



North Atlantic Figure Skating Club

**Membership
Handbook
2025-2026**

Table of Contents

Welcome Letter	Page 3
Membership Information	
Dual Membership in NAFSC and U.S. Figure Skating	Page 4
What is U.S. Figure Skating?	Page 4
Why join NAFSC?	Page 4
U.S. Figure Skating Rulebook	Page 4
Important Notes about Membership in NAFSC	Page 4-5
Membership Categories	
Skater Membership (under and over 18 years of age)	Page 6
Introductory Skater Membership	Page 6
Collegiate Membership	Page 6
Parent/Legal Guardian Membership	Page 6
Coach Membership	Page 6
Alumni Membership	Page 7
Individual Non-Skating Membership	Page 7
Associate Memberships	Page 7
Membership Categories, Benefits and Volunteer Obligation	Page 8-9
NAFSC 2025-26 Membership Fees	Page 10
2025-26 Membership Agreement	Page 11
Parent Code of Conduct	Page 12
Coach Code of Ethics, Standards, and Conduct	Page 13-14
Skatesafe® & Member Code of Conduct	Page 15-16
Volunteer Policies and Procedures	Page 17
NAFSC Important Club Links	Page 18



Member of U.S. Figure Skating

P.O Box 6052

Falmouth, ME 04105

(207) 781-5058

Email:

membership@northatlanticfigureskating.org

www.northatlanticfigureskating.org

Dear New and Renewing North Atlantic FSC Member,

Welcome to the 2025-2026 membership year! Thank you for choosing North Atlantic FSC as the skating club for you and your family. NAFSC is committed to the development and success of all skaters, offering Learn to Skate lessons, summer training options, and freestyle ice. We also offer social opportunities, exhibitions, celebrations, our annual ice show (open to all skaters!), and other membership and skating experiences.

Please review the NAFSC 2025-2026 Membership Handbook in full before submitting your membership application electronically. Pay particular attention to details including membership categories and descriptions, the membership contract, our Codes of Conduct, the Volunteer Policy, and our Club rules. You will be asked to sign and accept the terms of the NAFSC Member Agreement; the Volunteer Policy; the corresponding Codes of Conduct; and the Jump Harness Policy.

The deadline for renewal is June 27, 2025. All current U.S. Figure Skating memberships expire on June 30, 2025 (unless you are a Collegiate member who has renewed in the last 3 years). It is important to submit renewals by the deadline to avoid loss of ice privileges, delay of membership approval, and to provide time for processing of your U.S. Figure Skating member renewal.

Thank you for your interest in NAFSC. If you have any questions or concerns, please reach out to our Membership Chair, Allison Zanno, at membership@northatlanticfigureskating.org.

We are so excited to see what 2025-2026 brings and thank you for joining us on this journey.

Sincerely,

Austin Reeves
NAFSC President

MEMBERSHIP INFORMATION

July 1, 2025– June 30, 2026

Dual Membership in NAFSC and U.S. Figure Skating

The North Atlantic Figure Skating Club (NAFSC) is a full member club ([USFSA Membership](#)) of U.S. Figure Skating (USFSA), the governing organization for the sport. 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, compete in U.S. Figure Skating competitions, and participate in U.S. Figure Skating sanctioned events such as ice shows and exhibitions. A skater may join several U.S. Figure Skating member clubs 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, tests, and performances.

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

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 SkateSafe®.

What is U.S. Figure Skating?

U.S. Figure Skating is the governing body for amateur figure skating in the United States. It was formed in 1921 and had seven original members. Today, U.S. Figure Skating has hundreds of member clubs and thousands of individual members located throughout the United States. NAFSC was granted full 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 freestyle ice, the NAFSC also operates several other programs including test sessions, skating clinics, a summer skating/training program, a Learn to Skate Program, a non-qualifying competition (North Atlantic Open), exhibitions, and one major ice show per year. Home club members are eligible for ice show solo and feature programs, to be recognized at qualifying competition send-off events, and to participate in club exhibitions.

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.

U.S. Figure Skating Rulebook

The U.S. Figure Skating Rulebook is the official publication for the organization's rules and bylaws. The rulebook can be viewed online at <https://www.usfigureskating.org/> by choosing "About" and then "Rules and Bylaws". It can be downloaded and printed or saved.

