

Des Moines Figure Skating Club Membership Application

Des Moines Figure Skating Membership Benefits

- US Figure Skating Membership
- Subscription to US Figure Skating “Skating Magazine”
- US Figure Skating Athlete Insurance
- Discounted pricing on Metro Ice Facility freestyle practice ice
- Eligibility for US Figure Skating competitions, exhibitions and ice shows
- Eligibility to participate in DMFSC sponsored ice shows (including solo performances), workshops, test sessions and seminars
- Participation in club social events including parades, family picnic, etc.
- Use of the DMFSC Jump Harness
- Privilege to purchase a DMFSC club jacket

Des Moines Figure Skating Membership Fundraising and Service Requirements

- Both fundraising and service opportunities will be available throughout the year. A calendar of events will be published at the beginning of the fiscal year.

Please fill out these forms **completely**. Forms can be mailed to Des Moines Figure Skating Club, P.O Box 942, Johnston, IA 50131. Membership year runs from July 1, 2016 through June 30, 2017. **Skaters under the age of 18 must join with an adult under the family membership. This applies for associate memberships as well.**

- Membership application (page 1-2)
- Waiver and Release of Liability, Assumption of Risk and Indemnity (page 3)
- Parental Consent & Indemnification Agreement / Consent for Medical Attention or Treatment (page 4)
- Volunteer sign-up form (page 5)
- Ice Etiquette (page 6-8)
- Emergency contact card (page 9)

Additional Information for Coaches

- Professional Staff Agreement; if applicable (page 10-11)
- Proof of liability insurance; if applicable

Please make checks payable to Des Moines Figure Skating Club and note “membership fee” in the memo line.

Type	Description	Price	Total Due
Individual Membership	Age 18 or over, not a Professional	\$90	
Family Membership	Two family members at the same address	\$115	
Additional Family Member	At the same address: only with Family Membership	\$30	
First Year Family	Two family members at the same address; never been USFS members prior to 2016-2017)	\$75	
Associate Family Membership*	Two family members at same address	\$60	
Additional Assoc. Membership*	Each additional family member at the same address	\$15	
Professional Membership	Coach, Judge or other Skating Professional	\$60	
Collegiate	College Student (4 year initial membership)	\$80	
Renewal Collegiate	College Student (Renewal Membership)	\$20	
Associate Learn to Skate	Must be Active Metro Learn to Skate Members	\$40	

*Associate membership is available only to those who retain “Home Club” status with another USFS skating club.

First Member (Adult 18 yrs or Older)

Please print

Name							
Address (street, city, state, zip)							
Email							
Contact Phone #1			Contact Phone #2				
Birthdate		Gender Circle One	Male	Female	USFS Number		
Home Club		Coach			PSA Number (if Professional)		
US Citizen Circle One	Yes	No	Eligibility Status with USFS Circle One			Eligible	Ineligible Restricted

Additional Member

Please print

Name							
Address (street, city, state, zip)							
Email							
Contact Phone #1			Contact Phone #2				
Birthdate		Gender Circle One	Male	Female	USFS Number		
Home Club		Coach			PSA Number (if Professional)		
US Citizen Circle One	Yes	No	Eligibility Status with USFS Circle One			Eligible	Ineligible Restricted

Additional Member

Please print

Name							
Address (street, city, state, zip)							
Email							
Contact Phone #1			Contact Phone #2				
Birthdate		Gender Circle One	Male	Female	USFS Number		
Home Club		Coach			PSA Number (if Professional)		
US Citizen Circle One	Yes	No	Eligibility Status with USFS Circle One			Eligible	Ineligible Restricted

Des Moines Figure Skating Club

Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement ("Agreement")

In consideration of participating in Des Moines Figure Skating Club activities, I represent that I understand the nature of figure skating activities ("activity") and that I am qualified, in good health and in proper physical condition to participate in such "activity". I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the "activity".

I fully understand that this "activity" involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the "activity", the conditions in which the "activity" takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the "activity".

