not limited to, loss of future international selections, loss of financial support from U.S. Figure Skating and its Memorial Fund and loss of participation in activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating.
- H. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 3 of the US Figure Skating bylaws, and that my rights and remedies are derived therefrom.



Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98225

www.bfsc.info ~ BellinghamFSC@yahoo.com

Bellingham Figure Skating

Skaters

Code of Conduct

General Conduct

- Be courteous and respectful to other skaters, coaches, parents, BFSC Ice Monitors, Sportsplex staff and visitors at all times.
- Derogatory comments, profanity and disrespectful behavior will not be tolerated.
- Chewing gum, eating and drinking is not allowed on the ice surface.
- Standard of dress should be suitable training attire (e.g. no low cut tops, bare midriffs or jeans.) Appropriate skating shorts are permissible.
- Show respect for the property of BFSC, the Sportsplex and other persons.
- Report any vandalism to a BFSC board member or Sportsplex staff person.
- Discard all rubbish in the bins provided.
- **BFSC Club Ice must be paid for prior to stepping on the ice (buying a session in full or paying the drop-in fee of \$12.00). Skaters will be allowed back on Club Ice once payment has been made.**

Freestyle Conduct

- **All skaters must sign in at the Sportsplex office prior to entering the rink area.**
- Coaches need to give way to skaters on ice.
- Skaters must enter & exit the ice at the music stand, just as is done for Sportsplex Freestyle sessions
- The person skating their program has the right of way at all times. *They must be wearing the designated pinnie to alert other skaters.*
- Program music is to be placed in line in the music booth when the skater is ready to skate their program. Please respect others' music pieces in line. No one has the right to change the order unless at a coach's request, however, a skater's music may not be abruptly stopped by any coach; a coach must wait until the skater has finished their program for safety purposes.
- To repeat a program, the skater must wait until all others have had the chance to skate with their music.
- Skaters, coaches and visitors should show consideration for lessons in progress. **Please do not interrupt skating lessons by speaking to coaches when they are coaching other students.**
- Spinning is to be done in the center of the ice and jumps at the corners. Please do not block the rinks perimeter for skating patterns.

Skaters code of conduct continued.

Safety

- No cell phones, iPods, iPads or other music players are allowed, unless being used by coaches for training purposes, **(you may ask your coach for special permission on occasion)**
- Skaters should not engage in personal conversations, roughhousing or other distracting or dangerous behavior during a session.
- Standing by the boards for other than **brief periods of time**, is not permitted. **This includes socializing.**
- Take care and look when pushing off from the boards to avoid collision with other skaters.
- Skaters who fall should get up rapidly and should not lie on the ice unless they are seriously injured.
- First aid equipment and supplies are available in the front office of the Sportsplex, should they be required.
- All holes created by a skater must be filled at the end of the training session, for the safety of the next group on the ice. A bucket of snow and spreader is available for patching. This is especially relevant to higher level skaters doing double/triple jumps.

I hereby agree to abide by the Skater’s and Coaches Code of Conduct, recognizing that the rules set forth in the outlined Skater’s and Coaches Code of Conduct are expectations of me during Club Ice, Club skating events (e.g. shows, recitals, skate-a-thon), as well as expectations of conduct during Bellingham Sportsplex Freestyle Ice sessions. I also recognize that when I am traveling to skating competitions and events outside my home rink, I am representing Bellingham Figure Skating Club and that my behavior reflects on the other members of our Club, whether they are present or not.

