



Member of
U.S. Figure Skating

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Annie Graceffa
Membership Chair

Dear Prospective NAFSC Member,

Welcome to the 2020-2021 membership year! We are so excited about all the great things planned for this coming year and are honored that you have chosen to apply for membership with NAFSC. We are hopeful about a great start to this coming season and cannot wait to get back on the ice.

We had a great 2019-2020 under the leadership of our Board of Directors and an energized volunteer corp. Some of the year's highlights include:

- Fabulous exhibitions including the Holiday Skate-tacular
- Highly attended and successful Snowflake Skate Competition
- Continued increase in Learn-to-Skate USA Program enrollments
- Two U.S. Figure Skating testing sessions
- Ongoing dress, accessory, and used skate sales
- Fun-filled Kids' Club activities to promote skater support and unity

Please read carefully through the membership packet as you will notice a few changes including an increase in pricing, the introduction of a quarterly plan option for those who would like to spread payments over a year, a 10% discount for those who decide to pay in full at time of application, and the addition of a new requirement that each skater/family must purchase a required 5 sessions each month (will not go into effect until we are running club ice with no restrictions and back under normal club procedures).

We would like to thank everyone for the continued support and understanding over the past few months. 2020-2021 promises to be exciting!

Sincerely,
NAFSC Board of Directors

MEMBERSHIP INFORMATION

July 1, 2020– June 30, 2021

Dual Membership in NAFSC and U.S. Figure Skating

The North Atlantic Figure Skating Club (NAFSC) is a permanent member club of U.S. Figure Skating, the governing organization for the sport. Accordingly, all NAFSC home club members must also be members of U.S. Figure Skating. Each person who applies for home club membership in the NAFSC will also be applying for U.S. Figure Skating membership. Your joint NAFSC/U.S. Figure Skating membership allows you to take U.S. Figure Skating proficiency tests as well as compete/participate in U.S. Figure Skating qualifying competitions, open competitions and other U.S. Figure Skating sanctioned events such as ice shows and exhibitions. A skater may join several U.S. Figure Skating clubs in order to accommodate individual needs, schedules and purposes. However, only one U.S. Figure Skating member club may be designated as a skater's home club and it is this home club which is represented by the skater at all competitions.

The dues for all NAFSC home club members and coaches include the costs of the U.S. Figure Skating membership. Each First in Family U.S. Figure Skating membership includes a subscription to the U.S. Figure Skating's monthly magazine entitled "SKATING".

Members are responsible for being familiar with and adhering to all U.S. Figure Skating rules, all NAFSC rules and policies including the NAFSC Code of Conduct and Disciplinary Procedures, and U.S. Figure Skating SafeSport.

What is U.S. Figure Skating?

U.S. Figure Skating is the governing body for amateur figure skating in the United States and develops and prepares skaters for U.S. qualifying competitions. It was formed in 1921 and had seven original members. Today, U.S. Figure Skating has hundreds of member clubs, such as NAFSC, and thousands of individual members located throughout the United States. NAFSC was granted permanent member club status at U.S. Figure Skating's Governing Council meeting held in May 2000. U.S. Figure Skating is a member of the International Skating Union (ISU), which establishes rules and venues for international competitions such as the World Championships and the Olympics.

Why join NAFSC?

NAFSC is committed to providing a safe and positive environment for its members in a community which fosters the achievement of goals for all through the highest standards of leadership, professionalism, and sportsmanship. In addition to operating club ice, the NAFSC also operates a number of other programs including sponsoring test sessions, skating clinics, a summer skating/training program, a Learn to Skate USA Program, a CompeteUSA competition (Snowflake Skate), at least two exhibitions, and one major ice show per year. Home club members are eligible for ice show solo and feature programs and to be recognized at qualifying competition send-off events.

The NAFSC's home ice rink is Family Ice Center, 20 Hat Trick Drive, Falmouth, Maine. Family Ice Center opened in January 1999, operates on a year-round basis, and has two refrigerated surfaces: a 200' by 85' inside surface and a refrigerated outside pond which is open approximately December to March, depending on weather and temperature conditions.