I hereby release, discharge, and covenant not to sue the, Des Moines Figure Skating Club, United States Figure Skating, it's directors, officers, administrators, sponsors, volunteers, agents, employees, staff, instructors, trainers, other participants and if applicable, owners and lessors of premises on which the "activity" takes place (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk, I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

The Des Moines Figure Skating Club has the right, but not the obligation, to provide rules, regulations and/or ice monitors for Club Ice. We hereby acknowledge that Des Moines Figure Skating Club shall not be responsible for the supervision of the members at Club Ice.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and 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, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant

Date

Signature of Participant

Parental Consent & Indemnification Agreement

I, the minor's parent and/or legal guardian, understand the nature of the above referenced activities and the minor's experience and capabilities and believe the minor to be qualified to participant in such "activity". I hereby release, discharge, covenant not to sue and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to have been caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claims against any of the above Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expense, attorney fees, loss liability, damage, or cost any Releasees may incur as the result of any such claim.

Printed Name of Participant

Date

Signature of Participant

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 Des Moines Figure Skating Club and the facility the activities are taking place in and their staff and to members of the Des Moines Figure Skating Club, their Board of Directors and volunteers to obtain medical care from any licensed physician, hospital or clinic, including transportation and emergency medical services, for myself/ourselves and/or said participant for any injury that could arise from participant in these activities.

Printed Name of Minor Child #1

Printed Name of Minor Child #2

Printed Name(s) of Parent(s)/Guardian(s)

Signature of Parent/Guardian

Date

Signature of Parent/Guardian

Date

Printed Name Adult Member

Signature Adult Member

Date

This Consent for Medical Attention shall be binding and effective for the 2017-2018 membership year of the Des Moines Figure Skating Club.

Des Moines Figure Skating Club Volunteer Sign-Up

Please indicate your interest in working on the following activities. This is NOT a commitment to run the event, just to help out. Please circle the committee you would like to help out with.

- Competition Committee – assist the Competition Chair organize and run competitions held by DMFSC
- Show Committee – assist the show chair(s) organize and run the annual ice shows (costumes, props, ticket sales, set-up, clean-up, backstage, printing, sponsors, etc.)
- Fundraising Committee – organize and arrange fundraising activities as needed as well as monitor fundraising requirements of club members
- Membership Committee – assist with membership sign up as well as develop ways in which the Club can welcome new members into the Club
- Special Events Committee – organized and run exhibition skates, National Skating Month event, etc.
- Social Committee – plan and run 2-3 social events per year
- Communication Committee – help keep membership informed by maintaining the DMFSC website and other social media outlets.
- Nominating Committee – recruit nominees for Board membership and send out announcement
- Grievance Committee – investigates conflicts of interest in accordance to the DMFSC Conflict of Interest Policy and reviews any complaints lodged against DMFSC members or the Club

Member Name: _____

Contact Number: _____

Email Address: _____

Des Moines Figure Skating Club

Basic Ice Usage and Free Skating Etiquette Safety Rules

Basic rules governing all behavior of coaches, skaters, parents/guardians, and spectators. The purpose of these guidelines is to ensure the safety and to provide the best possible skating experience for each skater on the ice during Freestyle skating sessions.

Along with the following stated rules, please always:

1. Respect the rights of others.
2. Respect the arena's property and the property of others.
3. Pick up all belongings from the ice rink and bench areas (including dirty tissues, water cups, bottles, etc.) at the end of the session.

Prohibited

- All:
 - Being verbally abusive to other skaters or coaches.
 - Parents, skaters, coaches not in the session or other spectators should not loiter at the rail or benches. This is unsafe and it interferes with a constructive training session.
 - No breakable or open containers are allowed rink side. Drinks are allowed on or below the railing. Food is not permitted near the rail or on the ice
- Skaters/Coaches:
 - Deliberately challenging, scaring or intentionally blocking another skater.
 - Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings.
 - Standing on the ice to talk to someone – this should be done off-ice.
 - Headphone use while on the ice.
- Parents/Guardians/Spectators:
 - Videotaping another student other than your own skater is strictly prohibited.
 - Coaching by parents from the bleachers, benches or railing is **not** allowed at anytime.

Payment of Contracts/walk-on fees

- Skaters must pay for each session before stepping on to the ice (Contract through DMFSC or Walk-on Rate).

Awareness of other skaters

- All coaches and skaters, regardless of experience or level, must stay aware of other skaters on the ice. Try to anticipate the patterns of others as you decide your own pattern in accordance with right of way and club ice usage prescribed patterns (see Use of Certain Areas on the Ice below)
- Be understanding if someone gets in your way.
- Skaters coming toward each other should try to move to the right in order to avoid collisions.
- Remember to look both ways before leaving the railing or skating across the ice.
- Keep moving while on the ice, as it is dangerous for you, other skaters and coaches to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.

