



FORT SASKATCHEWAN SKATING PROGRAM HANDBOOK

2025/2026 Season



SKATING PROGRAMS

ALL INFORMATION IS SUBJECT TO CHANGE. WE DO OUR BEST TO KEEP FAMILIES INFORMED.

Learn to Skate

- Ages 3-12
- Three sessions:
 - September-December (Fall)
 - January-March (Winter)
 - April-June (Spring)
- Skate once a week

Pre-Can Skate

Basic skating skills- falling and standing up, moving forward and backwards.

Can Skate

Intermediate skating skills including crossovers, one foot turns and balances.

Junior Academy

- Ages 5-11
- Two sessions:
 - September-March
 - April-June

For those moving from the learn to skate programs (Can Skate). They will learn figure skating fundamentals and complete their STAR 1 assessment in a group setting.

Recreation Program

- 12 years and older
- Two sessions: September
March, April-June

For those who are returning to the sport, looking to learn figure skating or freshen up their skating skills while learning basic figure skating foundations.

Star Skate (Competitive)

- STAR 2 and up
- Two sessions:
 - September
March
 - April-June

This program requires a minimum of two days on the ice.



Can Power

- Ages 5-15
- Three sessions:
 - September
December (Fall)
 - January-March
(Winter)
 - April-June (Spring)

Can Power provides an alternative to figure skating and is an excellent complement for those athletes playing on hockey or ringette teams. Its unique skill award program provides incentives and motivation for skaters to continue to achieve.

LEARN TO SKATE

- Consists of various levels where skaters learn basic skills (Pre-Can Skate) such as falling down and standing up, moving forward and backwards to more advanced skating moves (as found in Can Skate) such as cross overs, one foot turns, and balances through the use of circuits and games to develop a well-rounded athlete.
- Skaters will be given a progress report card document showing what they have accomplished on ice.
- Coaching staff is composed of Skate Canada Registered Coaches who have completed NCCP training.
- All programming falls in line with Skate Canada Regulations.

Equipment

- Hockey Helmet
- Warm Athletic Pants
- Warm Jacket or Sweater
- Mittens
- Skates



Housekeeping

- Parents are not allowed on the ice at any time. If an issue should occur, we will bring your child to you.
- For advanced skaters we recommend a fitted hockey or figure skate as they offer more balance on the ice.
- New skates do not come sharpened so make sure they are ready to go prior to skating lessons.
- Additional gear such as hockey equipment, face cages etc. - may be worn at the parent and skaters' discretion.



RECREATIONAL SKATING

- Coaching staff is composed of Skate Canada Registered Coaches who have completed NCCP training.
- Please visit our website for coaching staff profiles.
 - Perfect for those figure skaters who are unable to commit to more than one day a week on ice.

Requirements

- One class per week.
- Figure Skates.
- Proper skating attire is needed which includes hair tied back from the face, skating tights and dresses or a tight-fitting pant with an athletic top and sweater to keep warm.
- Running shoes are required for all Off ice classes.



Housekeeping

- Our coaching staff works as a team and skaters will get time to work with everyone. •

Activities through the year include:

- Halloween costume practice
- Christmas rink activities
- In-club show cases
- Assessment days

Cost of Ice Assessment Fees

Group Lessons

Off Ice class

On Ice group technique class with Star Skate
competitive skaters

STAR SKATE- COMPETITIVE

- Coaching staff is composed of Skate Canada Registered Coaches who have completed NCCP training.
- Please visit our website for coaching staff profiles.

Requirements

- Minimum of two ice sessions a week.
- Figure Skates.
- Proper skating attire is needed which includes hair tied back from the face, skating tights and dresses or a tight-fitting pant with an athletic top and sweater to keep warm.
- Running shoes are required for all off ice classes.



Housekeeping

- Private lessons are invoiced accordingly by the coaching staff.
- Our coaching staff works as a team and skaters will get time to work with everyone. •

Activities through the year include:

- Halloween costume practice
- Christmas rink activities
- In-club show cases
- Assessment days
- Regional level competitions at the coach's discretion.

Cost of Ice Assessment Fees

Group Lessons Private lessons billed by coaching staff Off Ice class



IMPORTANT INFORMATION

ATTENDANCE

Attendance at all practice is mandatory for competitive skaters.

INJURIES & ILLNESS

Coaches must be notified any time a skater will be absent.

SKATING JACKETS

Jackets are optional but recommended. These are to be black and tight fitting with the club logo. To be ordered through the club.

EXECUTIVE BOARD

Fort Saskatchewan Skating Club is fortunate to have volunteer parents and grandparents to run the club. Every year there is an Annual General Meeting in which board members get elected. Positions are held for two years. Positions are: President, Vice President, Secretary, Treasurer, Fundraising, Assessment Coordinator, Ice Allocation Chair, Carnival Chair, Volunteer Coordinator, Registrar and Social Media and Website Coordinator.