US Figure Skating Rulebooks

The U.S. Figure Skating Rulebook is the official publication for all the association's rules and bylaws. The rulebook can be viewed online at www.usfsa.org by choosing "About" and then "Rules and Bylaws". It can be downloaded and printed or saved. It can be accessed free of charge through the U.S. Figure Skating Publications App using IOS, Android, and Kindle mobile devices.

Important notes about membership in the NAFSC

- a. Application/payment is not a guarantee of membership in the NAFSC.
- b. All membership privileges, including the use of club ice, and U.S. Figure Skating testing and competition privileges, ***will not become active*** until appropriate membership dues have been paid and membership has been approved and processed.
- c. Membership dues in the NAFSC are designed to pay a portion of the operating expenses of the NAFSC. It is anticipated, however, that revenues generated from dues will not completely pay for all expenses. Therefore, members should expect that the club will assess other appropriate fees as necessary as well as request participation in future fundraising.
- d. Members are required to pay their dues/bills in a timely manner. Unpaid dues/bills may result in suspension from all club privileges and ineligibility to participate in tests, competitions, etc. that require members to be "in good standing".
- e. Please review **all** information and documents in the membership packet. ***Everything must be filled out, signed and returned, along with payment, before membership can be approved and processed.***
- f. NAFSC has the right to refuse membership to anyone without discrimination as to race, color, religion, age, gender, or national origin.
- g. NAFSC has the right to suspend, revoke, or terminate any membership for any reason pursuant to its club policies and bylaws.

MEMBERSHIP CATEGORIES

July 1, 2020 – June 30, 2021

HOME CLUB MEMBERSHIP

These members choose to designate NAFSC as their home club and will represent NAFSC at all events. All home club members and coaches 18 years of age and older may vote at NAFSC membership meetings and may hold NAFSC officer/director positions in accordance with the NAFSC bylaws and the U.S. Figure Skating bylaws.

Skater Membership (under 18 years of age)

\$240 (1st family skating member); \$195 (each additional family skating member)

Ice Session Monthly Purchase Requirement: \$80/5 sessions (per family)¹

This membership is a full membership allowing skaters to participate in U.S. Figure Skating test sessions, compete at U.S. Figure Skating sanctioned events, and participate in U.S. Figure Skating qualifying events. Home Club skater members are eligible to participate in NAFSC shows and exhibitions, receive discounts on club ice and ice cards, have priority check-in status for club ice, are eligible for benefits under the Incentive Program, and are eligible for solos/features in the annual ice show.

**One (1) parent/legal guardian of each skater under 18 years of age who designates NAFSC as their U.S. Figure Skating home club must purchase a Parent/Legal Guardian Membership.*

Adult Skater Membership (18 years of age and older)

\$240

This membership is a full membership allowing skaters to participate in U.S. Figure Skating test sessions, compete at U.S. Figure Skating sanctioned events, and participate in U.S. Figure Skating qualifying events. Home Club skater members are eligible to participate in NAFSC shows and exhibitions, receive discounts on club ice and ice cards, have priority check-in status for club ice, are eligible for benefits under the Incentive Program, and are eligible for solos/features in the annual ice show.

Introductory Skater Membership

\$120 (1st family introductory skating member); \$95 (each additional family introductory skating member)

Ice Session Monthly Purchase Requirement: \$80/5 sessions (per family)¹

This membership is a full membership available to first-time U.S. Figure Skating members at a discounted rate. It is available only through a member club, is limited to one year, and is intended to provide a transition period for skaters. Introductory members are eligible to participate in U.S. Figure Skating test sessions, compete at U.S. Figure Skating sanctioned events, and participate in U.S. Figure Skating qualifying events. These members are eligible to participate in NAFSC shows and exhibitions, receive discounts on club ice and ice cards, have priority check-in status for club ice, are eligible for benefits under the Incentive Program, and are eligible for solos/features in the annual ice show.

**One (1) parent/legal guardian of each skater under 18 years of age who designates NAFSC as their U.S. Figure Skating home club must purchase a Parent/Legal Guardian Membership.*

¹Every home club skating member/family will be required to purchase 5 club ice sessions per month as a requirement of home club membership. At the beginning of each month, accounts will be assessed \$80 and each skating member/family will receive 5 sessions. Monthly assessments must be paid by the 15th of the month. Sessions do not expire. Only applies to Skater Membership (under 18) and Introductory Skater Membership.