Right of Way

- Skaters performing their programs to music have the first priority right of way (please note, the skater forfeits this priority if not wearing the neon vest/sash during the program). Everyone (skaters and coaches) yields to whoever is skating to the music while wearing the neon sash. Do your best to stay clear of his or her pattern.
- If the rink has a harness, the skater on the harness has the second priority right of way. Coaches working with their students in the harness should be mindful of those skating to their music.
- Skaters in a lesson have the third priority right of way over general skaters in the session.

Use of certain areas on the ice

- LUTZ CORNERS - Because of the nature of the Lutz jump, it is most commonly performed in the 10:00 and 4:00 corners of the rink (unless it is a clockwise jumper.). These corners are informally called the "Lutz Corners". Avoid coaching and practice activities in these corners unless working on the Lutz jump. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. **If there is a Lefty jumper practicing Lutz jumps, their corners will be the opposite corners (8:00 and 2:00).**
- Snowplow through Basic 3 and Adult 1 Skaters should be coached from the Corner opposite the Lutz Corner and in the area directly behind the short red axis lines at either end of the rink.
- CENTER ICE (around the Center Circle). Skaters should practice their spins in the area in and surrounding the center circle. Skaters practicing program and moves in the field patterns should understand that the spinner is not likely to see you while spinning and should adjust your pattern accordingly
- In all areas on the ice, skaters are expected to be working on their own skating skills/routines. Unless actively practicing a group number, skaters should not be 'traveling in packs' around the ice.

Music

- Skaters/coaches who intend to have music played during the session should give it to the ice monitor (or place it in the music box) at the beginning of the session in order to be included in the music rotation.
- While headphone use on the ice is strictly prohibited, use of hand-held music devices that have a speaker are allowed.

Coaching Guidelines

- Coaches are asked to teach at or very near the boards (out of traffic patterns) as much as possible except when skating with or demonstrating to a student, when using the harness or with beginning skaters to ensure safety (see **Use of Certain Areas of the Ice** for beginning skaters).
- While teaching programs to skaters, coaches should refrain as much as possible from skating a majority or entire programs with their skaters. In cases where Coaches who need to skate a program with their skater while the skater is still learning both student and coach will be expected to wear the neon vest/sash.

Clearing the Ice

- When the Zamboni doors open, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off music and clear the ice – no exceptions.

Consequences for not complying with above rules

- Violation of any of the above Basic Ice Usage and Free Skating Etiquette Safety Rules may result in a verbal warning, written warning, up to and including suspension of club membership.

Ice Monitors

- Ice monitors are volunteers who are members of the DMFSC and have received ice monitor training.
- They have been given the responsibility of ensuring all skaters have signed-in and paid for the ice session, that music is played in the appropriate rotation, and that appropriate action is taken if rules set herein are not being followed.
- Proper music rotation provides for priority to coach requests, but should still alternate with skater requests for music.
- In the absence of ice monitors, coaches and skaters should observe the prescribed rule for music rotation, and anyone on or off ice observing a violation of the rules set herein should inform the DMFSC Board President as soon as possible.

It is expected that all DMFSC members will conduct themselves well at all times. Members are expected to follow all local ice rules when visiting other facilities, or participating in open freestyle sessions offered by any arena. In the absence of specific guidelines, DMFSC members are expected to follow the above rules.

I, (_____) have received the ice etiquette policy and agree to abide by the above basic ice etiquette and freestyle etiquette safety rules.

Print Name of Skater: _____

Skater's Signature: _____ Date: _____

Print Name of Parent/Guardian (if skater is younger than 18): _____

Parent/Guardian Signature: _____ Date: _____

If you are a coach, fill out the section below:

Print Name of Coach: _____

Coach's Signature: _____ Date: _____

Des Moines Figure Skating Club Emergency Contact Card

Skater Name:			
	<i>Last</i>	<i>First</i>	<i>MI</i>
Birth Date:		Allergies:	

Parent/Guardian Name:					
Address:					
City:		State:		Zip:	

Contact Numbers

Primary Contact #		Secondary Contact #	
Additional Contact #		Additional Contact #	

