

Team Chiller Policies

The following policies have been created by your coaching staff. They are designed to make this a fun and successful season for all; where people are respected, where children are safe, and where we can provide an environment and opportunity for each team to reach its fullest potential.

ATTENDANCE: Attendance is essential at both off-ice and on-ice practices each week in order to allow the teams to maximize their potential.

Team Chiller has provided you with a list of scheduled practices, exhibitions and competitions. Because each team member plays a key role in the success of the team, both on and off-ice practices are mandatory. Attendance will be taken. Please plan on arriving 10 minutes before your scheduled time so that every skater is ready to go.

If your child becomes ill or you have a family emergency, please contact your coach as soon as possible. This will allow us to make adjustments as needed for that particular practice.

Melissa: 937-344-6465

Shelby: 614-353-6625

Denise: 614-519-5831

Tera 614-790-0399

Tardiness to either off-ice or on-ice practice wastes precious time and has a negative effect on the entire team. We understand that issues may arise, but chronic tardiness will be addressed. As previously requested, please notify your coach if a situation has arisen that will cause you to be late so we can adjust our plans accordingly.

If your skater needs to miss a practice (off-ice or on-ice) for any reason, please contact your coach prior to practice. If a skater misses a practice, he or she may be required to schedule a private lesson with the team coach (at parent cost) to go over what was missed. Skaters are expected to be caught up on missed steps with either the coach or a teammate prior to the next practice.

*If a skater misses the last practice prior to a competition and/or practice ice at competition, he/she may not be able to compete and/or may serve as an alternate. **The skater is still expected to attend the competition or performance as an alternate.** This rule is in place for the overall safety and consistency of the team.*

If a skater is ill or injured, please assess the situation and contact your coach as needed. We want to keep all skaters healthy and do not want to spread contagious illness to other team members. If your skater is too ill to skate but healthy enough to attend practice and watch from the boards, we ask that they still attend in order to keep up with program changes during practice. This expectation is also in place for injuries that prevent a team member from skating during practice.

In the event of severe weather, the team will be notified by email and phone as soon as a decision is made on whether practice will be held or not. Please remember that skating is a winter sport and snow will not likely cause us to make adjustments to our practice or competition schedule.

ATTIRE: Please become familiar with the following dress code.

- **Practice outfits are required for all practices.** The outfits are designed to allow the coaches a good visual gauge of how successfully the team is working together and synchronizing maneuvers. Jackets are only permitted at the very beginning of practice and must be removed after a brief warm-up period. **Black leggings, black t-shirt, tank top, or long sleeve shirt as needed for warmth. Black leg warmers are also acceptable.**
- **Hair must be tied up in a ponytail, braid, or bun.** Hair is to be out of the skaters eyes and off of the skaters shoulders. This rule is in place for safety reasons and is mandatory. You will be instructed as to how hair is to be worn during competitions.
- **No gloves allowed** - nails should be clipped. Long and/or sharp nails can cause injury. **Jewelry: No necklaces, bracelets, dangle earrings, or other bulky jewelry can be worn.**
- **Tennis shoes:** Tennis shoes are **required** for all practices (no Converse, flip flops, Uggs, or slip-ons). If a skater is not in appropriate shoes, she may be asked to sit out.
- **Warm-ups must be worn by all team members when arriving to all competitions.**
- **Knee/leg braces** for competitions and exhibitions must be worn under tights unless flesh colored so as not to detract from uniform lines.

WATER BOTTLES: Skaters are strongly encouraged to bring a water bottle (clearly marked with their name on it) onto the ice for practice. Please remember that Chiller Ice Rink policy only allows water to be brought onto the ice; no sports drinks or other such drinks of any kind are permitted.

CELL PHONES: Team Chiller appreciates that many parents have purchased cell phones for their skaters as a way to keep their children safe, and respects the parental rights and obligations in this regard. However, since cell phones can be distracting to skaters and their teammates, cell phones are not permitted during on-ice practices, off-ice practices, or competitions.

FINANCIAL: It is important that payments are received in a timely manner so that we may pay our bills and create opportunities for the skaters, however, we understand that circumstances arise. If your account falls past due, please contact Denise Hughes at the Chiller administration offices at 614-791-999 x124. If your account becomes 60 days past due and no communication has been received by Denise, then your skater will not be permitted to participate until the account is brought up to date or arrangements have been made. Chiller LLC reserves the right to assess late fees and/or refuse ice privileges in the event of non-payment or outstanding fee(s).

