

VERNON SPEED SKATING CLUB MEMBER'S HANDBOOK



Updated: September 2018



Rights and Responsibilities

1. Skaters have the right to be treated with respect and courtesy at all times.
2. Skaters have the responsibility to treat skaters, coaches, officials and parents with respect and courtesy at all times.
3. Skaters have the right to compete in an environment free from prejudice, racism, sexism and harassment.
4. Skaters have the responsibility to maintain an environment free from prejudice, racism, sexism and harassment.
5. Skaters have the right to a smoke-free, drug-free and alcohol-free environment.
6. Skaters have the responsibility to be and remain smoke-free, drug-free and alcohol-free.
7. Skaters have the right to have their belongings and skating equipment treated with respect.
8. Skaters have the responsibility to treat their belongings and skating equipment, as well as others, with respect.
9. Skaters have the responsibility to treat other skating clubs' host properties with respect.
VANDALISM WILL NOT BE TOLERATED.
10. Skaters have the right to have complaints handled in a decisive and timely manner in keeping with Club policy.
11. Skaters have the responsibility to bring complaints to the attention of the coach or an Executive member at the earliest possible opportunity.
12. Curfews established by coaches or chaperones must be adhered to.
13. A skater who is insolent, who disregards instructions from coaches or chaperones and who does not adhere to the rights and responsibilities as set out above, will be subject to disciplinary action which may include suspension.
14. The purpose of disciplinary action shall be to change behavior rather than punish.

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VERNON SPEED SKATING CLUB

1. WELCOME!

1.1 Club Objectives

Welcome to the Vernon Speed Skating Club ("VSSC" or the "Club"). The Vernon Club was formed in 1994 and has as its objectives the following:

- ▲ To create an environment for the development, promotion and organization of recreational and competitive speed skating.
- ▲ To organize and participate in speed skating competitions and demonstrations.
- ▲ To encourage the development of coaches and officials.
- ▲ To provide financial assistance for developmental clinics and sanctioned meets.

This booklet has been developed to acquaint you with the Club and make your membership easier and more enjoyable. This manual can also be viewed from our website: www.vernonspeedskatingclub.com

1.2 Who Can Join?

Speed skating is a sport open to girls, boys, men and women, from age three and up. Some ability on skates is an asset in getting started, but not necessary, as regular practice and enthusiasm will quickly result in improved skills for both recreational skating and racing in competitions. Members of our Club can be active skaters or associate members who assist as Club officers, competition officials, or those who generally support Club activities.

1.3 Mission Statement

Vernon Speed Skating Club (VSSC) is a non-profit organization. VSSC actively promotes participation and healthy living through the development of individual and team skills in association with the sport of speed skating. VSSC is dedicated to providing children, youth and adults with the opportunity to participate in the sport of speed skating so that members may learn, enjoy, and excel in the sport.

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2. ORGANIZATIONAL STRUCTURE OF SPEED SKATING

Any organization is only as strong as its leadership, so part of each skater's registration fee goes to the provincial and national sport governing bodies.

2.1 International Organization: International Skating Union (“ISU”)

The ISU maintains rules and regulations on an international level, many of which can apply to competitions at any level. Therefore, the following ISU manual is frequently referenced at the national level:

“SPECIAL REGULATIONS SPEED SKATING AND SHORT TRACK SPEED SKATING”

This book is referred to as the Red Book and can be found at www.speedskating.ca.

2.2 National Organization: Speed Skating Canada (“SSC”)

Each skater and one parent who are registered with the VSSC are required to belong to Speed Skating Canada.

- ▲ SSC was previously known as CASSA (Canadian Amateur Speed Skating Association).
- ▲ Speed Skating Canada maintains their own manual called “PROCEDURES AND REGULATIONS”. This manual is frequently referred to as the “Red Book”.
- ▲ For a list of the Executive refer to the web site for SSC.
- ▲ The SSC website can be found at www.speedskating.ca.

2.3 Provincial Organization: British Columbia Speed Skating Association (“BCSSA”)

Each skater and one parent who are registered with the VSSC are required to belong to the British Columbia Speed Skating Association (BCSSA).

- ▲ BCSSA’s policies and procedure manual is found on their website at www.bcspeedskating.ca.
- ▲ A member of the Vernon Club, as a Club representative, may attend Board meetings and has voting powers.
- ▲ BCSSA’s executive office is a virtual office and can be accessed through the website.
- ▲ The Executive, with contact numbers, can be found on the web site.