Important Notes about Membership in the NAFSC:

- a. Application/payment is not a guarantee of membership in the NAFSC. The club grants privileges of membership to individuals committed to the NAFSC mission. The privilege of membership may be denied by the membership chair at any time when it is determined that the prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it. The prospective member may request a review of the denial by submitting a request in writing to the President of NAFSC within 30 days of the denial. NAFSC has the right to refuse membership to anyone without discrimination as to race, color, religion, age, gender, or national origin.
- b. All membership privileges, including the use of freestyle 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 by both NAFSC and through U.S. Figure Skating.
- c. Membership dues in the NASFC are designed to pay a portion of the operating expenses of the Club. 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 club privileges and ineligibility to participate in tests, competitions, etc. that require members to be "in good standing".
- e. Free skate session credits (the assessment fees) will be placed in the corresponding Entryeeze account after payment is made. If you choose to pay in full at the beginning of the membership year, all credits will be placed into your account upon receipt of that payment. If you choose to pay monthly, your credits for each month will be placed in the account when the monthly payment is made. Credits do not expire. The yearly assessment only applies to the Skater Membership (under 18), the Introductory Skater Membership (under 18), and the Graduating Senior Skater membership.
- f. All members who hold a skater (adult and under 18), introductory skater, graduating senior skater, coach, alumni, or non-skating individual membership are required to complete a certain number of volunteer service hours from July 1 – May 31. Carefully review the Volunteer Handbook so you are aware of how many service hours your membership requires and how to submit those hours for recording. We will be enforcing deadlines for submission for 24-25 so pay attention to what is required and how to submit for record to avoid assessment for incompleteness in June.
- g. Please review all information in the membership handbook before applying. Everything must be completed and signed, and payment made, before membership can be considered.
- h. 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, 2025 – June 30, 2026

HOME CLUB MEMBERSHIP

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

NAFSC utilizes Rinkmusic and every home club skating member gets their first tag free. If the tag needs to be replaced there will be a \$10 fee per tag. Rinkmusic does require a yearly subscription and can be accessed via the [Rink Music](#) website.

Skater Membership (under 18 years of age) * and Adult Skater Membership (18 years of age and older)

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 freestyle ice, and are eligible for solos/features in the annual ice show.

Introductory Skater Membership (under 18 years of age) *

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 freestyle ice, and are eligible for solos/features in the annual ice show.

Collegiate Membership*

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 freestyle ice, and are eligible for solos/features in the annual ice show.

Parent/Legal Guardian Membership*

One (1) parent/legal guardian of any skater under 18 years of age who designates NAFSC as their U.S. Figure Skating home club at time of application must be a home club member. Additional parent/guardian memberships may be purchased. **One (1) parent/legal guardian of any skater under 18 years of age who designates NAFSC as their U.S. Figure Skating home club at time of application must purchase a Parent/Legal Guardian Membership.*

Coach Membership

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 compliance and insurance, upon request.

Alumni Membership

This is a non-skating membership for former NAFSC skaters, parents/ guardians or other former members who wish to help support NAFSC, participate in club functions, and receive club information.

Individual Non-Skating Membership

This is a non-skating membership for anyone not previously associated with NAFSC who wishes to help support NAFSC, participate in club functions and receive club information.

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 membership@northatlanticfigureskating.org.

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 be eligible for discounted rates on freestyle ice, are eligible to participate in the annual ice show but are not eligible for a feature/solo and may be eligible to participate in NAFSC exhibitions upon invitation. Associate members do not have voting rights and are not eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting.

***All associate coaches are required to provide proof of compliance and insurance, upon request. Associate coaches will be responsible to pay a fee to coach on NAFSC freestyle ice. NAFSC reserves the right to adjust fee structure as needed.*

MEMBERSHIP CATEGORIES, BENEFITS, AND VOLUNTEER OBLIGATION

July 1, 2025 – June 30, 2026

	MEMBERSHIP CATEGORY	TYPE OF MEMBERSHIP	BENEFITS	VOLUNTEER OBLIGATION*
HOME CLUB MEMBER- SHIPS	SKATER	Skating	*Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	6 *Per family
	INTRODUCTORY SKATER	Skating	*Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	6 *Per family
	GRADUATING SENIOR SKATER	Skating	*Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a graduating solo/feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	6 *Per family
	ADULT SKATER	Skating	*Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a graduating solo/feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	4 *Per family
	COLLEGIATE	Skating	*Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a graduating solo/feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	-