Collegiate Membership

\$145

This is a four-year full membership for those currently enrolled in a college undergraduate/graduate program. This membership can only be used once. Documentation of college attendance in a matriculated program is required at the time of application. Collegiate members are eligible to participate in NAFSC shows and exhibitions, receive discounts on club ice and ice cards, have priority check-in status for club ice, are eligible for benefits under the Incentive Program, and are eligible for solos/features in the annual ice show.

**One (1) parent/legal guardian of each collegiate member under 18 years of age must purchase a Parent/Legal Guardian Membership.*

Coach Membership

\$175

This membership is a full membership for coaches who choose to have NAFSC as their home club. All coaches are required to provide proof of insurance with a membership request.

Patron Membership

\$95

A patron member is a member who wishes to help support the NAFSC. A patron member may participate in club functions and receive all club information.

Parent/Legal Guardian Membership*

\$45

One (1) parent/legal guardian of each skater under 18 years of age who designates NAFSC as their U.S. Figure Skating home club must be a home club member. Additional parent/guardian memberships may be purchased.

If you are already a home club member of another U.S. Figure Skating member club or are an individual member with U.S. Figure Skating and want to change your home club membership to NAFSC, please contact the NAFSC Membership Chair at membershipnafsc@gmail.com.

ASSOCIATE MEMBERSHIP

This membership applies to those who have designated a club other than NAFSC as their home club or have individual membership in U.S. Figure Skating. Membership to U.S. Figure Skating is not included in this membership. Associate members may pay discounted rates for ice/ice cards, are eligible to participate in the annual show but not eligible for a feature/solo and are eligible to participate in NAFSC exhibitions upon invitation. Associate members are not eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting. All NAFSC Nor'easters synchro team coaches and members must be at least an associate member. All associate coaches are required to provide proof of insurance with membership requests.

Associate Skater/Non-skater Membership **\$115**

Associate Coach Membership **\$115**

North Atlantic Figure Skating Club
Summary of Membership Rights and Obligations

Membership Class	Membership Fee	Club Ice								Voting Rights (18 years of age and older)	Eligibility to Participate						
		Able to skate on NAFSC club ice	Eligible for Discounted club ice rates	Must purchase 5 club ice sessions per month ⁴	Walk on rate per session	5 Session Ice Card Cost	10 Session Ice Card Cost	15 Session Ice Card Cost	20 Session Ice Card Cost		Annual Ice Show	Eligible for solo/feature in Annual Ice Show ⁷	Club Exhibitions	Send-offs	Holiday Skate-Tacular	Snowflake Skate ⁸	U.S. Figure Skating Test Sessions
Home Club Skater Membership ¹	\$ 240.00	Yes	Yes	Yes ¹⁰	\$18	\$76 ⁶	\$144 ⁶	\$204 ⁶	\$256 ⁶	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Home Club Skater Membership (each additional family skating member) ¹	\$ 195.00	Yes	Yes	Yes ¹⁰	\$18	\$76 ⁶	\$144 ⁶	\$204 ⁶	\$256 ⁶	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Home Club Introductory Skater Membership ¹	\$ 120.00	Yes	Yes	Yes ¹⁰	\$18	\$76 ⁶	\$144 ⁶	\$204 ⁶	\$256 ⁶	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
member) ¹	\$ 95.00	Yes	Yes	Yes ¹⁰	\$18	\$76 ⁶	\$144 ⁶	\$204 ⁶	\$256 ⁶	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Home Club Collegiate Membership	\$ 145.00	Yes	Yes	N/A	\$18	\$76 ⁶	\$144 ⁶	\$204 ⁶	\$256 ⁶	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Home Club Coach Membership	\$ 175.00	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Home Club Patron Membership	\$ 95.00	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Parent/Legal Guardian Membership ²	\$ 45.00	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Associate Skater Membership	\$ 115.00	Yes ³	Yes	N/A	\$18	N/A	\$160	N/A	\$320	Yes	Yes	No	With invite	With invite	Invite	Yes	Yes ⁹
Associate Coach Membership	\$ 115.00	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	Yes	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Learn to Skate USA Basic Skills Member	\$ 17.25	Must meet requirements ⁴	No	N/A	\$20	N/A	\$200	N/A	\$400	No	Yes	No	With invite	No	Invite	Yes	No

¹ Every Home Club skating member/family will be required to purchase 5 club ice sessions per month as a requirement of home club membership. At the beginning of the month, accounts will be assessed \$80 and each skating member/family will receive 5 sessions. Monthly assessments must be paid by the 15th of each month. Sessions do not expire.

