
2025-2026 Membership Categories

*Deep Freeze Skating Club + USFS Membership:

\$175 First Family Member \$125 Subsequent Member

INCLUDES: USFS Membership, USFS Testing and Competitions, USFS Skating Magazine Subscription, Voting Privileges, Relevant Club Discounts, Club Newsletters, Social Events.

*Deep Freeze Skating Club + 1st Time USFS Membership: (Never obtained a USFS Membership)

\$150

INCLUDES: Same as above

*Deep Freeze Skating Club Membership ONLY:

\$100 First Family Member \$75 Subsequent Member

INCLUDES: Relevant Club Discounts, Club Newsletters, Social Events. Also includes a LTS membership from USFS if needed, Voting Privileges only if registered with USFS (can be through LTS)

Deep Freeze Skating Club ASSOCIATE Membership: (Registered USFS Member of Another Club)

\$100

INCLUDES: Some Club Discounts available, Clubs Newsletters, Social Events.

‡Deep Freeze Skating Club COLLEGIATE Membership: (Registered USFS Collegiate Member)

\$100

INCLUDES: Same as DFSC + USFS Membership above (50-75% lower fundraising/buyout expectation)

Deep Freeze Skating Club COACH:

\$150 Home Club (lower coach commission: 10%) \$100 Associate Club (15% coach commission)

Home Club only INCLUDES: USFS Membership, Voting Privileges, Relevant Club Discounts, Club Newsletters, Social Events

Associate Club only INCLUDES: Some Club Discounts, Club Newsletters, Social Events

Club Ice Punch Card

*A mandatory purchase of a 10 hour or 20 half-hour Punch Card is required after initial year of membership for all Full Deep Freeze Skating Club Memberships even if the skater has roll-over punches from the previous year.

****If you have 10 or more roll-over hour punches when you renew your membership you can buy, as your required punch card, 10 hour punches at the 30 hour punch card hourly rate for your membership type (i.e., Discount \$63, Regular \$125)**

Punch cards can be used for club sponsored freestyle sessions ONLY, are not refundable and not transferable, and roll over to the next season (as punches, not as monetary value if ice costs change).

Cost depends on fundraising/buyout levels:

Discount level (\$650 buyout or pledge to fundraise \$650 with this application)

*10 hours: \$100 **10 hours: \$63 *20 half-hours: \$100 20 hours: \$150 30 hours: \$190

Regular level (\$400 buyout or pledge to fundraise \$400 with this application)

*10 hours: \$200 **10 hours: \$125 *20 half-hours: \$200 20 hours: \$300 30 hours: \$375

Discount level also includes a 20% discount on Theatre on Ice session fees.

Membership Form



Volunteering and Fundraising Expectations

*‡All members/member families at these levels are required to volunteer for the club. Please check one or more of the following volunteer opportunities:

Testing Public Relations Shows Ice Monitoring Theatre on Ice Audio/Video for events

*‡Membership fees + ice time costs + fundraising/buyout amounts are determined by the cost to operate the club, that is, the amount each member would need to pay for the club to operate. You can simply pay that amount by choosing the buyout, or fundraise to pay that amount so it doesn't come out of your pocket.

Please check one of the following fundraising options:

I/We will fundraise \$650 (college \$325) in club fundraisers to qualify for discount level pricing[†] (BEST VALUE!)

I/We will pay the \$650 (college \$325) fundraising buyout with this application to qualify for discount level pricing

I/We will fundraise \$400 (college \$100) in club fundraisers and pay regular level pricing[†]

I/We will pay the \$400 (college \$100) fundraising buyout with this application and pay regular level pricing

[†]If you pledge to fundraise, 33% must be raised by Dec. 1, 67% by Mar. 1, and 100% by Apr. 1 or the balance of each goal is due from the skater on those dates to qualify for discount level pricing on ice and Theatre on Ice, and to be eligible for ice shows, club approval for competitions and testing, and other member privileges.

ALL DUES, FEES, AND PUNCH CARDS ARE NONREFUNDABLE, NONTRANSFERABLE AND NOT ABLE TO BE PRORATED

Skater Name: _____

General Information: If you completely filled out/checked your skater's information on the member application Google Form check this box and you may skip this section and go to the signature and payment section.