COMMUNICATIONS

We communicate through various channels primarily via email, social media and calendars handed out through the program. We strive to have all dates and information available on our website and program handbook but the information is subject to change. The last day of classes will be showing when you enroll. We encourage all skaters and families to address any concerns through face-to-face meetings. Please do not hesitate to contact us.

PAYMENT AND REFUND POLICIES

Payments

1. All accounts must be set up with a valid credit card
2. Regular fees for recreation and Star Skate programs are processed on the first business day of each month. All other fees are due at the time of registration and may be processed at any time.
3. A \$40 NSF/late fee will be applied to any declined credit card payment
4. Please note that none of our advertised fees include GST.

Refunds & Withdrawals

- Programs are non-refundable. Exceptions are made on a case-by-case basis
- 15-30 days prior to class start: Fee refunded minus a 30% cancellation fee.
- Less than 15 days prior to class start: No refund unless a doctor's note provided. 50% refund with a doctor's note.

Funding

We recognize that some families apply for funding through agencies such as Jumpstart and/or Kidsport. Ideally all funding money is to be received before the start of the first class; however, we recognize that this is not always possible. As such, recreational skaters who are applying for funding must pay a \$50 deposit if they do not have their funding in place before the first class. If we do not receive full payment/funding by the start of the 3rd class, the skater may not be permitted to participate. The fundraising and Skate Canada fees are not including in this funding. This is required to be paid by the family.

Special Arrangements

We understand that from time-to-time circumstances arise that may result in a request for special arrangements of payments. We do our best to accommodate this whenever possible but late fees may still be applied. All requests for special arrangements may be discussed with the executive board.

We have a "no pay, no play" policy in effect. Skaters whose accounts are not up to date may not be permitted to practice until their account is in good standing.



If classes are cancelled due to health restrictions, credits will be issued to accounts.

**Withdrawal from any program must be done in writing to fortsaskskating@gmail.com

FORT SASKATCHEWAN SKATING POLICIES

REGISTRATION

You may register online at <https://fortskfsc.uplifterinc.com/>

Registration in one session does not automatically carry over to the next session. Skaters must re-register for each session.

SCHEDULE CHANGES & MODIFICATIONS

All schedules may change without prior notice depending on staff availability and other considerations. Every effort is made to notify our families when changes are made.

MAKE-UP CLASSES

In the event a skater misses a class due to no fault of FSSC, there will be no make-up class. In the event where FSSC is responsible for a missed/cancelled class, a make-up will be scheduled. In the event a make-up cannot be scheduled, the skater shall be issued a credit on account.

PRACTICE & CLASS VIEWING

1. Addressing your child during class or practices is not allowed.
2. Only skaters and coaches are permitted on the ice
3. Please keep conversations quiet in the viewing area. Rude, disrespectful commentary and gossip in the viewing area will not be tolerated. We expect only positive and kind remarks.

GENERAL RULES

1. The Supervising Coach is in charge. The supervising coach has the authority to refuse anyone entry to or remove anyone from the ice.
2. All Skaters are required to hold Skate Canada Insurance. This insurance runs from August August for current year. This is purchased during your enrollment.
3. Changing room policy is applicable to Star Skate, Recreational and Can Power programming. This does not apply to learn to skate programs.
4. Long hair must be tied back.
5. Appropriate athletic clothing must be worn while practicing for on and off ice.
6. No gum, candy, food, or drink (except water) allowed on the ice .



7. Phones should be kept inside zipped up bags/purses while skaters are in practice or participating in an activity.
8. Inability or refusal to follow these and other coach directives and/or rules may result in immediate expulsion from the program. This applies to skaters, parents, and anyone visiting.

SKATER RESPONSIBILITIES

1. Skaters must be aware of the responsibilities required and the commitment they are making to their program.
2. Skaters must be willing to cooperate and be helpful to the coach or any person in charge.
3. Skaters must realize the way they conduct themselves while representing FSSC directly reflects on the entire program.
4. Skaters must be willing to work hard, take directions, apply corrections, and strive for excellence.

EXPECTATIONS OF SKATERS

1. Skaters will maintain the highest standards of behavior. Any negative behavior towards FSSC staff or skaters or towards any other club via any medium (including Facebook, Twitter, Instagram, Snapchat, or any other forms of social media) may result in dismissal from the program. In addition, skaters shall not post any compromising or derogatory photos or videos of themselves, other skaters, or coaches on any websites or social media including "fail" photos and videos.
2. Skaters will be on time to all activities including practices, team activities, and competitions. Continuous tardiness and or absences will be grounds for disciplinary action or dismissal.
3. Abusive behavior, lying, or any negative form of behavior is grounds for dismissal.
4. Skaters will maintain proper appearance. Correct practice gear is to be worn to every practice.
5. Continuous failure to be productive at practice is grounds for disciplinary action or dismissal.
6. We encourage positive and open communication. If a skater has a question or issue, our door is always open.