HOME CLUB MEMBER-SHIPS	COACH	Skating	*Available to coach LTS sessions *Personal online profile on the NAFSC website and promotion on social media *Eligible for discounted freestyle ice rates *Eligible to participate in club ice show, exhibitions, & send-offs *Eligible to skate a feature/solo in the NAFSC Annual Ice show if requirements met *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	2 *Per family
	PARENT/GUARDIAN	Non-skating	*Support the club, stay connected, and participate in club activities *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	-
	ALUMNI	Non-skating	*Support the club, stay connected, and participate in club activities *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	2 *Per family
	INDIVIDUAL NON-SKATING	Non-skating	*Support the club, stay connected, and participate in club activities *Voting privileges at NAFSC member meetings and elections (18+) *Eligible to represent NAFSC at U.S. Figure Skating's annual Governing Council meeting (18+)	2 *Per family
	ASSOCIATE	Skating	*(Skaters) Eligible for discounted freestyle ice rates *(Skaters) Can participate in club exhibitions and send-offs with invite *(Skaters) Eligible to participate in the annual ice show but are not eligible for a feature/solo	-

*Volunteer hours are per family, not per member. If there are two members of different membership types, the greater volunteer hour requirements must be completed to avoid the assessment.

NAFSC 2025-26 MEMBERSHIP FEES

	2025-2026 (1st Family)		YEARLY ASSESSMENT (per skater) ³	ADDITIONAL SKATER FAMILY MEMBER	PARENT/ GUARDIAN ⁴	ADDITIONAL PARENT/ GUARDIAN ⁵	PAYMENT OPTIONS					
							PAY IN FULL	PAY IN INSTALLMENTS*				
								INITIAL BALANCE DUE	DEPOSIT ⁶	BALANCE AFTER DEPOSIT	# MONTHLY PAYMENTS ⁶	MONTHLY AMOUNT
SKATER	under 18	\$350	\$1,080		\$0	\$35	\$1,430	\$1,430	\$180	\$1,250	11	\$114
ADDITIONAL SKATER		-	\$1,080	\$225	-	-	\$1,305	\$1,305	\$150	\$1,155	11	\$105
INTRODUCTORY SKATER ¹	under 18	\$215	\$1,080	-	\$0	\$35	\$1,295	\$1,295	\$150	\$1,145	11	\$104
ADDITIONAL INTRODUCTORY SKATER ¹		-	\$1,080	\$120	-	-	\$1,200	\$1,200	\$140	\$1,060	11	\$96
GRADUATING SENIOR SKATER ²	under 18	\$350	\$1,080	-	\$0	\$35	\$1,430	\$1,430	\$200	\$1,230	8	\$154
ADULT SKATER	18+	\$215	-	-	-	-	\$215	PAY IN FULL REQUIRED				
COLLEGIATE	under 18	\$250	-	-	\$0	-	\$250	PAY IN FULL REQUIRED				
	18+	\$215			-	-	\$215	PAY IN FULL REQUIRED				
COACH	\$215		-	-	-	-	\$215	PAY IN FULL REQUIRED				
ALUMNI	\$100		-	-	-	-	\$100	PAY IN FULL REQUIRED				
ASSOCIATE	\$150		-	-	-	-	\$150	PAY IN FULL REQUIRED				

1 Introductory membership is only available to skaters who have not previously had a US Figure Skating Membership

2 This membership option is only available to skaters who are in their Senior year of HS with the intent to graduate at the end of their Senior Year

3 Skater, Introductory Skater, and Graduating Senior Memberships will be assessed a yearly ice assessment equal to \$90 per month (this is per skater)

4 Parent/ Guardian Membership is required for any skater under 18 and is included in the skater/ introductory skater membership price

5 Additional parent/guardian memberships will be \$35 and due in full at time of registration/renewal

6 Deposit is due at time of renewal/registration; monthly payments will be due on the 1st of the month starting August 1 of the new membership year; # of monthly payments and monthly amount will be adjusted for registrations/renewals later in membership year accordingly

**Installment payment option is only valid for membership applications placed before February 1, 2024*

NORTH ATLANTIC FIGURE SKATING CLUB

2025-2026 Membership Agreement

Annual agreement is completed online when registering for membership. Please read carefully before signing. Membership cannot be considered without the signature of all parties included in this application.