² One (1) parent/legal guardian of each home club member under 18 years of age must purchase a Parent/Legal Guardian Membership.

³ Do not have priority check-in status for club ice, must wait until 5 minutes before a session starts to check in for any remaining open spots on club ice

⁴ Learn To Skate USA Members can skate on club ice if 7 years of age or older AND in Pre-Free Skate or higher (or equivalent ISI level); Do not have priority check-in status for club ice, must wait until 5 minutes before a session starts to check in for any remaining open spots on club ice

⁵ This pricing will run concurrent with the 5 session per month requirement for home club skaters. These prices will not take effect until the club is operating under normal club procedures and the 5 session per month requirement is instituted. Until such time, current ice card pricing will remain in effect (\$160-10, \$320-20, and \$600-40)

⁶ These current rates will remain in effect until the club is operating under normal club procedures and the 5 session requirement is instituted. At that time, home club skaters will receive more discounted pricing

⁷ If eligible, you must meet the solo/feature requirements in order to apply for a solo or feature in the ice show.

⁸ Skaters can participate in Snowflake Skate CompeteUSA Competition as Learn To Skate USA members or as U.S. Figure Skating members provided they meet the level requirements of the competition

⁹ Associate members can participate in U.S. Figure Skating Test Sessions as long as they have a U.S. Figure Skating membership through another club or through an individual membership

¹⁰ 5 session requirement only applies to skater memberships for skaters under 18 years of age. Adult members (18 and older) and collegiate members do not have the 5 session purchase requirement.



North Atlantic Figure Skating Club 2020-2021 Membership Packet Return Checklist

Use this checklist to make sure you have included all necessary documents in your membership request:

- ☐ Membership Form (Home club or Associate) – make sure this is filled out and signed!
- ☐ Signed Waiver and Release of Liability/Consent for Medical Treatment
- ☐ Signed Membership Agreement
- ☐ Signed SafeSport/U.S. Figure Skating Code of Conduct Statement
- ☐ Signed Jump Harness Waiver
- ☐ Signed Coach Code of Conduct
- ☐ COACHES ONLY – Please return copy of insurance coverage with membership request
- ☐ Membership payment (check made payable to North Atlantic Figure Skating Club or NAFSC)

Please note that your membership will not be processed until all required documents are returned to NAFSC, all dues are paid in full, and membership has been approved.

Thank you!



North Atlantic Figure Skating Club 2020-2021 Home Club Membership Form

U.S. Figure Skating/LTS USA Membership #: _____ **NAFSC Current Member:** Yes No

Type of Membership: Skater (under 18) Skater (Adult) Introductory Skater Collegiate
Coach Patron Parent/Legal Guardian

Name: _____

Date of Birth: _____ **Gender (please circle one):** Male Female

U.S. Citizen: Yes No If No, please list country of citizenship: _____

Street Address: _____ **Unit #:** _____

City: _____ **State:** _____ **Zip Code:** _____

Primary email (please print legibly): _____

Phone: _____ **Hide details in USFS Directory:** Y N (available online to all members)

U.S. Figure Skating/LTS USA Membership #: _____ **NAFSC Current Member:** Yes No

Type of Membership: Skater (under 18) Skater (Adult) Introductory Skater Collegiate
Coach Patron Parent/Legal Guardian

Name: _____

Date of Birth: _____ **Gender (please circle one):** Male Female

U.S. Citizen: Yes No If No, please list country of citizenship: _____

Street Address: _____ **Unit #:** _____

City: _____ **State:** _____ **Zip Code:** _____

Primary email (please print legibly): _____

Phone: _____ **Hide details in USFS Directory:** Y N (available online to all members)