USFS Number: _____ Date of Birth: _____

Address: _____ City: _____ State: _____ Zip: _____

School Attending: _____ Grade: _____

Skater's Phone: _____ Skater's Email: _____

Parent/Guardian Name (if skater under 18): _____

Relation: _____ Phone: _____ Email: _____

Parent/Guardian 2: _____

Relation: _____ Phone: _____ Email: _____

Emergency Contact (not parent): _____

Relation: _____ Phone: _____

Coach(es): _____

Singles Skating Level: _____ Skating Skills Level: _____

Membership Form

Signature Required



I hereby give consent to the taking of photographs or video tapes. I also grant to the right to edit, use, and reuse said products for non-profit purposes including use in print, on the internet, and all other forms of media. I also hereby release the Deep Freeze Skating Club and its agents from all claims, demands, and liabilities whatsoever in connection with the above. I have also read and signed all of the relevant code of conduct and health awareness documents attached to this application.

I understand that acceptance of my application for membership is contingent on a vote by the Board of Directors. I also understand that my membership is contingent on following the Deep Freeze Skating Club Code of Conduct. Should I not fulfill my financial obligation as outlined above, I also understand that my membership may be revoked at any time by a vote of the Board of Directors for failure to do so. I also understand that I may be turned into USFS as a member not in good standing.

Skater/Club Member Signature

Skater Printed Name

Date

Parent Signature (if under 18)

Parent Printed Name

Date

Payment

Membership amount _____

Punch Card amount _____

Buyout amount _____

Fee if using Square
(for admin use at
time of purchase) _____

Late fee
(\$40 if submitted
after July 31) _____

Total _____

Paid with application
(at least 50%) _____

Balance due
(by 1st freestyle hour) _____

Payment forms accepted: cash, check, venmo, debit and credit card

Check payable to: **Deep Freeze Skating Club Boosters**
(applicant pays bank fees for checks that are not honored)

Credit card via Square
(applicant pays 2.6% - 3.5% Square merchant fee, depends on transaction type, e.g., tap/chip cheaper than manual entry in Square)

Venmo: @DeepFreezeSkatingClub



BOARD USE ONLY

MEMBERSHIP TYPE: _____ AMT: _____ PUNCH CARD AMT: _____ BUYOUT: _____ TOTAL: _____

DATE RECEIVED: _____ PAYMENT TYPE: _____ AMOUNT: _____ BALANCE DUE: _____

Membership Approved ____ Membership Not Approved ____ Date: _____ Initials: _____

DEEP FREEZE SKATING CLUB



ASSUMPTION OF RISK, WAIVER AND RELEASE, INDEMNIFICATION AGREEMENT, AND CONSENT FOR MEDICAL ATTENTION OR TREATMENT

In consideration of participation in any Deep Freeze Skating Club Events and Activities, the undersigned, individually, and/or on behalf of his/her minor child and other heirs, personal representatives, administrators, agents, successors and assigns (collectively referred to herein as "Participant"), understands the nature of the activity and that Participant is qualified, in good health, and in proper physical condition to participate in such activity. Participant also acknowledges that if conditions are unsafe, Participant will immediately discontinue participation in the activity. Furthermore, Participant AGREES TO ASSUME THE RISK AND RESPONSIBILITY, TO RELEASE AND TO INDEMNIFY DEEP FREEZE SKATING CLUB, its directors, officers, members, employees, officials, committees, volunteers, clubs, affiliates, sponsors, representatives, agents, successors and assigns, (each considered one of the "RELEASEES" herein), as follows:

1. Assumption of Risk and Responsibility. Participant fully understands and appreciates the risks of injury that may occur in ice skating or in the course of preparing for, participating in and traveling to or from the Events and Activities. The risks of injury that may occur include, but are not limited to, the risk of, serious bodily injury, viral infections, bacterial infections and risk of other communicable diseases and illness, permanent disability, paralysis and death (collectively referred to herein as "Risks"). Participant acknowledges that Participant voluntarily engages in such Events and Activities with adequate knowledge of such Risks; and agrees that Participant fully assumes all such Risks and all legal and financial responsibility for (a) any and all injuries or damages, whether to person or property, that Participant may in any manner sustain in connection therewith or in the conduct and management of the Events and Activities, including such injury or damage that may result from the negligence of Releasees or from some other cause and (b) all treatment, hospitalization and other care rendered to Participant in the event of Participant's illness, injury or other emergency circumstance in connection with participation in the Events and Activities, subject to any applicable insurance coverage.

