



## Stratford Park Skating Club Rules

- Dress code:
  - **Skaters should wear:**
    - Sports/skating trousers/shorts and a sport's vest/T-shirt,
    - A skating skirt and a sport's vest/T-shirt OR
    - A skating dress
  - All clothing should allow freedom of movement in order to gain the most from each session. We therefore request that jeans (and similar rigid materials) are not worn.
  - **For the comfort of our skaters and coaches we ask that:**
    - Clothing is not too revealing
    - Midriffs are covered
    - Underwear is not visible
  - **In order to protect skaters from injury:**
    - Long hair must always be tied back (hairbands available on request)
    - Jewellery and hair accessories should be kept to a minimum and securely attached at all times.
- **Please note: the club reserves the right to refuse entry to skater who are inappropriately dressed.**
- We have a reputation of being a friendly and welcoming club, so be respectful, kind, and courteous towards *all* attendees. Bad language, inappropriate social media posts and bullying will NOT be tolerated.
- Be respectful and courteous towards your coaches at all times; they are there to help you. If you need help, just ask.
- Whilst skating on the half hall, skaters must ONLY skate the dance being played.
- If you are not participating in the current activity, please remain in the designated seating area.
- Skaters may only skate in the session that they have paid for. No one may skate earlier or later than scheduled time. These are below:
  - Sunday 9.00am – 11.00am: basic skills grades, basic dances & dance elements
  - Sunday 11.00am – 1.00pm: advanced and competitive skaters only (by invite)
  - Thursday 6.00pm – 8.00pm: advanced and competitive skater only (by invite)
- On arrival, skaters must 'check in' at the desk. Skaters must NOT skate until a qualified coach is present.
- Mobile phones are not to be used during a session without a coach's permission.
- The taking of photos and videos are not permitted during skating sessions without prior permission from a coach.
- Children under 10 years old must be always accompanied by a parent/guardian.
- Skaters may not go on or up the stairs with skates on.
- Any skates used outside must be inspected by a coach or committee member prior to the session.
- Skaters must inform a coach before leaving the hall.
- Food and drink must only be consumed in the designated seating area, or outside the hall. Drinks without lids are not permitted.
- Any changes of clothes must be done in the leisure centre's changing facilities.
- More experienced skaters must "give way" to less experienced skaters.
- If you fall and are not hurt, get up promptly.
- Remember that SAFETY IS FIRST. Be responsible. Be aware. Watch around you.
- **Enjoy yourself and have fun.**