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- ▲ BCSSA provides a Provincial Coach who works with all the clubs at Canadian competitions.

2.4 Club Level: Vernon Speed Skating Club

VSSC is one of several clubs within the province. Other clubs include Kelowna, Salmon Arm, Kamloops, Nelson, Prince George, Ft. St. John, Vanderhoof, and many clubs on the coast. The Vernon Club was formed in 1994 and presently calls Kaltire Place (short track) their “home”.

The Vernon Club is run 100% by volunteers. This includes everything from coaches and officials to the Club’s Executive. Everyone within the Club is encouraged to participate as we try to maintain that “one big family” atmosphere.

- ▲ Our Club participates actively within provincial and national organizations.
- ▲ You are currently reading our own Policies and Procedure Manual (also known as the “Members’ Manual”).
- ▲ Our Club’s website is: www.vernonspeedskatingclub.com
- ▲ The Clubs Executive structure:

POSITIONS
President
Vice President
Secretary
Treasurer
Meet Coordinator

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3. GENERAL INFORMATION

3.1 Membership Fees

Fee structures are established for the next year in June. Fees are based on the following six (6) categories:

Intro – 6
Learn to Skate
Recreation
Competitive
Elite
Masters

Registration for the September skating season will only be accepted if all fees for the previous season have been paid in full. Families with 3 or more skaters will receive a 15% discount on the third and subsequent skaters, but only on the registration portion after BCSSA/SSC fees have been deducted from the total cost, and not on skate rental.

Upon registration, a \$50 rebate will be awarded for attending one of three summer speed skating camps. These camps include: Calgary Summer Speed Camp, ORTC Speed Camp (Calgary), Ft. St. John Long Track Camp, Kamloops Fast is Fun Camp, or any other week-long, speedskating camp approved by the Board.

Please note the following REFUND policy:

- ▲ Cancellation of registration requires written notice to the Board prior to November 1st.
- ▲ NO REFUNDS will be given for cancellation of registration after November 30th.
- ▲ Skaters temporarily injured and who plan to return within the season – no refund or pro-rating.
- ▲ Skaters who are injured or who terminate during the second half of the season and with no plans to return within the season – no refund or pro-rating.
- ▲ Skaters who are injured or who terminate prior to January 1st within the first half of the season and with no plans to return within the season must pay full BCSSA/SSC fees and a pro-rated amount at the discretion of the Board. This would include the volunteer and fundraising amounts.
- ▲ Equipment is charged based on half a year and receives no refund.
- ▲ Any and all applications for refund of membership fees must be made in writing or by e-mail. Applications must be addressed to the Club President. Club Executives make the final decision.

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There are also fundraising and volunteer requirements. Please refer to Section 4 (Membership Participation Plan) for a description of these two components.

3.2 Practice Groups

VSSC divides skaters into groups based on ability and qualifying times, and practices are based upon these groups. Skating members of the Club are evaluated at the beginning of the season and grouped by the coaches. This may mean that a skater could be bumped up into a higher division and therefore must pay the higher fee. However, skaters may be allowed to adjust to a different group practice for which they qualify, but with only the same number of days paid for in registration, and without any extra fee. The following factors are considered during the review of each skater:

- ▲ Skating skills
- ▲ Size of skater
- ▲ Size of groups
- ▲ Age of skater
- ▲ Qualifying times

As skaters develop during the course of the season, the coaches will continue to evaluate and move skaters -- group sizes permitting. If skaters are moved during the course of the season, there will be no required fees. VSSC has also agreed to allow a skater who participates in speed skating and another extra curricular activity that conflicts with the speed skating schedule to afford them the opportunity to participate for half the time, and pay half the cost of the regular membership fee. However, full fees for BCSSA and SSC, as well as skate rental and volunteer fees must be paid in full.

VSSC has a regular practice schedule: Please refer to the Schedule posted on the website.

Exceptions do apply during holidays, school breaks and ice availability so please pay close attention. This is also true for our competition calendar, also posted on the website.

3.3 Try to Speed Skate and Learn to Skate

Each year the club will offer a Learn to Skate program as a feeder system into the sport. Additionally, the Club will host a Try It Day to promote interest in the sport. At these events, a child may participate in the program ONCE. After this, the parent and child are encouraged to join the Club as full members. Please see the registration forms for additional information.

