

Cortland Figure Skating Club (CFSC) 2022/2023 Associate Membership Registration Form

Family Members	Full Name (Please print clearly)	Birthdate (MM/DD/YYYY)	Gender (M/F)	Membership Cost
Minor Skater #1				
Minor Skater #2				
Minor Skater #3				
Adult Skater #1				
Adult Skater #2				
Total Membership Cost for Family	This line for CFSC use only Check # _____ Date Rec'd _____			\$

Associate Membership

Associate Member Fee	\$80	A skater who is registered with USFSA under a different home club than CFSC. By paying this fee, the skater will be able to purchase ice packages and pay for CFSC test sessions with discounted rates.
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Parent/Guardian (if skater is a minor)		Phone #	
Address		City, State, Zip Code	
Email Address			
Home Club/Coach	Is the skater (s) in good standing with his/her home club? Good standing simply means that all financial obligations are up to date with the home club.		(Please circle one) Yes or No

Please return ALL completed paperwork to: Cortland Figure Skating Club

c/o Swan Xu, Membership Chair

Drop-off: the mailbox in the club room OR Mail to: PO Box 5232, Cortland, NY 13045



Ice Etiquette Guidelines *2022-2023 Season*

Who has the right-of-way?

- Remember that SAFETY IS FIRST. Be responsible. Be aware. Watch around you. The primary right-of-way goes to the skater who doesn't see the potential for a collision. All skaters should try to give way to skaters performing programs or taking lessons, but SAFETY IS FIRST. Just because your music is playing doesn't give you the right to put another skater in danger.
- Skaters should be constantly aware of who is around them while they are skating, and should respect the rights of other skaters.
 1. Headphones are not allowed on the ice.
- Skaters in a lesson have the right-of-way over skaters not in a lesson.
- A skater having her/his freestyle or dance music played when not in a lesson has the right-of-way over other skaters, unless the other skater is in a lesson.
 1. Skaters and coaches in a lesson should be aware of who is doing their program and try to stay out of the way if possible.
- When using the harness, the skater and coach should let any dancers or skaters in a program have the right-of-way.
- Be aware of someone who might be spinning, they cannot see someone skating close to them, and therefore cannot move out of the way for you.

Where should you be when on the ice?

- Skaters should be on time and leave the ice promptly when the session is over.
- In general, skating traffic flow moves in a counter-clockwise direction.
- Spins should be done in the middle of the rink, unless you are doing a program.
 1. Never skate close to a skater who is spinning; they cannot see how close you are.
 2. Also always give a spinning skater enough room to change positions; you never know when a scratch spin may turn into a camel spin.
- Jumps should be done outside the blue lines.
- Whenever possible try not to skate between a coach and skater who are in a lesson.
- *Do not stand or visit on the ice at any time.* If you are not moving, you will be asked to get off the ice.
- Retie your skates in the hockey box or off the ice.
- *Please note that PARENTS are NOT allowed on the ice at any time.* If you need to talk to your skater or your skater's coach, please do it off ice.

When can music be played or requested?

- Skaters in a lesson will have priority to have their music played. After this, music will be played in the order of request.
- Music may be played once by pro request during a 15 minute lesson and twice during a 30 minute lesson. The pro may request the music additional times during the lesson, but the request may not be given priority over other music requests.
- The skater or coach should "wave off" their music if they no longer require it to be played.

What should you wear when practicing?

- Skaters should not wear any loose clothing when on the ice.
- Skaters should not wear jeans or pants that do not stretch.
- Skaters should never wear bobby pins or headbands that could fly off when on the ice.
- Skaters should not wear bulky jackets or winter coats on the ice. Instead, wear a sweatshirt or lightweight jacket that is easy to skate in.
- Appropriate skating apparel includes tights, close fitting stretch pants, skating dresses, skirts, or shorts, sweatshirts, lightweight jackets and gloves.

What should you bring with you on the ice?

- Water in a plastic or metal bottle (shatterproof)
(that can be distinguished as yours) – no glass containers!
- Tissues
- Program music
- Rulebook if you have one
- You should have everything with you so that, once on the ice, you can STAY on the ice for the entire session.

What should you not have when on the ice?

- No food or drink other than water should be on the ice at any time.
- No gum.
- No I-Pods, cell phones, or other electronics should be brought on the ice.

Be Courteous!

- Do not use inappropriate language or conduct when in the rink.
- All skaters and coaches must respect each other both on and off the ice.
- Remember everyone is equal on the ice.
- If someone is in your way, simply asking them to move is the quickest, safest and friendliest way to make space on the ice.
- If you fall and are not hurt, get up immediately.
- Any problems or complaints should be directed to a pro or board member who is at the rink at that time.
- Do not ever kick the ice or the boards!!!

Any skater not abiding by the above guidelines may receive a warning from a professional staff member, board member or the parent volunteer ice monitor on duty. Skaters who receive multiple warnings for improper behavior will be removed from the ice.

I have read, understand and agree to follow the above ice etiquette guidelines while skating during 2022-2023 Cortland Figure Skating Club ice time.