Emergency Contact

Name			
Relationship to Skater			
Primary Contact #		Secondary Contact #	
Additional Contact #		Additional Contact #	

Medical Information

Physician Name		Physician Contact #	
Dentist Name		Dentist Contact #	
Hospital Preference:			
Additional Notes			

Des Moines Figure Skating Club Professional Staff Agreement

July 1, 2017 – June 30, 2018

The mission of the Des Moines Figure Skating Club (DMFSC) is to provide programs to encourage community-wide participation and achievement in the sport of figure skating. DMFSC is dedicated to providing a fun and safe experience for the entire family in promoting health and physical fitness. DMFSC is a non-profit organization dedicated to the advancement, practice, and instruction of the sport of figure skating in the Central Iowa community. The club is a proud member of U.S. Figure Skating since 1955.

I, _____ the undersigned, have a full understanding, take full responsibility and will abide by the rules and regulations of the DMFSC, the Professional Skating Association (PSA) and the United States Figure Skating (USFS) including the PSA “Code of Ethics” and “Tenets of Professionalism”. As a coach for DMFSC, I understand that I will be required to fulfill the following criteria until such time as my contract expires or I terminate my services with DMFSC.

1. I will be a professional member or associate member of the DMFSC in good standing.
2. I will carry professional liability insurance and provide proof of coverage to DMFSC. Without this proof of insurance, I understand that I will not be allowed to coach on the DMFSC club ice and all agreements to do so will be modified.
3. I will maintain valid USFS and PSA Membership. A copy of each will be provided with this contract.
4. I will register with USFS to obtain the required USFS background check which must be completed prior to June 30th of each year. I will provide the approval from USFS to DMFSC with this agreement.
5. I will complete the continuing education required by USFS to coach at the USFS test or competition level of my DMFSC skating students.
6. I understand that I will be awarded a six month probationary period to pass PSA Basic Accreditation test and become familiar with DMFSC, its policies, and proper use of all equipment. At the conclusion of the probationary period, my application will then be reviewed again by the Board to finalize my appointment.
7. I will schedule a time with a qualified coach to learn the proper usage of the harness and any other DMFSC equipment I wish to use. Upon completion of this training, I will be allowed to use the equipment on the DMFSC ice time.
8. I will submit to the DMFSC proof from the USFS or the PSA of my Coach rating and/or skating levels.
9. I will keep my PSA rating active throughout the term of my contract with DMFSC.
10. I will encourage my students to join DMFSC.
11. I will teach only my students and under no circumstances will I teach or give private instructions to another student without their coach’s full knowledge and agreement first hand.
12. I understand any act of soliciting or perception of soliciting for other coach’s students will not be tolerated.

13. I will encourage harmony, goodwill and ethical behavior among skaters, parents, pros and rink personnel.
14. I will dress and behave in a professional manner at all times.
15. I will actively support DMFSC activities. I will also encourage my students to participate in and support the activities.
16. I agree to donate a minimum of 10 volunteer hours which can be applied in the following ways: serve on the board, support test sessions/competitions, support and organize shows, help organize DMFSC Events such as socials or community outreach events: Girl Scout events, American Girl Doll Event, Try it Free Days for LTS, It's Great to Skate.
17. I agree to commit to volunteering to at least two community outreach events: Girl Scout Events, American Girl Doll Events, Try it Free Days for LTS, It's Great to Skate.
18. I agree to be available to coach or at least be a substitute coach for Learn to Skate.
19. A meeting of the DMFSC coaches will be scheduled occasionally by the DMFSC Board to discuss issues and encourage a learning environment for all to learn from one another. I will be required to attend or make alternate arrangements.
20. I understand that as an independent contractor, I am not entitled to workers' compensation benefits and I am responsible for reporting and paying of taxes, Social Security or other governmental fees on compensation I receive from coaching.
21. This contract may be terminated by the DMFSC Board according to the Bylaws.

This contract term is July 1st through June 30th of each year and is renewable at the discretion of the DMFSC Board of Directors.

Please provide information below. Please print legible.

Coach's Name:	_____		
Signature:	_____	Date:	_____
Address:	_____		
City/State/Zip:	_____		
Primary Contact Phone:	_____	Alt Number:	_____
Email Address:	_____		

I hereby approve the above mentioned to be a DMFSC Coach for the duration of the contract period.	
DMFSC President:	_____
Signature	Date: _____