Skaters Signature _____ **Date** _____

Parent/Guardian Signature if under 18 _____ **Date** _____



Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98225

www.bfsc.info ~ BellinghamFSC@yahoo.com

U.S. Figure Skating Parents Code of Conduct

The Bellingham Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. Codes of Conduct give everyone a guide to what is expected of them as a part of an organization, participating in a sport, or as spectators at our child's events.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these "six pillars of character" (Arizona Sports Summit Accord)

By signing below I hereby agree that:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches, and officials at every practice, competition, and test session.
2. I will place the emotional and physical well-being of my child and others ahead of my desire to win.
3. I will encourage my child to skate in a safe and healthy environment by maintaining a respectful and courteous attitude towards others.
4. I will promptly inform my child's coach of any physical/mental disability, ailment, or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
6. I will not ridicule, bully, blame or yell at my child or other skaters, coaches, officials, or volunteers in response to a poor performance, for making a mistake, or for a child's placement in a competition.
7. I will do my best to make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction.
8. I will teach my child to treat other skaters, coaches, fans, volunteers, officials, and rink staff with respect, regardless of race, creed, color, sexual orientation, or ability. I will also take action and report any acts of bullying, harassment, or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.

Parents Code of Conduct - Continued

10. I will teach my child to resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model for my child and others.
12. I will demand a figure skating environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third party any illegal drug prohibited by applicable federal, state, or municipal law.
13. I will not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
14. I will expect my child's coach to be in compliance with all requirements of U.S. Figure Skating and the Professional Skaters Association, to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
15. I will respect my child's coach and refrain from "side line" coaching my child or other skaters.
16. I agree to educate myself regarding the proper procedures to follow when establishing or termination the coaching relationship and refrain from third-party solicitation as outlined on the PSA website.
17. I will respect the decisions of officials, their authority, and decisions during competitions and test sessions and teach my child to do the same.
18. I will show appreciation and recognize the importance of volunteers and club officials. I will fulfill my responsibility to help my club with membership, special projects, competitions, and test sessions.
19. I will become familiar with the rules of U.S. Figure Skating and teach my child accordingly.
20. I will support and respect all skaters and their right to participate.

Signature: _____ Date: _____

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (“Agreement”)

In consideration of participating in Bellingham Figure Skating Club & Whatcom Sports and Recreation Commission dba Bellingham Sportsplex activities, I represent that I understand the nature of figure skating activities(“activity”) and that I am qualified, in good health and in proper physical condition to participate in such “activity”. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the “activity”.

I fully understand that this “activity” involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those or others participating in the “activity”, the conditions in which the “activity” takes place, or the negligence of the “releases” named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the “activity”.

I hereby release, discharge, and covenant not to sue the Bellingham Figure Skating Club & WSRC dba Bellingham Sportsplex, United States Figure Skating, its directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and leasers of premises on which the “activity” takes place (each considered one of the “Releases” herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the “releases” or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the releases, I will indemnify, save, and hold harmless each of the releases from any loss, liability, damage, or cost which any may incur as the result of such claim. The Bellingham, Figure Skating Club & WSRC dba Bellingham Sportsplex has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that the Bellingham Figure Skating Club or WSRC dba Bellingham Sportsplex shall not be responsible for the supervision of the members at Club Ice.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant _____

Signature of Participant _____ **Date** _____

Continued on next page:

PARENTAL CONSENT AND INDEMNIFICATION AGREEMENT

I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releases from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releases or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claims against any of the above Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees and loss, liability, damage, or cost that any Releases may incur as the result of any such claim.

Printed Name of Parent _____ **Date** _____

Signature of Parent _____ **Date** _____

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

Club Committees

Each adult club member, skater under 18 and their parent/ guardian, as well as, each associate club member and their parent/guardian is being asked to serve on 2 of the following committees for the year July 2016- June 2017. Each committee will be headed by a board member, unless otherwise noted. These committees will meet periodically throughout the year with the purpose of involving all club members/families in the overall running of our club. With the help of everyone, the committee involvement should not be looked at as time consuming, but rather, a time for all members to use their talents, an opportunity for members to get to know one another and a way to build and encourage club camaraderie. Below you will find the various committee options and a brief summary of what the committee is responsible for. **Please mark 2 committees** that you are interested in participating in and then **sign and date the bottom**.

