

Welcome to all the new families and returning families to the Saugeen Shores Skating Club CANSkate program.

**Communication from the Club to Parents**

Throughout the skating season the Club will quite often send out emails with information that you’ll need to know. It is important that the Club has a valid email address that you can be reached at. The club email address is [ssskatingclub@gmail.com](mailto:ssskatingclub@gmail.com). Information will also be posted on the SSSC bulletin board which is located at the Plex in the side hall that leads to the change room areas. The Club also has an active Facebook page (Saugeen Shores Skating Club) and Twitter account (@ssskatingclub) and website site ([www.saugeenshoresskatingclub.com](http://www.saugeenshoresskatingclub.com))

There have been concerns about the use of electronic devices in the change rooms.  In addition to being a distraction for our skaters, it also creates a privacy concern due to the potential for the photo and video captures.  Skaters are therefore asked to not bring devices to the arena.  If devices are brought to the arena, they may not be left in the change rooms.  They are to be brought over to coaches’ bench where they will be placed in a specially marked basket.  They can be reclaimed at the end of practice.

We’d also like to remind parents that, if you would like to speak to your skaters’ coach, to please wait until the end of practice.  During practice we are focusing on group and individual lessons and want to ensure we are maximizing our time with all of the skaters. We appreciate your cooperation in allowing skaters and coaches to proceed through practice without interruption.  We also ask that No parents be on the bench side of the Arena as it’s an distraction to skaters and coaches.

CANSkate and PRE-Star at the Plex is Dressing Room 3 & 4 on regular skating dates these may change occasional and for special event days please pay attention to signage on the Dressing Room doors. Please respect the other dressing room as for other level skaters and coaching staff.

**Helmet Use Policy – Skate Canada**

CANSkaters and all Pre STARSkaters must wear a CSA approved hockey helmet until they have successfully passed the entire CANSkate program. Face masks are not mandatory; however young skaters may benefit from that added protection.

The helmet policy is not optional for clubs therefore should a skater who, according to Skate Canada policy must wear a CSA approved hockey helmet, wishes to go on the ice without the proper helmet, he/she must be refused entry onto the ice surface.

The CSA approved logo will be found on the back of the hockey helmet affixed to the outer shell of the helmet. For more information about CSA standards visit [www.csa-international.org](http://www.csa-international.org/).

**Proper Skates and Clothing**

Most department and sports stores carry a wide variety of skates, each will vary in price and quality. Here are some tips for buying skates:

* Skates should have good quality leather and lace up (no buckle closures)
* If possible visit a store where the salesperson is trained to fit skates
* Always wear a thin sock
* Don’t use skates that are too big; its uncomfortable and unsafe
* Always lace skates snugly, but not too tight
* Have skates sharpened by an experienced sharpener
* Never remove the bottom pick, it’s designed for balance

Dressing your young skater properly will help them enjoy their skating experience. Layering in thin layers is recommended. Pants that are too long will interfere with the blade making contact with the ice and may cause injury. In addition, hair should be tied back and out of the child’s face as this may distract the skater or block vision entirely. All skaters must wear mittens or gloves. No scarves or overly bulky snowsuits.

If you’re looking for our Club Apparel all of our Fun Club Apparel can be ordered directly from Gord’s Imprints & Design at: <https://www.gordsimprints.com/ss-skating-club>

**Additional Safety Facts**

Preventing an injury is better than dealing with one. Skate Canada Clubs and Coaches endeavour to plan sessions with “safety first” in mind. Here are some basic safety rules that skater should follow.

* Skates and helmets should be checked regularly to see that they still fit
* Any skater with a previous injury must be 100% recovered before returning to the ice.
* Always look in the direction of travel, even when skating backwards.
* Get up quickly after falling down
* No pushing, playing tag, or bumping into others or the boards
* No gum or candy on the ice
* Laces should be tucked into the top of the boot
* The laces should never be wrapped around the top of the boot as it may restrict circulation

**Fundraising at Saugeen Shores Skating Club**

Saugeen Shores Skating Club is a not-for-profit organization served by dedicated volunteer board members and a highly skilled group of Professional Coaches. A considerable budget and many volunteer hours are needed to operate our club. The club has many fundraisers throughout the skating season that you are more than welcome to participate in. Every little bit helps.

**Private or Semi-private Lessons Available**

In addition to group lessons CANSkate and Pre STARSkate skaters have the opportunity for extra, private or semi-private lessons with one of the professional coaches.

This is an additional expense to the skater, which is billed by the coach on a per lesson basis. Lesson costs may vary depending on the skills and experience of the coach. Additional fees may be charged for music, choreography of programs, test days and competitions.

If private lessons are something that you’re interested in, feel free to speak to any of the available coaches after a session or send them an email. It is recommended that you speak to any or all coaches to find the best fit for your child.

**Refund Policy**

Registration refunds of 75% shall be granted with a dated, written request within the first 30 days of the first date of participation in any SSSC skating program. No Skate Canada membership fee will be refunded. Refunds will be granted according to the date that written request is received. No refunds will be granted for snow days or arena closures.

**Inclement Weather**

Please use your own good judgment before heading out in questionable weather. When Highway 21 is closed between Southampton and Port Elgin Skating will be cancelled. If the Club cancels skating, every attempt will be made to have an announcement made on social media or by email by 2pm.