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

- ❖ 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 Skatesafe® 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 for membership application to be accepted.
- ❖ This contract is binding for the entirety of the season, and no provisions exist to refund or reduce costs for skaters who retire or relocate.
- ❖ NAFSC reserves the right to add/drop Freestyle sessions and to adjust Freestyle when necessary.
- ❖ NAFSC does not offer refunds except for the Learn to Skate program. 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.

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, and/or policy may result in the loss of skating and/or membership privileges.

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 ice show promotions and programs, 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 president@northatlanticfigureskating.org detailing the desired restrictions.

NORTH ATLANTIC FIGURE SKATING CLUB

Parent Code of Conduct

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.

I hereby agree that:

1. I will encourage good sportsmanship by my actions, demonstrating positive support for all skaters, coaches and officials at every practice, competition, and test session.
2. I will place the emotional and physical well-being of my child and others ahead of my /their desire to win.
3. I will encourage my child to skate in a safe and healthy environment by maintaining a respectful and courteous attitude to others.
4. I will promptly inform my child's coach of any physical/mental disability or challenge affecting my child that may affect the safety of my child or others.
5. I will teach my child that doing his/her best is more important than winning.
6. I will not ridicule, bully, blame or yell at my child or other skaters, coaches, officials, or volunteers in response to a poor performance or for any other reason.
7. I will do my best to always make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction.
8. I will teach my child to treat other skaters, coaches, fans, volunteers, officials, and rink staff with respect, regardless of race, creed, color, sexual orientation, gender, gender identity, or ability. I will also take action and report any acts of bullying, harassment, or abuse to the appropriate authorities.
9. I will applaud any effort in both victory and defeat emphasizing positive accomplishments and learning from mistakes.
10. I will teach my child to resolve conflicts calmly and peacefully without resorting to hostility or violence.
11. I will be a positive role model for my child and others.
12. I will demand a figure skating environment for my child that is free of drugs or alcohol and agree that I will not use or provide to a third-party any illegal drug prohibited by applicable federal, state, or municipal law.
13. I will not assist or condone any athlete's use of a banned substance as described by the International Olympic Committee, International Skating Union, United States Olympic Committee or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
14. I will expect my child's coach to be compliant with all requirements of U.S. Figure Skating and the Professional Skaters Association, to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association, and other accredited organizations.

NORTH ATLANTIC FIGURE SKATING CLUB:

Coach 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 decision rules to cover most situations encountered by coaches and instructors. It has, as its primary goal, the welfare and protection of the individuals and groups with whom coaches 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 necessary to reach the top levels. Coaches can have tremendous power over these athletes in their quest to the top. This power must 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 the boundaries of their competencies and the 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 of relevant scientific and professional information related to the services they render, and they must recognize the need for ongoing education. Coaches should make appropriate use of scientific, professional, technical, and administrative 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 false, misleading, or deceptive representations about their qualifications, services, products, or fees. 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 most feasible extent, 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 professional 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 not knowingly participate in or condone unfair discriminatory practices.
- **Concern for Others Welfare:** In their actions, 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 and the society in which they work and live. Coaches 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. The coach shall strive to use strategies in practice and competition that are designed to encourage play within the letter and spirit of the rules. The coach 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 so 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 with dignity and respect.
- **Personal Problems or Conflicts:** Coaches 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.

Further, 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.

Coach's Code of Conduct:

- Must obey and abide by all U.S. Figure Skating published rules, regulations, and procedures.
- 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.
- **Also refer to the PSA Code of Ethics and Tenets of Professionalism for more information.*

NAFSC: SKATESAFE® & MEMBER CODE OF CONDUCT

SkateSafe® Member

U.S. Figure Skating and North Atlantic Figure Skating Club (NAFSC) strive to provide a safe environment for its members that is free of misconduct and harassment. The associations will not tolerate or condone any form of harassment or misconduct of any of its members, including athletes, coaches, officials, directors, employees, parents, volunteers, or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating and NAFSC. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating and NAFSC rules.

U.S. Figure Skating SkateSafe® Website

U.S. Figure Skating SkateSafe® Handbook

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

The following code of conduct applies to all participants in activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating including but not limited to competitions, exhibitions, and training camps:

North Atlantic FSC 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.