Gear Swap Committee: organize semi-annual Gear Swaps (Fall and Spring), by selecting a date on the calendar, sending out emails to club members, working with Sportsplex Skating Director, advertising to non-club members, making tags for new items, volunteering the day(s) of the swap, setting up the schedule for the volunteers, making sure that all items are displayed nicely and being familiar with the items being sold in order to answer questions, as well as, document all items being sold and work with the Sportsplex front office etc. _____

Quarterly Fundraising Committee: working with club members and the board to decide upon which fundraisers to participate in. Organize and plan each fundraiser by putting together handouts/packets for club members, work with members of the community/ Whatcom County when necessary, communicate via email with club members, determine beginning and ending dates for the fundraiser etc. _____

Event Planning: There are several events throughout the year. You would be working with the club president and our skating director to set dates and times, perhaps making phone calls to community members and following or developing CLUB protocol for the event etc. Please select the events that you are interested in working on.

National Skating Month _____ **(January)**

“Blades of Spring” Recital _____ **(April)**

Club BBQ _____ **(May)**

End of the Year Award BBQ _____ **(June)**

Fall Kick off Night _____ **(2nd Monday of September)**

Ongoing Club Fundraisers: These are fundraisers that the club will have throughout the different seasons of the year.

Blazer’s Hockey 50/50 Raffles _____ organize a list of volunteers/including yourself, who will rotate working at each raffle during the Blazer’s hockey season. Volunteers would set up, clean up, as well as, work with the Sportsplex staff to make sure there is a cash box available for each game, be responsible for handling and counting

Club Committees Cont:

money in the cash box after each game, as well as, making sure that the winner receives their portion of the winnings.

Bake Sales:_____ organize and plan various bake sales during the year. Put together a list of volunteers to work at the sale, as well as, put together a bake sale “work party” of club members to make and bake items for the sale. Work with the Sportsplex staff to make sure there is a cash box available for each sale, be responsible for handling and counting money, as well as, set up and clean up.

Raffle Baskets:_____ coordinate and work together with other club members to put together themed raffle baskets for our important events during the year, mainly our Winter Show and our Spring Recital. This person will work with and encourage families to get their baskets donated by Whatcom County Businesses throughout the year. Decide upon due dates for baskets to be finished prior to events, work with board members to get the supplies needed for the baskets and put together a work party where the baskets can be wrapped together by club members.

Community Service:_____ work with club members/board to determine which service projects should be done during the year and communicate with the Whatcom county community to coordinate these projects. (minimum of 3 each year)

Friend Raisers/Fundraisers: Working as a committee with the local community/Whatcom county and beyond to create ongoing and lasting relationships that will help our club with our fundraising needs as a not for profit organization. This committee will determine and target community partners. This committee will help promote our club as well, when we provide entertainment to the community through events like our Recitals and the Winter Show. This committee will also be responsible for creating a once yearly appeal letter that will go out each year_____.

Adult Club Members 18 and older_____ **Date**_____

Full Skating Members and Associate Skating Members under 18 _____ **Date**_____

Parent/Guardian of Full Members and Associate Members_____ **Date**_____



Quarterly Fundraising Commitment

This year our club will be offering various quarterly fundraisers. These fundraisers will allow its members the opportunity to fulfill their quarterly fundraising commitment. Each quarter the club will provide a fundraiser for its members to participate in. During each fundraiser, there will be a predetermined amount of money that will need to be raised by **each club member, whether adult member, junior member (along with parent/guardian) or associate member**. It is during these fundraisers that each club member will be responsible for raising money to support the club. We are excited to be working together in order to support our club and we encourage you to be part of **growing** our club this year.

This year our club has chosen to participate in the following fundraisers:

Summer 2016: We will be selling tickets for a local carwash business with 4 locations (beginning July- August) each member needs to raise **\$50.00 in profits (equivalent to selling 5 tickets)**

Fall 2016: We will be selling Chuckanut Cheesecake Samplers (October) each member needs to raise **\$100.00 in profits (equivalent to selling 8 cheesecake sampler boxes)**

Winter 2017: We will be putting on our Annual Skate-a-thon (February) each member needs to raise **\$100.00 in pledges**

Spring 2017: We will be selling flowers/plants **in time to be delivered by Mother's Day** (beginning the last week in March into April) each member is responsible to raise **\$60.00 in profits**