ALTERNATES: USFS teams can compete with 9-16 skaters. The coaching staff may select alternates for each USFS competition to comply with this rule. Alternates will be selected and notified prior to each competition. Alternates will be expected to continue to attend practices, competitions, and will skate the warm-up with his/her team.

SWIMMING AT COMPETITIONS: Swimming will be up to the coach's discretion at each competition. Factors that will be taken into consideration are; practice times, event times, etc. Please respect the directives given by the coach as they have the teams best interest at heart. Our goal is to balance fun with going to competition and giving our very best performance. Trust your coach's decision.

Failure to adhere to the above policies will result in individual and team consequences at the coach's discretion.

COMMUNICATION: The key to success for any organization is good communication. Team Chiller relies heavily on email and The Chiller website to update team members. Please get in the habit of checking your email every couple of days. With many families involved this is the most effective way for us to communicate announcements to you.

CONCERNS: If at any time you have a concern or situation that you are uncomfortable with, please take the following steps to address it appropriately. Unless it is an emergency, do not interfere with practice.

1. Call your coach for clarification of a situation. Things are not always what they seem and we want to be sure you have complete and accurate information.
2. If you are still not comfortable once you have spoken with your coach please wait 24 hours after receiving clarification before you express your concern to your coach. This will give you time to take a deep breath and get your thoughts together. IF you still have concerns after 24 hours it's something that needs to be discussed.
3. **Contact your coach by phone or in person; not email or text.** Words can take on a different meaning via email. Out of respect for each other, we will not conduct these conversations via email.
4. **DO NOT** discuss your concerns with other parents or skaters. Your children are our number one priority and we are committed to making their experience on Team Chiller a positive one. Although sometimes there comes a point where we need to agree to disagree, we will do our best to remedy any situation so all can move forward.

We appreciate your commitment to the team and your support for the above policies. Together we will make this the best season for Team Chiller.

Team Chiller Travel Policy

Team Chiller 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. Adherence to travel guidelines helps to reduce the opportunities for misconduct and promote safety. Accordingly, all members shall adhere to this travel policy at all times.

- For all practices and competitions, it is the responsibility of the parent to get their athlete to the rink by the designated time.
- During events, skaters will travel in the manner directed by the coaches.
- All skaters are required to stay at hotels selected by the team, unless permission is requested at least one week in advance and granted by the coach.
- Families are responsible for making hotel and rooming arrangements for their athlete at the hotel designated by the team.
- Team members will not leave the hotel or arena premises without notifying the coach.
- Team members will practice the "buddy" system while traveling.

- Skaters are NOT permitted to walk around the hotel or arena alone under any circumstances.
- Parents' are responsible for all travel related expenses during competition travel.
- Skaters will follow the travel schedule given by the coach to all skating events/competitions unless permission has been granted by the coach to do otherwise. A written request must be received one week prior to the team function.
- All team members stay together with their coaches and chaperones during travel.
- Team Chiller Coaches will complete background checks and SafeSport training prior to traveling with the team.
- Team Chiller Coaches will not drive a skater to/from practice, competition, or otherwise unless written permission from the parent is granted, and *only* when absolutely necessary.
- Team Chiller Coaches will stay in a designated coaches room. Skaters are not to go into the coaches hotel room for any reason other than a team meeting called by the coach such as hair and make up. Similarly, a coach will not enter a skater's room without a parent or guardian present.
- Two-deep leadership protocol will always be followed.
- Chaperones are selected at the beginning of the season and will remain chaperones for the duration of the season, unless circumstances require otherwise. All chaperones will be expected to complete SafeSport training and a background check as required by U.S. Figure Skating prior to travel.
- All skaters must attend all team related functions set by the coach while traveling.
- All skaters are required to follow a bedtime curfew set by the coach.
- In accordance with U.S. Figure Skating's SafeSport policy, any suspected or observed abuse or misconduct must be reported immediately by the athlete to one of the following people, of the athlete's choice: Any member of the organization's coaching staff, any chaperone, or any member of the organization's leadership/management team.