GR 1.02 CODE OF CONDUCT

The following code of conduct applies to all participants in activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating, including but not limited to competitions, exhibitions, and training camps:

I recognize that my participation in all activities hosted, supported, sponsored, or engaged in by U.S. Figure Skating, 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. 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 my relations with others.
- B. I will not discriminate against any member or participant on the basis of race, color, religion, age, gender, gender identity, sexual orientation, national origin, or any other status protected by federal, state or local law, where applicable.
- C. 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.
- D. 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.

- E. 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.
- F. I will comply with all applicable anti-doping rules including, but not limited to, ISU anti-doping rules.
- G. 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.
- H. 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.
- I. I understand that all disciplinary proceedings will be conducted pursuant to Article XXV, Section 1, of the U.S. Figure Skating bylaws, and that my rights and remedies are derived therefrom.

GR 1.03

U.S. Figure Skating will not tolerate or condone any form of harassment (including sexual harassment), misconduct, (including sexual, physical, and emotional misconduct), bullying or hazing of any of its members including coaches, officials, directors, employees, parents, athletes and volunteers — or any other persons — while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating.

NAFSC: VOLUNTEER POLICIES & PROCEDURES

As a 501(c)3 non-profit organization, North Atlantic Figure Skating Club (NAFSC) depends heavily on volunteers to support its events and activities. As a condition of certain membership levels, families are expected to contribute a minimum number of hours per year.

All families holding a(n):

- Skater, Introductory Skater, or Graduating Senior Skater membership are required to volunteer six (6) hours per year.
- Adult skater membership is required to volunteer four (4) hours per year.
- Coach, Alumni, or Individual Non-Skating membership are required to volunteer two (2) hours per year.
- Volunteer hours are not required for Collegiate or Associate members.

Families may choose to pay the following assessment in lieu of volunteer hours:

- \$150.00/six (6) hours
- \$100.00/four (4) hours
- \$50.00/two (2) hours

Volunteer hours are per family, not per member and any family member can volunteer (even if not a NAFSC home club member) towards this credit requirement. If there are two members of different membership types, the greater volunteer hour requirements must be completed to avoid the assessment. Also, hour requirements will NOT be pro-rated depending on when a member joins.

Example: A family has a skater and a coach membership; the family is responsible for 6 hours. If the member joins in January rather than July, they will still be responsible for all the volunteer hours.

*****NOTE**** Volunteer hours may be accumulated from July through May. Assessments are billed in early June (near the end of the membership year) and will be pro-rated based on hours completed. Assessments for the current membership year will go towards the Skater Assistance Fund. Members will not be allowed to renew their membership unless their volunteer commitment is complete, or they have paid the assessment.*

VOLUNTEER VOUCHER

When volunteering at an event, it is the member/parent's responsibility to fill out a volunteer voucher for processing so hours will be credited. Volunteer vouchers may also be found online at <https://www.northatlanticfigureskating.org/volunteer/>. A copy of your submission will be emailed to you as a receipt. Please be sure to keep the email for your records. Billing questions will not be addressed at the end of the year without this receipt. If no submissions are received, your account will be assessed accordingly. The deadline to turn in volunteer vouchers is two weeks (14 days) after the date of the close of the event at which you volunteered.

VOLUNTEER PROGRAM MANUAL

NAFSC maintains a manual at <https://www.northatlanticfigureskating.org/volunteer/> which outlines the volunteer policy and procedures as well as potential opportunities for volunteer activities for the membership year. By becoming a member of NAFSC, you will be automatically signed up to receive volunteer opportunities throughout the season. Please review these when you receive them, as they may be time sensitive. It is your responsibility to seek opportunities.

Examples of areas in which volunteers are needed include, but are not limited to the following:

- **Competition Support:** Hospitality, Registration, Music, Ice Monitors, Runners, and various other areas
- **Event Coordination:** Annual Ice Show, Send-Offs, and exhibitions to include tickets, set-up, tear-down, costumes, music, etc.
- **Board of Directors, Committees, Chair positions**
- **Ice Show Committee, Finance Committee, Fundraising Committee, Membership Chair, Events & Exhibitions, Junior Board, Annual Banquet, Educational Opportunities, etc.**

NAFSC CLUB LINKS

[U.S. Figure Skating](#)

[NAFSC Website](#)

[NAFSC Bylaws](#)

[Conflict Resolution Policy](#)

[Code of Conduct and Disciplinary Procedures](#)

[Locker Room Policy](#)

[Refund Policy](#)

[Collections Policy](#)

[Jump Harness Policy](#)