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3.4 Skating Season

Our skating season is as follows:

- ▲ September – mid-March: Short Track (Indoors) at Kaltire Place
- ▲ September – mid-March: Long Track (Indoors/Outdoors) at various locations

3.5 Skating Venues

(a) Short Track Skating

The indoor track is a 100 metre or 111 metre oval. The distance or number of laps skated in a race depends on the skater's age and ability. All racing is Mass Start, which means up to six skaters may race at one time. The Meet Coordinator decides on the type of competition. It can be Age Class, All-Points or combined. Skaters are not allowed to bump or push each other during a race. Special safety equipment is required for skating short track. For more information contact club coaches.

Short track racing is an exciting combination of speed, agility and strategy as skaters maneuver for position.

(b) Long Track Skating

Long track can be skated indoors or outdoors. Racing distances vary according to the age of the skaters, with young skaters skating as short as 100m (1 side of the Oval) and Senior Olympic (ISU) skaters doing 10,000m (25 times around the Oval). Four laps of the Oval equals one mile. Mass Start racing is mainly for skaters under 16 years of age.

Up to eight skaters will race at one time against each other to the finish line. Older skaters use Olympic style racing (sometimes referred to as ISU), where only two skaters race at a time, each in their own lane - referred to as inner and outer. They cross-over every lap making the distance covered even. The objective is to skate for a specific time and coaches will give them lap times to assist them.

3.6 Okanagan Regional Training Centre (ORTC)

Okanagan Regional Training Centre, started by Nancy Goplen several years ago, charges a \$50 commitment fee to skaters wishing to participate in the access of shared ice time, coaching, and ability training in groups. The ORTC is out of Kelowna, and this means that Salmon Arm skaters, Vernon skaters and Kelowna skaters can combine together for periodic ice sessions to gain experience in components of speed skating at the elite level. The ORTC has been established to help the skaters of the Okanagan to become competitive with skaters of other regions who have more access to ice and larger group training programs. Please note: Fees beyond the \$50 ORTC commitment fee may apply. As of 2018, Kelowna has a \$15/drop in session cost payable to the Kelowna club. Other

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clubs may have a similar cost to participate. This system reduces the need to become a member at two clubs in order to access extra ice sessions.

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4. MEMBERSHIP PARTICIPATION PLAN

4.1 The Plan

The following Plan is presented to accomplish the following objectives:

- ▲ To encourage increased participation by all members of the Club in the fundraising and volunteer activities of the Club.
- ▲ To reduce the burden on a small minority within the Club.

The Plan meets the objectives by providing mandatory, but achievable levels of participation in Club activities. The Plan divides the requirements into a fundraising and volunteer component. Financial penalties for fundraising and volunteering are aimed at compensating for unfulfilled commitments.

4.2 Fundraising Component

Fundraising is an essential component in the operation of the Club and requires commitment from Club members. As such, the Club provides several fundraising opportunities for members. These include the following:

- ▲ Pizza card sales
- ▲ Meat Order sales
- ▲ Fund scrip sales
- ▲ Skate-A-Thon
- ▲ Family Basket raffle (Interclub or Funale competition)

Fundraising activities are mandatory and Club members are expected to meet a minimum requirement of \$400. This translates into 10 pizza cards and 6 boxes of meat sold, plus \$100 in skate-a-thon donations. However, members are not limited to these amounts and are encouraged to participate in all fundraising activities to maximize the benefits to the Club.

4.3 Volunteer Component

The VSSC is an organization of volunteers. As volunteers perform all duties, we must ensure there is at least a minimum level of commitment from each member. Otherwise, the Club is unable to perform the various activities planned for the season. Therefore, all members are asked to pay a \$100 deposit at the time of registration. This money is kept as insurance. Upon the completion of volunteer commitments, the money will be returned at the end of the season. The requirements are:

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- ▲ Volunteering for one or more positions at the AGM.
- ▲ Volunteering to organize a Fundraising activity, as according to the volunteer sign-up sheet.
- ▲ Volunteering as an official or helper for the annual Interclub/Funale Competition, as according to the volunteer sign-up sheet.
- ▲ Volunteering to set-up and tear-down mats, as according to the mat schedule.

All members are required to sign up to volunteer for the various activities and events at the time of registration. Sign up is considered part of the registration package. Each member, in their volunteer role, is accountable for the necessary responsibilities of the role and any communication regarding the duties of the role.