U.S. Figure Skating/LTS USA Membership #: _____ **NAFSC Current Member:** Yes No

Type of Membership: Skater (under 18) Skater (Adult) Introductory Skater Collegiate
Coach Patron Parent/Legal Guardian

Name: _____

Date of Birth: _____ **Gender (please circle one):** Male Female

U.S. Citizen: Yes No If No, please list country of citizenship: _____

Street Address: _____ **Unit #:** _____

City: _____ **State:** _____ **Zip Code:** _____

Primary email (please print legibly): _____

Phone: _____ **Hide details in USFS Directory:** Y N (available online to all members)



North Atlantic Figure Skating Club 2020-2021 Home Club Membership Cost Calculations

Please calculate amount due and include payment with application:

<u>Qty</u>	<u>Type of Membership</u>	<u>Total Cost (pd in Installments)</u>	<u>Total Cost (Pd in Full)</u>	<u>Amount Due</u>
___	Home Club Skater	\$240	\$216	\$ _____
___	Home Club Skater (Additional)	\$195	\$175.50	\$ _____
___	Home Club Introductory Skater	\$120	\$108	\$ _____
___	Home Club Introductory Skater (Additional)	\$ 95	\$ 85.50	\$ _____
___	Home Club Collegiate Membership	\$145	\$130.50	\$ _____
___	Home Club Coach Membership	\$175	\$157.50	\$ _____
___	Home Club Patron Membership	\$ 95	\$ 85.50	\$ _____
___	Parent/Legal Guardian Membership	\$ 45	\$ 40.50	\$ _____
	Charitable Donation to NAFSC			\$ _____
	Charitable Donation to Skater Assistance & Education Fund			\$ _____

Total Due*: \$ _____

*Please pay total amount due if paying full amount at application. If paying in installments, please pay at least ¼ of the total amount due.

Please make check payable to North Atlantic Figure Skating Club or NAFSC.

Return payment and completed membership packet to:

NAFSC
Attn: Membership Chair
P.O. Box 6052
Falmouth, ME 04105

I certify that the information I have provided in this application is true and accurate to the best of my knowledge. I acknowledge that this is an application for membership only and I will be notified if there are any issues with this application. I acknowledge that I am responsible for all dues and fees associated with this membership and any outstanding balances are subject to the NAFSC Collections Policy.

Signature (Applicant)

Date

Signature (Parent/legal guardian if applicant under 18 years of age)

Date



North Atlantic Figure Skating Club 2020-2021 Associate Membership Form

U.S. Figure Skating Membership #: _____ Home Club: _____

Type of Associate Membership: Skater / Non-Skater / Coach

First Name: _____ Last Name: _____

Date of Birth: _____ Gender: Male / Female US Citizen: Yes / No

Primary email: _____ Primary Phone: _____

Street Address: _____ Unit: _____

Town: _____ State: _____ Zip Code: _____

Additional Members:

U.S. Figure Skating Membership #: _____ Home Club: _____

Type of Associate Membership: Skater / Non-Skater / Coach

First Name: _____ Last Name: _____

Date of Birth: _____ Gender: Male / Female US Citizen: Yes / No

Primary email: _____ Primary Phone: _____

Street Address: _____ Unit: _____

Town: _____ State: _____ Zip Code: _____

U.S. Figure Skating Membership #: _____ Home Club: _____

Type of Associate Membership: Skater / Non-Skater / Coach

First Name: _____ Last Name: _____

Date of Birth: _____ Gender: Male / Female US Citizen: Yes / No

Primary email: _____ Primary Phone: _____

Street Address: _____ Unit: _____

Town: _____ State: _____ Zip Code: _____



**North Atlantic Figure Skating Club
2020-2021 Associate Membership
Cost Calculations**

Please calculate amount due and include payment with application:

<u>Quantity</u>	<u>Type of Membership</u>	<u>Cost</u>	<u>Amount Due</u>
_____	Associate Member (Skater or Non-Skater)	\$115	\$ _____
_____	Associate Member Coach	\$115	\$ _____

TOTAL AMOUNT ENCLOSED: \$ _____

****Reminder: Associate Memberships do not include membership to U.S. Figure Skating. U.S. Figure Skating membership must be secured individually through U.S. Figure Skating or through your home club.***

Please make check payable to North Atlantic Figure Skating Club or NAFSC.