Skater's name

Skater's signature

Date

Parent's name (if skater is under 18)

Parent's signature (if skater is under 18)

Date

Coach's name

Coach's signature

Date

SafeSport Statement for Membership Renewal

Cortland Figure Skating Club, Inc. 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 U.S. Figure Skating and Cortland Figure Skating Club, Inc. 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 Cortland Figure Skating Club, Inc. is an honor and privilege that carries certain responsibilities. I agree to fully abide by the rules and guidelines set forth by U.S. Figure Skating 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 fully abide by the rules and guidelines set forth by U.S. Figure 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 tenets 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 figure 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 U.S. Figure Skating bylaws, and that my rights and remedies are derived there from.

Parent Signature: _____ Date _____

Parent Print Name: _____

PARENT CODE OF CONDUCT

Cortland 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.

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 to others.
4. I will promptly inform my child's coach of any physical/ mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing his/her best is more important than winning.
6. I will do my best not to ridicule, bully, blame, or yell at my child or other skaters, coaches, officials or volunteers in response to a poor performance or for any other reason.
7. I will do my best to make skating fun at all times 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.
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 terminating 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 the U.S. Figure Skating and teach my child accordingly.

20. I will support and respect all skaters and their right to participate.

Violations and the manner in which they will be dealt with:

Violations of any tenets will be addressed at the time they occur depending upon the seriousness of the offense by a member of the club board of directors following the procedures outlined in the conflict resolution or grievance process.

First offense:

Club member will be addressed verbally (in private) regarding the violation.

Second offense:

If there is a second violation, the member will be removed from the activity and given a written warning. A face-to-face meeting with the member and/or member's parent or legal guardian may be in order.

Repeated offenses:

If the member continually violates any tenet of the code of conduct, the club's board of directors will take offenses very seriously. Discipline may include loss of club privileges for extended periods, and/or revocation of club membership.

This document is in addition to the Club Skater's Ice Etiquette Document and is not intended to replace any agreements other agreements.

Cortland Figure Skating Club - Parent Code of Conduct Agreement Form

I, _____, have read the Parent Code of Conduct, and agree to uphold all guidelines and tenets of this document.
(Printed Parent Name)

Parent's signature

Date

Please return this form to Swan Xu, CFSC Membership Chair

Cortland Figure Skating Club

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement

In consideration of participating in **Cortland Figure Skating Club** 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 of others participating in the "activity", the conditions in which the "activity" takes place, or the negligence of the "releasees" 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 **Cortland Figure Skating Club**, United States Figure Skating, it's directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the "activity" takes place (each considered one of the "Releasees" 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 "releasees" 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 Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The **Cortland Figure Skating Club** has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that the **Cortland Figure Skating Club** 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

Date

Signature of Participant

Cortland Figure Skating Club
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 Releasees 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 Releasees 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 Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

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 Cortland Figure Skating Club and the facility the activities are taking place in and their staff and to members of the Cortland Figure Skating Club, their Board of Directors and volunteers 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.

Name of 1st Minor Child Member (please print)

Name of 2nd Minor Child Member (please print)

Name(s) of Parent(s)/Guardian(s) _____
(please print)

Parent/Guardian Signature _____ Date _____

Name of Adult Member _____
(please print)

Adult Member Signature _____ Date _____

This Consent for Medical Attention shall be binding and effective for the **2022/2023-membership** year with the **Cortland Figure Skating Club**.

NAME AND LIKENESS RELEASE AND CONSENT AGREEMENT

By registering for the 2022-23 Competition Season of U.S. Figure Skating, and for good and valuable consideration, I release and grant to U.S. Figure Skating, including its subsidiary and affiliated entities, and U.S. Figure Skating authorized local organizing committees, clubs, and interclub associations, the right to use my name, likeness, image, photograph, voice, video, athletic performance, biographical information and any other indicia of identity, in any format, medium, technology and platforms whatsoever, from any U.S. Figure Skating event or activity in which I participate during the 2022-23 competition season (collectively, my "Identifications"), and to distribute, broadcast and exhibit my Identifications, without charge, restriction or liability, in any media now known or hereafter devised (including, but not limited to, television, internet, web casting, and video streaming) or in various publications (including, but not limited to, *SKATING* Magazine, the U.S. Figure Skating directory or media guide and marketing materials) into perpetuity, unless otherwise specified and agreed upon. I understand that I will not receive any compensation for any such use of my Identifications. It is also agreed, however, that without my written permission: (a) at no time can my Identifications be used by U.S. Figure Skating for any commercial purpose (e.g., use in connection with the promotion of any commercial entity and/or its relationship with U.S. Figure Skating or with me, including one that expresses or implies an endorsement of any company or its products or services) and (b) at no time may U.S. Figure Skating release or authorize the use of my Identifications to an unrelated third party for the purpose of my endorsement of any commercial property, product or service, without my written permission.

I HAVE READ THIS RELEASE AND CONSENT AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE.

Signature of Parent/Guardian _____

Date _____

Printed Name of Parent/Guardian (if Participant is under 18) _____

Signature of Participant/Skater _____

Date _____

Printed Name of Participant/Skater _____

