

Williams Lake Speed Skating Association

# Parent Handbook





# WLSSA Parent Handbook

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## Our Mission

The Williams Lake Speed Skating Association is focused on developing well-rounded athletes through fun and the development of techniques that will help to bring about fluidity, power, and ease of movement within the athlete's body.

## About our Club

Our Club, which started in 2010, is committed to providing a safe, supportive place where children and youth can experience the sport of speed skating—either recreationally or competitively—, learn essential life skills such as commitment, responsibility and goal setting, enjoy a sense of team and community, and establish essential life-long physical fitness habits.

The Club is a member of the British Columbia Speed Skating Association. The BCSSA Association's vision is to foster the growth and development of speed skating in British Columbia by providing quality services and support programs to all members in their pursuit of a healthy lifestyle while encouraging challenges and promoting excellence. The Club is also a member of Speed Skating Canada.

Our local Club is run entirely by volunteers, including our coaches, and is a registered Society.

## Programs

### **Training Programs For All Ages and Skill Levels**

Our Club follows curriculum set out by Speed Skating Canada (SSC). The training programs reflect a commitment to the holistic, developmentally appropriate development of skaters, and to helping each individual participant achieve his or her own level of excellence. Based on Canadian Sport for Life and SSC's Long Term Athlete Development model approach, skaters need to be exposed to be doing the right thing, in the right way at the right time in their development. Science, research and decades of experience all point to the same thing: kids and adults will get active, stay active, and even reach the greatest heights of sport achievement if they do the right things at the right times.

As per the Speed Skating Canada curriculum we offer the following programs. For complete program descriptions, visit [www.speedskating.ca/about/skater-development](http://www.speedskating.ca/about/skater-development)

Program	Description
<b>Active Start</b> <b>Ages: 0-6</b>	<p>Active Start is where it all begins. Participants are of pre-school age and this is the stage where children are learning to move. Children in this stage should learn how to run, jump, throw, catch, kick, float, glide and slide. Most of these skills can be parent led and be done in a local park, rink or even in your backyard. In the latter half of this stage, structured Learn to Skate programs are a great way to learn basic skating skills.</p>
<b>FUNDamentals</b> <b>Females: 6-8</b> <b>Males: 6-9</b>	<p>The FUNDamentals stage is the second of three critical stages in the development of physical literacy. During this stage children learn to move more efficiently, acquire fundamental movement skills and work on the ABCs of Agility, Balance, Coordination and Speed all in a safe, welcoming and fun environment. Ideally, children will be exposed to lots of different sports and activities to develop their physical literacy. On ice, speed skating programs will focus on teaching fundamentals skating and introducing speed skating specific skills.</p>
<b>Learning To Train</b> <b>Females: 8-11</b> <b>Males: 9-12</b>	<p>Learning to Train is the most important stage for the development of sport specific skills (technique). It is also stage where participants may begin to more actively engage in competition, though preparation for competition is not the focus. Many children may begin to develop a preference for a given sport, however for full athletic development skaters need to engage in a broad range of activities and should continue to be active in two to three other sports throughout the year. Focusing on a single sport is strongly discouraged.</p>
<b>Training To Train</b> <b>Females: 11-15</b> <b>Males: 12-16</b>	<p>The Training to Train stage of development is one of the most important stages in an athlete's development. It is often the stage in which we make or break an athlete. This is when the athletes are going through puberty and are facing significant social pressures. More specifically bodies are continually changing so training needs to be tailored to each athlete's individual growth and development. A positive experience, high quality, developmentally appropriate programming and careful monitoring during this stage of development will provide the solid foundation necessary upon which athletes can remain active for life of pursue competitive sport objectives.</p>
<b>Learning To Compete</b> <b>Females: 15-17</b> <b>Males: 16-18</b>	<p>The Learning to Compete stage of development is the stage of development where athletes begin to engage on the high performance pathway and the emphasis on training is on preparation for competition. Skaters will train to consolidate their technical and tactical abilities and continue to build their physical capacities. In this stage of development all physical capacities are fully trainable.</p>
<b>Active For Life</b>	<p>Active for Life is both a stage and an outcome of developmentally appropriate programming based on Canadian Sport for Life and SSC's LTPAD model. It includes everyone including skaters, coaches, officials, administrators and volunteers. The Active for Life stage is the final destination of all Canadians. In this stage, athletes and participants enjoy lifelong participation in a variety of competitive and recreation opportunities in sport and physical activity and give back by contributing to the ongoing growth and development of speed skating.</p>

## **Cutting Edge PIN Program**

The focus of the program is to test, in a fun environment, the skill level of our skaters. With time all developing skaters will become fitter and mature both mentally and physically. We want to ensure that all skaters are taught the proper skills that will assist them to develop first as a skater, second as a speed skater, and finally as a competitor. Successful completion of the Cutting Edge Program will help provide young athletes with the necessary skills for high performance development.

There are 11 levels to the PIN Program. Our athletes will be tested at regular intervals throughout the season, allowing them opportunities to advance through the levels. Each athlete's progress is recorded in an individual book. The program also provides the coaches with a focus for individualized training.

The coaches are happy to discuss the specifics of the PIN program, and your child's progress at any time throughout the season.

## **The PACE Program**

PACE (Personal Achievement Celebration Event) acknowledges milestones achieved throughout the season, as skaters progress towards achieving provincial standards. The awards are intended as incentives. Example awards include:

- ✓ I raced in my first meet today!
- ✓ I skated a PB today!
- ✓ I skated the 200m in under 45 seconds!
- ✓ I skated the 200m in under 30 seconds!
- ✓ I qualified for the Provincial Stream!

The club also provides individual PACE awards based on a skater's individual season goals.

## WLSSA Annual Fees

### WL Speed Skating Association Membership Fees List 2015-2016

**Program: Club - Intro**

This is available for first time BCSSA members in a group with a maximum of 10 sessions.

Tuesday or Thursday, 3:30 - 4:30 pm	Oct - Dec	\$125.00 + BCSSA Fees
	Jan - Mar	\$125.00 + BCSSA Fees

*Full Year* *Oct - Mar* ***\$250.00 + BCSSA Fees***

**Program: Club - Returning**

*Coaches have identified the appropriate session for returning skaters (either the 3:30-4:30 or the 4:15-5:30) based on their age and/or skill level.*

This is for all returning skaters or those in a group with more than 10 sessions.

Tuesday & Thursday, 3:30 - 4:30 pm or 4:15-5:30 (depending on age/skill level)

	Oct - Dec	\$225.00 + BCSSA Fees
	Jan - Mar	\$225.00 + BCSSA Fees

*Full Year* *Oct - Mar* ***\$375.00 + BCSSA Fees***

**Skaters on the 4:15-5:30 session have dry land from 3:30 - 4:00 on the concourse above the stands in Rink 1.**

BCSSA fees are approximately \$115 annually for skaters who compete at meets, and \$80.00 for those who do not.

For families who register more than 2 children, the 3<sup>rd</sup> registration is at a 20% discount.

**Practices begin Tuesday September 29th, 2015 on Rink 1**

## Fee Payments

Payments options are:

1. Payment for the full season at the start of the season (**due October 8<sup>th</sup>, 2015**)
2. Half-season payment at the beginning (**due October 8<sup>th</sup>**) and half in mid-season (**due January 14<sup>th</sup>**)

*If the payment schedule for fees presents a difficulty, please speak to the Club president about making alternative arrangements with the Club president.*

Speed skating qualifies for both Canadian Tire Jumpstart and Kidsport Funding. For more information, please get in touch with Monica Johnson: [monicarj@telus.net](mailto:monicarj@telus.net)

If your child will be participating in meets throughout the season, there will be additional registration costs for meet entries set by the host Club. Costs for accommodation and meals are the parents' responsibility.

Fee payments may be made to the Club President or Treasurer. Parents are expected to keep their accounts up to date through the season. All of the previous season's account must be completely paid before the beginning of the next season. Failure to keep the accounts up to date can result in the skater being withdrawn from competition and/or training.

Notification of Resignation — If your child does not plan to continue skating please inform the Club President in writing or by email. The club does not reimburse for partial month's skating.

## Mandatory Equipment

### **Rest of Body Protection**

Comfortable, athletic-style long sleeve top and pants. Although Olympic speed skaters wear spandex suits, it is not mandatory at the introductory level.

### **Head Protection**

A helmet. Ski/snowboard, hockey or roller sport helmets are all acceptable. Bike helmets cannot be used because the large vents allow skate blades to pass through.

### **Neck Protection**

A neck guard- bib style.

### **Hand Protection**

Cut-proof gloves or mittens. Ski mitts or leather gloves are best. Hockey gloves are also acceptable.

### **Knee Protection**

Knee pads. Soft, volleyball style pads are preferred, although plastic roller sport pads are also acceptable. If possible, plastic pads should be worn underneath the skater's pants. Hockey knee/shin pads are acceptable, but may limit the skater's movement.



### **Shin Protection**

Shin guards. Hard soccer shin guards are best, but hockey knee/shin pads are also acceptable.

### **Ankle Protection**

Well-fitting, tall socks. Socks that are too short can cause skin irritation and blisters due to friction against the inside of the skates.

### **Eye Protection**

Clear or yellow lenses are recommended. The higher the level of shatter resistance and the more extensive the protection, the better protection provided for the skater.

We do have helmets and goggles to rent. The WL Speed Skating Association provides skates. There is a rental fee for the newer skates, but no fee on the older skates (Marathon brand).

Speed skating equipment can be purchased through the Kamloops retailer **I Love Speed Skating**: [www.ilovespeedskating.com](http://www.ilovespeedskating.com)

## Care of Speed Skates

*Our equipment manager is **Ben Bennison**. Please consult with Ben for any concerns relating to your child's skates.*

Whether you have rented a pair of the Club's speed skates or you have purchased your own, they are an expensive piece of equipment that you rely on to skate your best. The better you care for them, the longer they will last and the better they will serve you. A few simple precautions will suffice to keep new speed skates in good condition over the years.

First and foremost, the blades should never be allowed to get dirty or rusty and the boots should be kept clean and dry.

1. To care for your rental speed skates properly, you will need to have an old towel or rag, a set of soft blade covers, and a set of hard (walking) guards. The hard guards must be long enough to completely cover the blade of the skate.
2. You should never walk on your speed skate blades on any surface without having a set of hard guards on them. Speed skating blades are not as tough as hockey or figure skate blades and will lose their edge or be further damaged if you walk on the rubber mats in the dressing room or halls (the dirt on them from shoes is enough to dull the blades), use them on any other floor or if you kick the boards or supports on the seats in the benches. You should always put your guards on before tying on your skates. Walk to the edge of the rink and only take them off when you are ready to go on the ice. You should put your guards on as soon as you leave the ice.

3. When you take off your skates, you should thoroughly dry off the boots and the blades with the towel that you keep in your bag. This is important to prevent rust. Then, you should put the soft blade covers on your skates. **DO NOT** store your skates in plastic or leather skate guards. If rust does develop on the blades, *let Ben know immediately*. Rust will eat at the surface and weaken the blade, so it is best to get rid of rust as soon as it develops.
4. When you get home, you should open your skate bag and let your skates and equipment dry out properly between practices. This is also a good time to re-check your blades to ensure there is no moisture left on them.
5. Make sure that your laces are always in good condition. Replace them if necessary.
6. Before every practice, you should check that your blades are still on tight. Try to wiggle or move them – if they shift, let Ben know. **Parents**, do not over-tighten the bolts or you will strip them.
7. Depending on how you treat your skates, how much you weigh, and how often you skate, your skates will need to be sharpened between every couple of practices and every couple of months. You should check your skates regularly or have your coach check them if you are not sure. Ben can help teach you how to tell if your skates are in good shape and if they need to be sharpened.
8. Speed skates cannot be sharpened the same way as hockey skates and must be sharpened in a special speed skating jig. **PLEASE** do **NOT** attempt to sharpen your child's skates. Ben is our equipment manager. Please talk to him about skate sharpening.
9. **PLEASE** do **NOT** leave your skates sitting near a hot radiator or in the sunny window of a car as the heat can cause the shape of the skates to change or even result in damage to the boot.
10. All rental skates must be returned at the end of the year so that we have an opportunity to check them over.
11. If you own your own skates, when storing them for the summer, make sure they are clean and dry. Coat the blades with a little petroleum jelly to prevent any corrosion caused by damp conditions. Make sure there is no weight acting upon the blades, which might bend them during a summer in storage.
12. Any separating leather or other parts of the skate that are breaking down should be repaired immediately to prevent further damage and extend the life of the skates.

## 2015 WLSSA Club Organization

### Club Executive

**President**– Amy Carson: amycarson@xplornet.com

**Vice President**– Erin Halfnights: rin\_bc@yahoo.com

**Secretary** – Demi Swan: danddforestry@biglakeranch.net

**Treasurer** – Amber Stratton: wlamber@telus.net

**Registrar/Officials Liaison**– Kari-Ellen Bennison: karibenn02@gmail.com

### Key Club contacts

**Media Relations** – Wendy Reissner: rwreissner@hotmail.com

**Equipment Manager** – Ben Bennison: karibenn02@gmail.com

**Travel Coordinator/ Fundraising/Membership Development Liaison** – Erin Halfnights:  
rin\_bc@yahoo.com

**Officials Liaison** –Troy Feist: troy.feist@tolko.com

## 2015 WLSSA Volunteer Coaches

The volunteer coaches for the 2015-16 season are:

### **Tania Lauren**

tania-lauren@telus.net

### **Monica Johnson**

monicarj@telus.net

### **Ben Bennison**

karibenn02@gmail.com

### **Troy Feist**

troy.feist@tolko.com

## Coaches' Responsibilities

The coaches' responsibility is to manage the training of the athletes. The coach provides:

- ✓ A physically and emotionally safe environment on the ice.
- ✓ Technical expertise.
- ✓ The training programs appropriate to the individual skater.
- ✓ Management of meet entries.
- ✓ Evaluation of the skater's progress.
- ✓ Motivation and goal setting.
- ✓ A supportive environment characterized by encouragement, positivity and fun!
- ✓ Mentorship to our athletes in their conduct both on and off the ice.
- ✓ Ensuring skates that belong to Club are kept in good condition.

Coaches acknowledge and accept that they are role models, both in our home training environment and as representatives of our community at meets, and will conduct themselves accordingly.

Coaches will make a special effort to both model and enforce behaviours with skaters consistent with the Skaters' Responsibilities.

## Skaters' Responsibilities

The skaters participated in a group exercise at the beginning of the season to develop their own list of responsibilities. The skaters have agreed to:

- ✓ Listen! Wait for full instructions from your coaches before starting an activity.
- ✓ Skate!
- ✓ Try your best.
- ✓ Respect who is speaking.
- ✓ Remember all your gear and make sure you have all your equipment on for practice.
- ✓ Respect your coach and your teammates.
- ✓ Respect and take care of your equipment.
- ✓ Do your best to be on time for dry land and ice times.
- ✓ Safety first! Skate as safely as possible (blades down, no sliding on the ice on purpose, no pushing etc.)
- ✓ Ask questions. There are lots of skaters on the ice. Don't hesitate to ask for help from your coaches. Coaches want to make sure everyone gets the support they need.
- ✓ **HAVE FUN!**

## Parents' Responsibilities

Our Club continues to grow and be successful because every parent volunteers to help with its operations. Parents have obligations to their children and to the Club organization for management.

### Parents' Responsibility to the Skater

1. **Punctuality for practices.** Please have your child at the arena on time for practice. Skaters that arrive late should join the practice as quickly and quietly as possible, without disrupting the session.
2. **Providing proper equipment** (see list). This also includes ensuring that your child has proper athletic clothing and footwear for dry land training.
3. **Assistance with equipment.** Until your child is able to properly put on their equipment and tie their skates, please ensure that either you or another parent is available to help your child with their equipment.
4. **Medical concerns.** Inform the coaches of any concerns with your child. Please keep sick children home until they are well enough to complete the training session.
5. **Nutrition and rest requirements.** Increased activity such as training for speed skating increases their need for proper rest and nutrition. All skaters should have had a healthy snack before practice. Every skater should have a water bottle to remain hydrated during practice. To perform, children need plenty of rest, at least 8 to 10 hours per night.
6. **Support.** Cheer on your child as well as all skaters. Congratulate your child on "best time performances." Best times are far more important than meet results. Best times are the main indicators of your child doing his/her best and making improvements. Keep the feedback to your child positive even if he/she has a disappointing race. Encourage your child to ensure they get feedback from the coaches on areas of improvement.

### Parents' Responsibility to the Club

Here's how you contribute to making our Club successful.

1. Ensuring that the membership package for your child is complete (including medical and emergency contact forms). For safety reasons, children will not be allowed on the ice without those completed forms.
2. Ensuring your fee payments are up-to-date.
3. Making yourself available to help put up or take down our safety mats at every training session.
4. Assuming a role on our Board of Directors.
5. Attending all meetings.
6. Helping with fundraising activities, including asking for sponsorships from local businesses.
7. Timing on Interclub Race days
8. Training to become a meet official.

Coaches prefer that parents watch the practices from the stands, unless you are helping with timing on race practice days. Coaches will refer to parents if their child needs something critical while on the ice, or if their child is injured during a practice. Thanks for your cooperation with this so we can keep the kids focused!

**\*\*\*PLEASE LET US KNOW IF YOUR CHILD WILL NOT BE AT PRACTICE\*\*\***

## Safety on the Ice

Our Club is committed to providing a safe environment for our skaters.

1. Always be mindful of other skaters on the ice, and think about everyone's skills and abilities as you are skating.
2. Always wear ALL your safety gear when you are on the ice. If you don't have it on, you will have to leave the ice until all your gear is on.
3. Skate with your head up! Not only is it safer, its also proper technique. This is really important when we are playing games as well.
4. Keep your blades "down", unless there is a skill you are practicing that requires you to lift your leg. If you fall, try your best to keep you feet out of the air, blades down. Those blades are SHARP and could really injure you or someone else!
5. Never try to deliberately push another skater over, or slide into them in order to knock them down. Not only is it rude, its not safe!
6. Never throw or slide any on-ice equipment (cones, buckets etc.) towards another skater with the intention of hitting them or causing them to fall.
7. When races are being run, racers waiting their turn must wait on the benches or in the middle, wherever the coaches have sent you. Never try to cross the ice during a race.
8. **Listen to the coaches' instructions! They are also responsible for your safety on the ice and they set up practices to ensure everyone participates safely.**

## Concussion Protocols and Return to Ice

The Club is committed to maintaining the health of its athletes and believes that an athlete's health is more important than participating in the sport of speed skating. The Club recognizes the increased awareness of concussions and their long-term effects and the Club will follow this protocol as a tool to help manage concussed and possibly concussed athletes and to preserve the health of its members. The Club has adopted this policy from Speed Skating Canada's *Return to Play*, and includes both the *Return to Speed Skating Protocol* and concussion guidelines. This protocol and policy applies to all athletes, coaches, officials, members and decision-makers of the Club.

## Policy and Protocol

During all speed skating events, competitions, and practices sanctioned by the Club, participants (which include coaches, athletes, officials, and other members) will use their best efforts to:

- a) **Be aware of incidents that may cause a concussion, such as:**
  - i. Falls
  - ii. Accidents
  - iii. Collisions
  - iv. Head trauma
  
- b) **Understand the symptoms that may result from a concussion, such as:**
  - i. Nausea
  - ii. Poor concentration
  - iii. Amnesia
  - iv. Fatigue
  - v. Sensitivity to light or noise
  - vi. Irritability
  - vii. Poor appetite
  - viii. Decreased memory
  
- c) Identify athletes or other individuals who have been involved in any of the above incidents and/or exhibit any of the above symptoms

Athletes or other individuals who have been involved in an incident that may cause a concussion and who may exhibit symptoms of a concussion shall be identified and removed from the speed skating activity.

Following the athlete being removed from the speed skating activity, the athlete's coach or other individual in charge of the athlete (if the athlete is a minor) or someone familiar to the athlete should:

- a) Call an emergency number (if the situation appears serious)
- b) Notify the athlete's parent (if the athlete is a minor) or someone close to the athlete (if the athlete is not a minor)
- c) Have a ride home for the athlete arranged
- d) Isolate the athlete into a dark room or area
- e) Reduce external stimulus (noise, other people, etc)
- f) Remain with the athlete until he or she can be taken home
- g) Encourage the consultation of a physician

Once the athlete's immediate needs have been met, the athlete's family or the athlete should be directed to Speed Skating Canada's *Return to Play Procedure*.

## Return to Ice

An athlete who has been concussed should only return to speed skating activity by following the steps outlined in Speed Skating Canada's Return to Speed Skating Protocol. An excerpt is provided below. **The full reference is available at: [www.speedskating.ca/concussions-brain-injuries](http://www.speedskating.ca/concussions-brain-injuries)**