Return payment and completed membership packet to:

NAFSC
Attn: Membership Chair
P.O. Box 6052
Falmouth, ME 04105

I certify that the information I have provided in this application is true and accurate to the best of my knowledge. I acknowledge that this is an application for membership only and I will be notified if there are any issues with this application. I acknowledge that I am responsible for all dues and fees associated with this membership and any outstanding balances are subject to the NAFSC Collections Policy.

Signature (Applicant)

Date

Signature (Parent/legal guardian if applicant under 18 years of age)

Date



North Atlantic Figure Skating Club 2020-2021 Membership Agreement

Please read carefully before signing.

Membership cannot be processed without signature of all members included in this application.

I hereby agree to the following terms, conditions, financial responsibilities, and other obligations set forth below as a condition of my (and/or my child's) membership in the North Atlantic Figure Skating Club (NAFSC).

- ❖ I agree to familiarize myself with, and abide by, all rules and policies of NAFSC, including the Club's Bylaws and the NAFSC Code of Conduct and Disciplinary Procedures.
- ❖ I recognize that my participation in all activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating and/or NAFSC, including but not limited to competitions, exhibitions, and training camps, is an honor and privilege that carries certain responsibilities. I agree to familiarize myself with SafeSport guidelines and policies, as well as the U.S. Figure Skating Member Code of Conduct and to fully abide by the rules and guidelines set forth by U.S. Figure Skating or its properly designated agents.
- ❖ Membership dues are non-refundable once the membership has been processed.
- ❖ All accounts with NAFSC must be current
 - NAFSC does not offer refunds except for Learn to Skate USA programs. Refer to the Refund Policy for guidelines.
 - Refer to the NAFSC Collections Policy for guidelines on account balances.
 - A \$25 NSF fee will be charged for all returned checks.

Photo/Video: During the course of the membership year, NAFSC may wish to use names, photographs and/or videos of skaters in advertisements and publicity, on the website, in general media releases, in the ice show promotions and program, etc. Any such use would highlight the skaters either during learning sessions, during NAFSC sponsored events/competitions, participating in the annual ice show, etc. If you wish to restrict this permission in any way, please submit a written statement to NAFSC detailing desired restrictions.

AGREEMENT:

I have read the above and understand all terms and conditions of this agreement and will abide by them as stated above. I hereby agree to familiarize myself with, and follow all rules, regulations, and policies of NAFSC and U.S. Figure Skating and understand that any violation of a rule, regulation or policy may result in loss of skating or membership privileges.

***** (All applicants for membership must sign this form) *****

Applicant #1 Signature

Date

Applicant #2 Signature

Date

Applicant #3 Signature

Date

Applicant #4 Signature

Date

Parent/Guardian Signature (if any applicant(s) under 18 years of age)

Date

NORTH ATLANTIC FIGURE SKATING CLUB

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement ("Agreement")

In consideration of participating in North Atlantic 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 North Atlantic Figure Skating Club, U. S. Figure Skating, its 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 North Atlantic Figure Skating Club has the right to provide rules and regulations for club ice and all NAFSC activities and sponsored events.

I have read this WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, and 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.

Applicant #1 (please print name)

Applicant Signature

Date

Applicant #2 (please print name)

Applicant Signature

Date

Applicant #3 (please print name)

Applicant Signature

Date

Applicant #4 (please print name)

Applicant Signature

Date

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 claim 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.

Printed Name of Parent/Guardian

Signature of Parent/Guardian

Date

Consent for Medical Attention or Treatment

I certify that I, the applicant, or I, the parent/guardian of said applicant, give my consent to the North Atlantic Figure Skating Club and the facility the activities are taking place in and their staff and to members of the North Atlantic 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.

This Consent for Medical Attention shall be binding and effective for the 2020-2021 membership year of North Atlantic Figure Skating Club.