2. Release and Indemnification. Participant hereby fully and forever releases, discharges, holds harmless, and agrees to indemnify Releasees from and against any and all liabilities, claims, demands, lawsuits, damages, and judgments, present or future, known or unknown, valid or invalid, direct or consequential, together with reasonable costs and attorneys' fees, which result directly or indirectly from damages, losses, injuries or death to Participant, Participant's property, other persons or property incurred during or in connection with any activities associated with or being a part of the Events and Activities and the conduct and management thereof, including any participation, travel or medical treatment, hospitalization or other care rendered in connection with the Events and Activities, whether such loss, damage, injury or death results from the negligence of Releasees or from some other cause.

3. Consent for Medical Attention or Treatment. I certify that I, the member, or I, the parent/guardian of said participant, give my consent to the Deep Freeze Skating Club, the facility in which the activities are taking place and their staff, members of the Deep Freeze Skating Club, their Board of Directors, and/or their volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for Participant for any injury that could arise from participation in Events and Activities.

I HAVE READ THIS ASSUMPTION OF RISK, WAIVER AND RELEASE, INDEMNIFICATION AGREEMENT AND CONSENT FOR MEDICAL ATTENTION OR TREATMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I AND/OR THE MINOR HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I 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 THAT THE REMAINING PROVISIONS SHALL CONTINUE IN FULL FORCE AND EFFECT.

Skater/Club Member Signature

Skater Printed Name

Date

Parent Signature (if under 18)

Parent Printed Name

Date

Sudden Cardiac Arrest and Lindsay's Law Parent/Athlete Signature Form



What is Lindsay's Law? Lindsay's Law is about Sudden Cardiac Arrest (SCA) in youth athletes. It covers all athletes 19 years or younger who practice for or compete in athletic activities. Activities may be organized by a school or youth sports organization.

Which youth athletic activities are included in Lindsay's law?

- Athletics at all schools in Ohio (public and non-public)
- Any athletic contest or competition sponsored by or associated with a school
- All interscholastic athletics, including all practices, interschool practices and scrimmages
- All youth sports organizations
- All cheerleading and club sports, including noncompetitive cheerleading

What is SCA? SCA is when the heart stops beating suddenly and unexpectedly. This cuts off blood flow to the brain and other vital organs. People with SCA will die if not treated immediately. SCA can be caused by 1) a structural issue with the heart, OR 2) an heart electrical problem which controls the heartbeat, OR 3) a situation such as a person who is hit in the chest or a gets a heart infection.

What is a warning sign for SCA? If a family member died suddenly before age 50, or a family member has cardiomyopathy, long QT syndrome, Marfan syndrome or other rhythm problems of the heart.

What symptoms are a warning sign of SCA? A young athlete may have these things with exercise:

- Chest pain/discomfort
- Unexplained fainting/near fainting or dizziness
- Unexplained tiredness, shortness of breath or difficulty breathing
- Unusually fast or racing heart beats

What happens if an athlete experiences syncope or fainting before, during or after a practice, scrimmage, or competitive play? The coach **MUST** remove the youth athlete from activity immediately. The youth athlete **MUST** be seen and cleared by a health care provider before returning to activity. This written clearance must be shared with a school or sports official.

What happens if an athlete experiences any other warning signs of SCA? The youth athlete should be seen by a health care professional.

Who can evaluate and clear youth athletes? A physician (MD or DO), a certified nurse practitioner, a clinical nurse specialist, certified nurse midwife. For school athletes, a physician assistant or licensed athletic trainer may also clear a student. That person may refer the youth to another health care provider for further evaluation.

What is needed for the youth athlete to return to the activity? There must be clearance from the health care provider in writing. This must be given to the coach and school or sports official before return to activity.

All youth athletes and their parents/guardians must review information about Sudden Cardiac Arrest, then sign and return this form.

Parent/Guardian Signature

Student Signature

Parent/Guardian Name (Print)

Student Name (Print)

Date

Date

Parent/Member Concussion Information and Responsibility Statement

Members are required to read this document and sign the statement below:

[Concussion Information Sheet from the Ohio Department of Health](#)



I have read the Ohio Department of Health's Concussion Information Sheet and understand that I have a responsibility to report my/my child's symptoms to coaches, administrators, and health care provider. I also understand that I/my child must have no symptoms before return to play can occur.