****** There will be incentives given to those who raise more than the requirements.**

****** If there is some reason you are unable to raise your portion for each fundraiser, you may make a donation to the club in the amount owed.**

Adult Club Member _____ **Date** _____

Full Club Member/Associate Member under 18 _____ **Date** _____

Parent/Guardian of Full Club Member/Associate Club Member _____ **Date** _____

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

**Bellingham Figure Skating Club & Bellingham Sportsplex
Consent for Medical Attention or Treatment**

I certify that I, the member, or I, the parent/guardian of said participant, give my consent to the Bellingham Figure Skating Club (BFSC), its members, board of Directors and volunteers , the Whatcom Sports and Recreation Commision (WSRC) dba the Bellingham Sportsplex the place the activities are taking place in, and their staff to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participation in these activities.

Printed Name of Minor Child _____

Printed Name of Parent/Guardian _____

Signature of Parent/Guardian _____

Printed Name of Adult Member _____

Signature of Adult Member _____

Date _____

This Consent for Medical Attention shall be binding and effective for the 2016-2017 membership year.

Emergency Contact Information

Emergency Contact Name _____

Relationship to Club Member _____

Phone 1: _____

Phone 2: _____

Name of Preferred Doctor: _____

Doctor's Phone Number: _____

Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98229

www.bfsc.info ~ BellinghamFSC@yahoo.com

Directory Information Sheet

Please Print

Skater/Coach/Adult Member Name: _____

Parent Name(s): _____

Street Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Business Phone: _____

Cell Phone: _____ Can you receive texts? Y/N

E-mail Address: _____

Skater Date of Birth: ____/____/____.

_____ I give my permission for BFSC to display my name or my child's name and/or pictures on the BFSC bulletin board at the Sportsplex, the BFSC Website, or the BFSC Facebook page for competition results, show events, special events, competitions, or Monday Night Ice sessions to promote the Bellingham Figure Skating Club. We also give BFSC permission to submit names to the media for promotional purposes/events

Signature: _____ Date: _____



Bellingham Figure Skating Club

Home Rink: Sportsplex, 1225 Civic Field Way
Bellingham, WA 98225

www.bfsc.info ~ BellinghamFSC@yahoo.com

Coaches' Code of Ethics, Standards and Conduct

Mission Statement: To provide a standardized guideline of ethics, standards and conduct to ensure the quality, integrity and moral environment of U.S. Figure Skating, its member clubs and programs.

Purpose: The Bellingham Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. This information is intended to provide both the general principles and the decision rules to cover most situations encountered by coaches and instructors.

It has, as its primary goal, the welfare and protection of the individuals and groups with whom coaches work. It is the individual responsibility of each coach to aspire to the highest possible standards of conduct. Above all, coaches of young people can have great influence on developing athletes who are reliant on these coaches for the basic instruction and guidance necessary to reach the top levels. Coaches can have tremendous power over these athletes in their quest to the top. This power must not be abused. Therefore, we have set forth these codes of ethics and conduct to guide our coaches and protect our athletes for the mutual benefit of all concerned.

General Principles:

- **Competence:** Coaches must strive to maintain high standards of excellence in their work. They should recognize the boundaries of their particular competencies and the limitations of their expertise. They should provide only those services and use only those techniques for which they are qualified by education, training and/or experience. In those areas, where recognized professional standards do not yet exist, coaches must exercise careful judgment and take appropriate precautions to protect the welfare of those with whom they work. They shall maintain knowledge of relevant scientific and professional information related to the services they render, and they must recognize the need for ongoing education. Coaches should make appropriate use of scientific, professional, technical and administrative resources.
- **Integrity:** Coaches should seek to promote integrity in their coaching profession. Coaches should always be honest, fair and respectful of others. They must not make representations about their qualifications, services, products, or fees that are false, misleading or deceptive.

Coaches should strive to be aware of their own belief systems, values, needs and limitations and the effect of these on their work. To the extent feasible, they should attempt to clarify for relevant parties, the roles they are performing and to function appropriately in accordance with those roles. Coaches must avoid conflicts of interest.

