



## BEHAVIOUR OF SKATERS AT COMPETITIONS

Our teams represent our Club and our Rink and must show respect to other skaters, coaches and chaperones, rink users and rink staff alike.

1. Whilst attending competitions, the skaters must obey the coaches and chaperones at all times.
2. Skaters must stay together, and may only leave the group if permission is sought from coaches/chaperones, and then may be accompanied depending on their age.
3. Skaters may have mobile phones, but they must remain out of sight and turned off. Failure to comply will result in confiscation for a period decided by the coaches.
4. As jewellery cannot be worn on ice, please do not bring any as coaches/chaperones will not accept responsibility. If skaters carry MP3 players, laptops, PSP's, IPODs etc for entertainment, the same applies.
5. When travelling by coach, aeroplane etc, skaters are required to remain in their allocated seats, wearing a seatbelt at all times. Permission to visit a toilet must be sought from a coach/chaperone.
6. Parents/Guardians must make coaches/chaperones aware if a child is prone to travel sickness and provide written information if the child has been given travel sickness pills. Because of drug testing at some competitions, parents/guardians/skaters must consult coaches before taking medication prior to a competition or during a trip.
7. Lee Valley London S.C. teams should always support ALL their own teams if more than one of our teams is competing at an event. This support should be for the WHOLE team, as cheering individual skaters by name is incorrect. Likewise LVL teams should show respect and support for other teams in the competition.
8. Skaters must treat ice-skating costumes with care as they are the property of the club. Never leave them lying on the floor. (Every skater is given their costume on a named hanger). Each skater must clear up any rubbish they have dropped either in hotels, changing rooms, coaches etc.
9. Following Government regulations, it is recommended that the contents of a packed lunch should comprise of items drawn from the following list: sandwiches, fruit, water, cereal bars, a limited amount of chocolate/sweets for energy. NO fizzy drinks, cans or glass bottles.
10. Parents should not approach the teams at competition unless invited.
11. Skaters should come "prepared" and should carry in their black wheelie-bag (if applicable) their own deodorant, hair gel, hair lacquer, hair grips, hair bands, hair doughnut, bun net, comb, brush, spare new tights, practice uniform and a small amount of make-up for practice (the majority of make-up for competition is supplied by the Club). Skates with sharp blades, spare laces, plastic skate guards. Allergies to make-up must be discussed with coaches/chaperones prior to any trips.

NB: Sometimes the contents of the wheelie-bag may vary from the above according to the competition. If in doubt, please check with coaches prior to the trip.

12. Parents/Guardians/Skaters must make sure that underwear worn under costumes is not able to be seen.

---

I acknowledge receipt of the Lee Valley London Skating Club Rules & Guidelines and confirm that I have explained and discussed these fully with my child/children.

Signed:

Date:

Child's name:

Team:

Child's name:

Team: