



BEHAVIOUR OF SKATERS AT COMPETITION

Our teams represent our Club and our Rink and must show respect to other skaters, coaches, chaperones, rink users, rink staff, judges and other officials alike.

- Whilst attending competitions, the skaters should obey the coaches and chaperones if appropriate at all times
- Skaters must stay together and may only leave the group if permission is sought from coaches / chaperones, and then may have to be accompanied depending on their age
- Skaters may have mobile phones but they must be used with discretion and may not be used ice-side immediately before warm up or competitive skates.
- Jewellery cannot be worn on the ice so please avoid bringing it with you as coaches / chaperones will not accept responsibility for it. MP3 players, phones, tablets, laptops etc also fall under the same rule.
- If travelling by coach, aeroplane etc, younger skaters (under 16) are required to stay in their allocated seat wearing a seatbelt at all times. Permission must be sought from a coach or chaperone to visit the toilet.
- Parents/guardians must make coaches/chaperones aware if a child is prone to travel sickness and provide written information if the child has been given travel sickness tablets.
- Due to drug testing at competitions, ALL skaters must consult coaches / team managers before taking any medication prior to a competition
- Slough Synchronised Skating Teams should always support ALL our own teams if more than one of our teams is competing at an event. This support should be shown for the WHOLE team and not for individual skaters. Likewise our teams should show respect and support for other teams in the competition
- Skaters must treat costumes with care as they are the property of the club. Never leave them lying on the floor.
- Skaters must clear up any rubbish they have dropped either in hotels, changing rooms, on coaches etc

- Parents or supporters should not approach the teams at competition unless invited. Most rinks have a spectator area where parents should remain and only skaters & chaperones with appropriate passes can access the 'back stage' areas (changing rooms, ice side etc)
- Skaters should come prepared and carry in their skating bag (if applicable): deodorant, hair gel, hair spray, hair grips, hair bands, hair doughnut, bun net, comb, brush, spare new tights, practice uniform (plain black leggings, club t-shirt, club fleece), screwdriver, hard blade guards, spare laces, foundation and mascara. Eye makeup will be supplied and applied by our talented teens – please advise if you have any allergies to makeup.
- Underwear: socks, bras, knickers should not be seen when wearing your costume. If you need a strapless or backless bra for your costume you will be advised in advance. All female skaters should wear a **nude** bra unless otherwise notified.
- **Skaters are not permitted to consume alcohol from 24 hours prior to competing. Consumption of alcohol under age 18 is at the sole discretion of the parent/guardian but should not occur at any time when wearing club uniform.**
- **Skaters are not permitted to consume recreational drugs from 24 hours prior to competing or at any time wearing club uniform. Doing so will result in the immediate suspension and possible permanent exclusion of the skater from the club.**
- **Skaters are not permitted to smoke at any time wearing club uniform or competitive costumes.**
- **Skaters are not permitted to be out / up late (i.e. after midnight) or go clubbing the night before competitive skates. If this happens, the coach reserves the right to replace the skater with the alternate.**