- **Professional Responsibility:** Coaches must uphold professional standards of conduct, clarify their professional roles and obligations, accept appropriate responsibility for their behavior, and adapt their methods to the needs of different athletes. Coaches should consult with, refer to, or cooperate with other professionals and institutions to the extent needed to serve the best interest of their athletes, or other recipients of their services. Coaches should be concerned about the ethical compliance of their colleagues' conduct. When appropriate, they should consult with their colleagues in order to prevent or avoid unethical conduct.
- **Respect for Participants and Dignity:** Coaches shall respect the fundamental rights, dignity and worth of all participants. Coaches must be aware of cultural, individual and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language and socioeconomic status. Coaches must eliminate the effect on their work of biases based on those factors, and they do not knowingly participate in or condone unfair discriminatory practices.
- **Concern for Others Welfare:** In their actions, coaches must consider the welfare and rights of their athletes and other participants. When conflicts occur among coaches' obligations or concerns, they should attempt to resolve these conflicts and to perform their roles in a responsible fashion that avoids or minimizes harm. Coaches shall be sensitive to differences in power between themselves and others, and should not exploit nor mislead other people during or after their relationship.
- **Responsible Coaching:** Coaches must be aware of their ethical responsibility to the community and the society in which they work and live. Coaches must comply with the law and encourage the development of law and policies that serve the interest of sport or activity. The coach shall strive to serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the U.S. Figure Skating setting. The coach shall strive to use strategies in practice and competition that are designed to encourage play within the letter and spirit of the rules. The coach shall strive to keep the concepts of winning and losing in proper perspective. The coach shall strive to enforce policies and rules with fairness, consistency and an appreciation for individual differences.

Ethical Standards:

- **Compliance with Rule Requirements:** All coaches must complete all annual coaching member requirements set forth by U.S. Figure Skating Rules and the PSA that apply to them by the appropriate deadlines.
- **Competence:** Coaches should not undertake these duties until they have first obtained the proper training, study and advice that they are competent to do so.
- **Maintaining Expertise:** Coaches should maintain a level of expertise through continued education and experience and shall strive to acquire additional education and experience through sources available to them.
- **Respecting Others:** Coaches shall respect the rights of other's values, opinions and beliefs even if they differ from their own.
- **Nondiscrimination:** Coaches must not engage in discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status, or any other basis as proscribed by law.
- **Sexual Harassment:** Coaches must not, under any circumstances, engage in sexual harassment which includes solicitation, physical advances, verbal or non-verbal conduct which is sexual in nature and will respond to complaints of such a nature to respondents with dignity and respect.

Personal Problems or Conflicts: Coaches should have a responsibility to be aware if there are personal problems or conflicts which may affect their ability to work with athletes. They should also be able to identify problems affecting their athletes, which could potentially create situations that place their athletes in harm or danger of injury, and take the appropriate steps to remove the athlete from this environment.

Further, any person who makes groundless allegations or complaints of abuse or harassment may be subject to disciplinary action per Article XXV, Section 3B, of the U.S. Figure Skating bylaws.

Coaches Code of Conduct:

- Must obey and abide by all U.S. Figure Skating published rules, regulations and procedures.
- Shall maintain exemplary standards of personal conduct.
- Must obey all state, national and international laws.
- Must not use alcohol, illegal drugs or substances, which could impair ability or judgment as a coach.

- Must refrain from using any profane or abusive language.
- Must not engage in sexual harassment or sexual misconduct with any athlete
- Must teach and support the athletes fairly and equitably.
- Never discriminate against any athlete

I understand that as a U.S. Figure Skating member coach, I have assumed certain responsibilities to prepare, develop, be an advocate and role model. I agree to the "Coaches Code of Conduct," have read the "Coaches Code of Conduct" and understand what is expected of me.

Coach Signature: _____ Date: _____

Printed Name: _____ Date: _____

*Also refer to the PSA Code of Ethics and Tenets of Professionalism for more information.