

SKATER CODE OF CONDUCT

- I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, competition and test session.
- I will place my emotional and physical wellbeing ahead of my personal desire to win.
- I will take steps, as necessary, to ensure that the skating environment is safe and healthy.
- I will inform my coach of any physical disability or ailment that may affect my safety or the safety of others.
- I will strive to maintain the attitude that doing one's best is more important than winning.
- I will never ridicule or yell at any other participant for making a mistake or blame my teammates for placement in a competition.
- I will do my best to make skating fun.
- I will treat other skaters, coaches, fans, and officials with respect, regardless of race, creed, color, sexual orientation or ability.
- I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
- I will strive to resolve conflicts without resorting to hostility or violence.
- I will be a positive role model for other skaters.
- I will demand a figure skating environment that is free of drug or alcohol abuse and agree that I will not use or provide to a third party any drug prescribed by applicable federal, state, or municipal law.
- I will not assist or condone any athlete's use of a drug banned by the IOC, ISU, United States Olympic Committee, or USFSA, or their refusal to submit to properly conducted drug tests. As an athlete, I will not use a drug banned by the IOC, ISU, United States Olympic Committee, or USFSA and I will submit to properly conducted drug tests.
- I will not provide alcohol to, or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members, or at U.S. Figure Skating activities. I will not consume alcohol as a minor.
- I will encourage my coach to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
- I will respect my coach and refrain from coaching other skaters during competitions and practices because it may conflict with the coach's plan or strategies.
- I will respect the decisions of officials and their authority during competitions and test sessions.
- I will show appreciation and recognize the importance of volunteers and club officials.
- I will study the rules of the U.S. Figure Skating (usfsa.org) so that I have an understanding and appreciation of the rules of competition and membership.
- I will support all the opponents in any competition and respect the rights of all skaters to participate.

PARENT CODE OF CONDUCT

- I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, competition and test session.
- I will place the emotional and physical well-being of my child ahead of my personal desire to win.
- I will encourage my child to skate in a safe and healthy environment.
- I will inform my child's coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
- I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
- I will never ridicule or yell at my child or other participant for making a mistake or blame my child's teammates for placement in a competition.
- I will do my best to make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction, not mine.
- I will ask my child to treat other skaters, coaches, fans, and officials with respect, regardless of race, creed, color, sexual orientation or ability.
- I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
- I will teach my child to resolve conflicts without resorting to hostility or violence.
- I will be a positive role model for my child and other skaters.
- 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 drug proscribed by applicable federal, state, or municipal law.
- I will not assist or condone any athlete's use of a drug banned by the IOC, ISU, United States Olympic Committee, or USFSA, or, their refusal to submit to properly conducted drug tests.
- I will not provide alcohol to, or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members, or at U.S. Figure Skating activities.
- I will encourage my child's coach to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
- I will respect my child's coach and refrain from coaching my child or other skaters during competitions and practices because it may conflict with the coach's plan or strategies.
- I will respect the decisions of officials and their authority during competitions and test sessions and teach my child to do likewise.
- I will show appreciation and recognize the importance of volunteers and club officials.
- I will study the rules of the U.S. Figure Skating (usfsa.org) and teach my child accordingly so that we have an understanding and appreciation of the rules of competition and membership.
- I will support all the opponents in my child's competition and respect the rights of all skaters to participate.

COACHES 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.