Athlete Name (please print): _____

Parent/Guardian Signature: _____

Date: _____

Ohio Department of Health
Violence and Injury Prevention Section
246 North High Street, 5th Floor
Columbus, OH 43215
(614) 466-2144

<http://www.odh.ohio.gov/concussion>

DEEP FREEZE SKATING CLUB CODE OF CONDUCT



The Deep Freeze Skating Club is an organization that supports figure skaters of all ages and levels. We are determined to provide an atmosphere that promotes friendship, achievement, success, and sportsmanship at our rink. We recognize the need for mutual respect and a positive relationship with the Owners and Management of the Deep Freeze Ice Arena and Covelli Centre. We will offer opportunities for exhibitions, training, and activities that will involve our member skaters and their families in positive experiences.

The Deep Freeze Skating Club supports a zero-tolerance policy for unsportsmanlike behavior. All members, coaches, and parents should continually raise the standard of behavior, both on and off the ice. Membership in the Deep Freeze Skating Club is a privilege and should carry a sense of pride. Participation in programs and activities offered will require that members accept certain responsibilities.

Member and Parent Responsibilities

- I understand that poor sportsmanship, on or off ice, will not be tolerated.
- I will not verbally or physically abuse any skater, coach, parent, rink staff or volunteer.
- I will encourage sportsmanship by showing positive support for all members, coaches, rink staff, volunteers, and other officials during all on and off ice sessions.
- I will treat all other members, coaches, parents, rink staff and other officials with respect.
- I will represent myself positively and not undermine the authority of coaches, officials, rink staff or volunteers.

Course of Action

Should a member not adhere to the above, the Deep Freeze Skating Club Board of Directors holds the member and/or parent accountable and the Board of Directors is empowered to take necessary action. Actions can range from a verbal warning (in private) to the parent or member, written warning, suspension from activities, loss of club privileges, or expulsion from the Club. In the case of egregious offenses, Club leadership is required to make a report to U.S. Figure Skating SafeSport, local law enforcement and/or child protective services.

Implementation

Anyone may file a complaint, in writing & signed, to the President of the Deep Freeze Skating Club Board.

I, _____ (Member Printed Name) have read the Code of Conduct, and agree to uphold all guidelines and tenets of this document.

Skater/Club Member Applicant Signature

Date

Parent Signature (if under 18)

Parent Printed Name

Date

U.S. Figure Skating Member Code of Conduct

Deep Freeze Skating Club 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.

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

I recognize that my participation or my child's in all the activities associated with U.S. Figure Skating and DFSC 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.

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.

Signature

Printed name

Date

Parent Code of Conduct

Deep Freeze Skating Club 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.

By signing below, 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 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 do my best not to 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 make skating fun at all times 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 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 drug or alcohol abuse 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.
15. I will respect my child's coach and refrain from "side line" coaching my child or other skaters.
16. I agree to educate myself regarding the proper procedures to follow when establishing or terminating a coaching relationship.
17. I will respect the decisions of officials, their authority and decisions during competitions and test sessions and teach my child to do the same.
18. I will show appreciation and recognize the importance of volunteers and club officials. I will fulfill my responsibility to help my club with membership, special projects, competitions and test sessions.
19. I will become familiar with the rules of the U.S. Figure Skating and teach my child accordingly.
20. I will support and respect all skaters and their right to participate.

Signature

Printed name

Date

Skater's Code of Conduct

As a member of our club, all skaters must adhere to this Code of Conduct at all times.

General Guidelines:

Deep Freeze Skating Club 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 Skater Code of Conduct has been established to ensure the safety of all members using our ice to ensure quality practice time for all home club, associate, non-members and guests who purchase ice from the club and who participate in all club-related activities

1. All skaters, regardless of whether they hold home club, associate, non-member or guest status, must follow and uphold the provisions in this Skater Code of Conduct regarding behavior on and off the ice. All club members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents/guardians of skaters, U.S. Figure Skating officials and guests.
2. DFSC is committed to promoting a positive and friendly environment for all skaters. Remember "The Golden Rule:" treat other people like you want to be treated — with respect.

Ice Etiquette and Safety:

1. While in lesson or practice, it is the skater's responsibility to always be conscientious and aware of other skaters around them.
2. Skaters must skate with the flow of other skaters and familiarize themselves with the most commonly used areas for jumps and spins.
3. The only time a skater has the SOLE right of way is when they are skating their program to music. When you hear another member's music, please extend that person the courtesy and move out of their path momentarily. This only takes a moment and you will enjoy the same courtesy while you are performing your program.
4. Advanced skaters are expected to exhibit patience toward beginner members of the club. Remember, you were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters.

Unsafe or discourteous behavior of any kind will not be tolerated.

Signature

Printed name

Date

Coaches' Code of Ethics, Standards and Conduct

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 in order 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 they do 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.