Applicant #1 (please print name)

Signature (Parent/guardian signature if applicant under 18)

Date

Applicant #2 (please print name)

Signature (Parent/guardian signature if applicant under 18)

Date

Applicant #3 (please print name)

Signature (Parent/guardian signature if applicant under 18)

Date

Applicant #4 (please print name)

Signature (Parent/guardian signature if applicant under 18)

Date

SafeSport

U.S. Figure Skating and North Atlantic Figure Skating Club (NAFSC) are 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. There will be no tolerance for harassment or abuse of any member including athletes, coaches, officials, directors, employees, parents, volunteers or any other persons. All forms of abuse and harassment are unacceptable and in direct conflict with U.S. Figure Skating and NAFSC rules.

The U.S. Figure Skating SafeSport guidelines and policies apply to all participants in activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and NAFSC including but not limited to competitions, exhibitions, training camps and local rink activities.

U.S. Figure Skating Member Code of Conduct GR 1.02

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 therefrom.

(Signature required on page 2)

I recognize that my participation in all activities hosted, supported, sponsored or engaged in by U.S. Figure Skating and NAFSC, 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.

Applicant #1 Signature

Date

Applicant #2 Signature

Date

Applicant #3 Signature

Date

Applicant #4 Signature

Date

Signature of Parent/Legal Guardian if any applicant is under 18

Date

NORTH ATLANTIC FIGURE SKATING CLUB

Jump Harness

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

In consideration of my use of the North Atlantic Figure Skating Club's ("NAFSC") on or off-ice jump harness, I represent that I understand the nature and use of the jump harness and that I am qualified, in good health and in proper physical condition to use the jump harness. I acknowledge that if I believe conditions are unsafe, I will immediately discontinue use of the jump harness.

I fully understand that use of the jump harness 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 involved in my use of the jump harness, the conditions at which my use of the jump harness takes place, or the negligence of the Releasees; 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 use of the jump harness.

I hereby release, discharge, and covenant not to sue NAFSC, Family Ice Center, Town of Falmouth, U.S. Figure Skating, or their directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of the premises at which my use of the jump harness takes place (collectively the "Releasees") 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.

I have read this Release and Waiver of Liability, Assumption of Risk, and Indemnity Agreement. I 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. I 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/Skater	Signature of Participant /Skater	Date
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Printed Name of Parent/Guardian (if Participant/Skater under 18)	Signature of Parent/Guardian	Date
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North Atlantic Figure Skating Club Coaches' Code of Ethics, Standards, and Conduct

Purpose: The North Atlantic Figure Skating Club (NAFSC) 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. This information is intended to provide both the general principles and the rules to cover most situations encountered by coaches and instructors. It has, as its primary goal, the welfare and protection of those with whom they work.

It is the individual responsibility of each coach to aspire to the highest possible standards of conduct. Above all, coaches of young people can have great influence on developing athletes who are reliant on them for the basic instruction and guidance. This tremendous power is a privilege and shall not be abused. Therefore, we have set forth these Codes of Ethics and Conduct to guide our coaches and protect our athletes for the mutual benefit of all concerned.

GENERAL PRINCIPLES:

- **COMPETENCE:** Coaches must strive to maintain high standards of excellence in their work. They should recognize their boundaries and limitations of their expertise. They should provide only those services and use only those techniques for which they are qualified by education, training, and/or experience. In those areas where recognized professional standards do not yet exist, coaches must exercise careful judgment and take appropriate precautions to protect the welfare of those with whom they work. They shall maintain knowledge and information related to the services they render, recognize the need for ongoing education, and make appropriate use of all available resources.
- **INTEGRITY:** Coaches should seek to promote integrity in their coaching profession. Coaches should always be honest, fair, and respectful of others. They must not make representations about their qualifications, services, products, or fees that are false, misleading, or deceptive. Coaches should strive to be aware of their own belief systems, values, needs, and limitations and the effect of these on their work. To the extent feasible, they should attempt to clarify for relevant parties, the roles they are performing and to function appropriately in accordance with those roles. Coaches must avoid conflicts of interest.
- **PROFESSIONAL RESPONSIBILITY:** Coaches must uphold professional standards of conduct, clarify their roles and obligations, accept appropriate responsibility for their behavior, and adapt their methods to the needs of different athletes. Coaches should consult with, refer to, or cooperate with other professionals and institutions to the extent needed to serve the best interest of their athletes, or other recipients of their services. Coaches should be concerned about the ethical compliance of their colleagues' conduct. When appropriate, they should consult with their colleagues to prevent or avoid unethical conduct.