- STEP 1:** Complete cognitive and physical rest. Limit school, work and tasks requiring concentration. Refrain from physical activity until symptoms are gone. Once all symptoms are gone, rest for at least another 24-48 hours and consult a physician, preferably one with experience managing concussion, for clearance to proceed to Step 2.
- STEP 2:** Light aerobic exercise to reintroduce physical activity: 10-15 minutes of low intensity cycling on a stationary bike.
- STEP 3:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate.
- STEP 4:** 30 minutes of cycling on a stationary bike at 75% of Max Heart Rate with 30-second maximum effort intervals at minutes 10, 15, and 20.
- STEP 5:** Sport-specific aerobic activity and re-introduction of skating: 15 minutes of low intensity skating. If the facility permits, short track athletes should start with long track skating. The environment should be managed so as to ensure the athlete is not in excessive traffic and that there is minimum risk of falling or colliding with other athletes. The athlete may also attempt basic balance drills, such as gliding in basic position on one leg. If the athlete only has access to a short track facility, he or she should skate around the outside, close to the boards with no traffic on the inside.
- STEP 6:** 30 minutes of skating at 75% of Max Heart Rate with 30-second maximum effort intervals at minutes 10, 15, and 20.
- STEP 7:** Regular off-ice warm-up with high intensity off-ice agility/coordination activities and monitored high intensity off-ice and on-ice workout.
- STEP 8:** Full on-ice practice, including skating in traffic, tactical drills, starts and race simulations once cleared by a physician.
- STEP 9:** Return to unrestricted training and competition

## Medical Clearance

Speed Skating Canada's Return to Speed Skating Protocol ***requires the athlete to consult with a physician*** at two stages: a) before returning to light aerobic exercise, and b) before resuming full on-ice practice. The Club complies with Speed Skating Canada's Return to Speed Skating Protocol and will require the athlete to obtain medical clearance, ideally from a physician familiar with concussions, before permitting the athlete to resume speed skating activity with the Club.



## Communication Protocols and Conflict Resolution

Club executive and coaches will use email to inform parents of any pertinent issues and upcoming events. Ensure that the Club has your current email address and check your email on a weekly basis. It's helpful to check in the off-season for any news or events, such as work bees etc. The Club also has a website where key events and dates will be listed.

Parents may speak to the coaches before or after practice. Please do not interrupt the coaches during practice. The coaches are more than happy to discuss your child's skating at a time that is mutually agreeable.

There can be a time when a Club member may have a problem or concern with something pertaining to the Club. The following guidelines will help determine the correct method of resolution.

**Step One:** Try to resolve the issue at the source. Identify the problem. Make an appointment if necessary to see the person with whom you have a concern. Respectfully express your concern, and try to come to a mutual understanding. Together, explore possible solutions. If a resolution cannot be reached, inform the other person and move to the next step.

**Step Two:** If there has been no success in resolving the problem; seek assistance from the Club President (or with the Vice-President, if your issue is with the President).

It is our belief that all concerns should be dealt with as early as possible for the good of everyone concerned.



# Appendices

## Appendix A

### Club Organization and Structure: Roles and Responsibilities

#### President

- Act as chairperson of all club meeting
- Ensures all orders and resolutions of the executive are carried out
- Manages the officers of the club
- Is frequently one of the signing officers of the club
- Contacts/liaises with key organizational contacts, locally, provincially and nationally
- Ensures compliance with the Society's Act, and the WLSSA Constitution and By-Laws

#### Vice-President

- Performs duties and exercise the powers of the chairperson in his/her absence
- Performs various duties assigned by the president

#### Treasurer

- Has custody of all funds
- Maintains a simple ledger of all club revenues and expenditures
- Ensures finances are accounted for
- Co-signs all club cheques
- Assists in the preparation of the annual budget

#### Secretary

- Reads all required correspondence and writes required responses
- Notifies all members of meetings
- Records minutes and procedures of the club
- Keeps a file of all correspondence, minutes and reports of the club (usually for a period of five years)
- The recreation leader is available as a resource person while the local recreation committee can function as an advisory group.

### Club Committees

WLSSA will form committees from the volunteer membership to deal with specific areas related to the operation of the association. A committee allows members to concentrate on one specific task.

The committees can be formed for a predetermined period of time or can be on-going each year.

Examples of what committees could be responsible for include:

- Fundraising
- Sponsorship
- Communication/Media Relations
- Coaching
- Competitions
- Registration
- Officiating
- Awards

## Appendix B

### **Helpful resources and links**

#### **Williams Lake Speed Skating Association Website**

[www.wlspeedskating.com](http://www.wlspeedskating.com)

#### **BC Speed Skating Association**

[www.speed-skating.bc.ca/](http://www.speed-skating.bc.ca/)

#### **Speed Skating Canada**

[www.speedskating.ca/](http://www.speedskating.ca/)

#### **I Love Speed Skating** (for equipment and supplies. Based in Kamloops)

[www.ilovespeedskating.com/](http://www.ilovespeedskating.com/)