

Scooter's Speed Club - Member Expectations.

- **Arrive in time** to be **on** the skating surface promptly at start time. Each member is expected to take turns in helping with set up & preparation and or take down at the end of each practice. A practice will not begin until those who helped with floor preparation are ready to skate.
- **Sign in -immediately** upon arrival, - the “sign in” sheet is on the clipboard, is placed on the pool table and is used at each practice.
- **Bring a water bottle** – place it on the end wall nearest the snack-bar, for easy access but remove immediately when practice is over – especially if a public or private session begins after our practice.
- **Safety Equipment** – wearing of a bicycle helmet is compulsory. All other equipment is optional, however for indoor skating the smaller compact or soft volleyball type safety wear is preferred. Gloves rather than the full wrist protection can be used. The larger bulkier equipment can cause accidental injury to others when skating in close contact.

- **Changing of clothes:** when we are not the only people present at the rink – especially before & after public sessions. Men use party room 1, women use party room 2. **The washrooms are NOT to be used for the changing of clothes.** T shirts & shorts, skin suits or other appropriate clothing must be worn at all times inside the rink.
- **Clothing Notes:** T Shirts must be tucked into shorts, skinsuits cannot be worn with the top half hanging loosely from the waist.
- **Skaters must be completely attired before stepping on to the floor and at all times within the rink.**

- **No talking** or personal discussions please, during formal instruction times – i.e. anytime a coach or an instructor is giving direction to the group.
- **Follow Directions** as given by coaches / instructors – **just do it!** No excuses. You are expected to finish all activities. This means staying on the floor and skating as best you can. If the activity seems beyond you, you are still expected to complete it but at your level of competence and fitness. Move to the inside track in the center of the floor - as needed.
- **No leaving the Floor during an activity** (exception = injury, skate repair, washroom)

- **Pack or group skating** – will be used (unless otherwise directed.). This means there should be no “solo” skaters spread around the track in most activities. Join a faster or slower group at any time. Go to the “center” area inside track until you are able to join up with an appropriate group on the track.
- **Call out “TRACK”** in time before overtaking a slower group or skater at practice but not in a race - exception about to LAP a skater in a race.
- **Move to the wall** immediately - (skater being overtaken) when “track” is called & continue skating. If the pack is moving at top speed – roll on two feet in the straight-aways until they have passed you.

- **Skate on the “Inside track” in the centre** of the rink when not actively participating in the main activity but need to keep skating.
- **Replace any corner marker or cone immediately - YOU hit and move during a practice activity. Leave the pack immediately, circle back through the centre to replace it - before rejoining the pack. –**
Exception - during a race. In a race a cone or marker that is struck and moved so that none of its edges are touching the boundary floor markers = a penalty. Doing this 3 times = DQ.
- **Quick transitions** between activities are expected and necessary given our short practice times.
- **Wearing of personal entertainment**, music or radio devices involving earphones or head-sets during practice sessions is not permitted - due to safety & insurance policy compliance concerns.
- **After a fall – unless seriously hurt, get up immediately and or move yourself out of the track area.**
- **End of Practice** – leave the floor promptly. On nights where we close up the facility you are asked to change, pack up and exit the rink promptly.
- **Good Sportsmanship & Mutual Respect** – all club expectations are based on good sportsmanship and mutual respect. If a conflict or issue arises it should be resolved:
 - 1) - immediately through discussion between the parties concerned. Any discussion should occur off the skating floor surface.
 - 2) The involvement of club coach(es) and or directors will occur only after step one above has been followed and no resolution was possible.
 - 3) Unsatisfactory or no resolution can result in termination of club membership as ruled by the Board of Directors.

Thank you for your cooperation, respect and understanding.