- **RESPECT FOR PARTICIPANTS AND DIGNITY:** Coaches shall respect the fundamental rights, dignity, and worth of all participants. Coaches must be aware of cultural, individual and role differences, including those due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, and socioeconomic status. Coaches must eliminate the effect on their work of biases based on those factors and must not knowingly participate in or condone unfair discriminatory practices.
- **CONCERN FOR THE WELFARE OF OTHERS:** Coaches must consider the welfare and rights of their athletes and other participants. When conflicts occur among coaches' obligations or concerns, they should attempt to resolve these conflicts and to perform their roles in a responsible fashion that avoids or minimizes harm. Coaches shall be sensitive to differences in power between themselves and others and should not exploit nor mislead other people during or after their relationship.
- **RESPONSIBLE COACHING:** Coaches must be aware of their ethical responsibility to the community in which they work and live. They must comply with the law and encourage the development of law and policies that serve the interest of sport or activity. The coach shall strive to serve as a leader and model in the development of appropriate conduct for the athlete both within and beyond the U.S. Figure Skating setting. They shall strive to use strategies in practice and competition that are designed to encourage play within the letter and spirit of the rules. They shall strive to keep the concepts of winning and losing in proper perspective. The coach shall strive to enforce policies and rules with fairness, consistency, and an appreciation for individual differences.

ETHICAL STANDARDS:

- **COMPLIANCE WITH RULE REQUIREMENTS:** All coaches must complete all annual coaching member requirements set forth by U.S. Figure Skating Rules and the PSA that apply to them by the appropriate deadlines.
- **COMPETENCE:** Coaches should not undertake these duties until they have first obtained the proper training, study, and advice that they are competent to do so.
- **MAINTAINING EXPERTISE:** Coaches should maintain a level of expertise through continued education and experience and shall strive to acquire additional education and experience through sources available to them.
- **RESPECTING OTHERS:** Coaches shall respect the rights of other's values, opinions, and beliefs even if they differ from their own.
- **NONDISCRIMINATION:** Coaches must not engage in discrimination based upon age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status, or any other basis as protected by applicable law.
- **MISCONDUCT:** Coaches must not, under any circumstances, engage in any form of misconduct and will respond to complaints of such a nature to respondents with dignity and respect.

- **PERSONAL PROBLEMS OR CONFLICTS:** Coaches should have a responsibility to be aware if there are personal problems or conflicts which may affect their ability to work with athletes. They should also be able to identify problems affecting their athletes, which could potentially create situations that place their athletes in harm or danger of injury and take the appropriate steps to remove the athlete from this environment.

Any person who makes groundless allegations or complaints of abuse or harassment may be subject to disciplinary action per Article XXV, Section 3B, of the U.S. Figure Skating bylaws.

COACHES CODE OF CONDUCT:

- Must obey and abide by all policies and protocols set forth by the NAFSC Board of Directors, the PSA Tenets of Professionalism and Code of Ethics, and all rules, regulations, and procedures of U.S. Figure Skating and U.S. Figure Skating SafeSport.
- Shall maintain exemplary standards of personal conduct.
- Must obey all state, national, and international laws.
- May not be under the effects of alcohol, illegal drugs, or any substance that can affect athlete safety and coaching judgment.
- Must refrain from using any profane or abusive language.
- Must not engage in any type of misconduct with any athlete.
- Must teach and support the athletes fairly and equitably.
- Must never discriminate against any athlete.

I understand that as a U.S. Figure Skating member coach and a coach at NAFSC, I set the tone and am always held to a professional standard of behavior. I have assumed certain responsibilities to prepare, develop, and be an advocate and role model. I will strive to help provide and support a foundation of positive future growth of the club and I will work to create and foster the best environment possible.

I agree to the Coaches Code of Conduct, have read the Coaches Code of Conduct, and understand what is expected of me.

Signature

Printed Name

Date

**Also refer to the PSA Code of Ethics and Tenets of Professionalism for more information.*