PARENTAL OBLIGATIONS

1. Any negative behavior of a parent towards a coach or volunteer, or another club's skaters/staff, or event workers/volunteers may result in removal from the club, and/or dismissal of the skater and/or parent from the program.
2. To ensure their son or daughter is following FSSC rules and expectations at all times.
3. Please make sure that your child is dropped off and picked up on time. Coaches/staff are not responsible for the children before and after class.
4. Parents are to inform the coach if the skater is to be late or absent from practice.
5. Parents are to positively encourage and support their skater. Negative talk is not acceptable.



6. Competition commitments include those activities prior to, during and following the actual competition, all skaters are required to attend. If parents are unable to stay for the whole competition, other arrangements must be made so that the skater can stay for the whole competition.

7. We encourage positive and open communication. If a parent has a question or issue, our door is always open.

SOCIAL MEDIA

We encourage all skaters and families to follow our social media. We also expect that skaters and parents will use good judgement when posting on social media, especially when posts involve our brand. Any negative behavior of a skater or parent towards a FSSC Skater or staff member, another club, skater, or team, or other inappropriate posts via any medium, may result in dismissal of the skater and/or parent from the program.

PRIVACY

FSSC priority is to safeguard any information provided by our members. We are committed to meeting, and where possible, exceeding, the requirements of all applicable privacy legislation.

CHANGE ROOMS

The safety and protection of our participants is the key goal. FSSC adheres to Skate Canada's National Safe Sport Program to help protect its participants from physical abuse, sexual abuse, and other types of misconduct, including emotional abuse, bullying, threats, harassment, and hazing. To help prevent abuse or misconduct from occurring in our locker rooms and changing areas, FSSC has adopted the following locker room/changing area policy. This policy is designed to maintain personal privacy as well as to reduce the risk of misconduct in locker rooms and changing areas.

Parents in Locker Room/Changing Areas

Except for skaters at the younger age groups (Can Power, Pre-Can Skate & Can Skate programs), parents are discouraged from entering dressing rooms unless it is truly necessary. If the skater is or may be injured, or a skater's disability warrants assistance, then we ask that parents let the coach know beforehand so they can properly assist their skater or arrangements can be made for a separate dressing room.

Naturally, with our youngest age groups (Can Power, Pre-Can Skate & Can Skate programs) it is necessary for parents to assist the skaters getting ready for their lesson. For the skaters in the Junior Academy and Star Skate programs, parents will not be allowed inside the dressing rooms unless given permission by the coaches. There will be space available to help tie and untie skates if needed on the benches beside the ice

surface. At the Dow and JRC there are benches beside the players benches and in the Sportsplex the players benches or the bench in the lobby can be used. At the Dow, these benches can be accessed by going through the doors you would enter to access the spectator seats above but instead go behind the stairs. Be sure to have proper hard skate guards on to protect your child's skate blades. By the age of 8, coaches expect that skaters should be able to tie their own skates however, coaches are willing to help tighten them if needed and skaters can always ask their parents for help on the benches beside the ice surface.

Currently our club has all female skaters in the Junior Academy and Star Skate programs therefore the change rooms assigned to this program will be female only. If an all gender or male change room is needed the coaches will request additional change rooms.

In the event of a medical situation or emergency, doctor, physical therapist, or emergency medical personnel will be permitted into the locker room/changing area.

Cell Phones and Other Mobile Recording Devices

Cell phones and other mobile devices with recording capabilities, including voice recording, still cameras, and video cameras, are not permitted to be used in the locker room and/or changing areas. If cell phones or other mobile devices must be used, they should be taken outside of the locker room/changing areas.

Prohibited Conduct and Reporting

FSSC prohibits all types of physical abuse, sexual abuse, emotional abuse, bullying, threats, harassment, and hazing, all as described in Skate Canada's National Safe Sport Program. Participants, coaches, parents/guardians and volunteers at FSSC may be subject to disciplinary action for violation of these locker room/changing area policies or for engaging in any misconduct or abuse or that violates the Safe Sport Policies. Reports of any actual or suspected misconduct, must be reported to [Skate-Safe.ca](https://www.skate-safe.ca).

SKATE-SAFE CONTACT INFORMATION:

Online: www.skate-safe.ca

Telephone: +1-833-723-3758

This policy is subject to amendments as the club continues to grow and changes are required. Changes to this policy will be implemented and voted on by the board of executives before putting into enactment.