4.4 Volunteer Positions

The following positions are available every year at the final Awards/AGM. It is expected that all positions will be filled by members of the Club, in addition to the volunteer sign-up sheet at the time of registration, in September. The volunteer sign-up sheet is only specific to the positions required for our Funale and our fundraising efforts. This list below is specific to the roles that keep our Club moving forward:

Ice bookings	Website manager	Registrar
Track surveyor	Contact co-ordinator	Advertising/Promotions
Event reporter	Awards co-ordinator	Equipment clerk
Competitions registrar	Try It Day organizer	Grant applications
AGM/Award organizer	Photographer	Trophy case

4.5 Mat Schedule

At the time of registration, parents of all skaters will be required to sign-up for either the set-up or the tear-down of mats on designated days. It is then the responsibility of each parent to ensure that they are available to complete the task on their designated day. If a parent is not able to attend a session at the beginning or end of skating to complete their commitment, it is their responsibility to find another parent to step in for them. Failure to participate in mat set-up and tear down will result in NO REFUND of the volunteer cheque at the end of the year.

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5. EQUIPMENT AND FACILITIES

5.1 Equipment

(a) Long Blade Skates

(i) Overview:

Over a thousand years ago men laced on bone runners to move across the smooth ice of frozen ponds or rivers. Now the best steel and finest leathers are used in the skates made specifically for different kinds of skating. The skate with picks is used for figure skating and the short blade skate is used for hockey. European countries still recognize the fact that long blade skating is far superior to other types for racing, touring, and recreational and beginner use.

The Vernon Speed Skating Club is endeavoring to promote and preserve this exciting and valuable sport for the promotion of all round development in endurance and agility.

(ii) Why Long Blades???

- ▲ Long blades are easier to balance on, therefore, easier to learn to skate on.
- ▲ Long blades are flat on the bottom, not hollow ground, and therefore more efficient. You glide further with each stroke and skate further with less effort.
- ▲ A fairly recent development in long track skating is the “clap” mechanism, so named for the sound made as you skate. Since the blade is only attached to the toe of the boot, the blade pivots away from your heel as you take each stride. When you lift your foot from the ice, springs snap the blade back into the resting position. The theory is that the longer the blade is on the ice, and the more the blade is on the ice, then the more power you can transfer during your stride.

(b) Skates

Any kind of skates will do to start. Skates can be rented or purchased new through the Club, or bought second hand through other Club members.

Laces are too long if they can be wrapped around the ankle or foot. This should NOT be done. Skates must be kept **sharp** at all times. It is very frustrating trying to skate on dull skates.

(i) Short Track Boot Rental Program (STBRP)

Simplified view: You can rent boots/blades from the club for \$100 per season. Learn-to-Skate pays \$50 per season. This includes boot and blade. A prorated cost will be determined if the skater joins part way through the year.

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Detailed description: At the start of the season you rent your skates from the inventory that the club has on hand. First come, first served basis. At the end of the season, equipment must be returned by March 31. Skates can be rented to other clubs for \$100/season.

(ii) Long Track Boot Rental Program (LTBRP)

You can use the long track blades and/or clap blades from the club during the long track season or for attending long track camps. There is no rental for these blades (first come, first served) but you will be charged \$500 if they are not returned by the end of March.

Coach must approve a skater moving to Long Track skates/blades.

Additional notes:

1. Younger skaters should use their short track equipment while skating long track. As the skater's abilities increase, the time will come when the coach will recommend them to move to claps.
2. There is a very limited supply of fixed (non-clap) blades that have been rockered for long track ice. This is an option for younger kids who are skating long track but using the short track boots.
3. Since long track blades do not require rental, the Club encourages members skating long track regularly and at competitions to purchase their own set of skates.

*****Every skater renting skates from VSSC is responsible for cleaning, sharpening, and overall care and maintenance of the boots and blades. Failure to return skates in good condition will result in the purchase of a replacement pair of skates at the full retail price, approximately \$400.**

(iii) Caring for your Skating Equipment

Your skate's # 1 enemy is water. And, as can be expected, your skating boots and blades are in constant contact with water. Therefore, skaters are required to maintain the water repellent properties of the boot and keep their blades rust-free. The following is the recommended maintenance program to insure your skates continue to look good and last long.

1. Skate blades should be wiped dry every time you leave the ice surface. This includes practices and competitions.
2. Skate guards should be on the blades any time you are wearing the boots and you are not on the ice surface. This helps to maintain the sharpness of the blade.
3. Remove the guards from the blades any time the boots are not on your feet. This means guards should not be left on the blades while the boots are lying in the dressing room or

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stored in your skate bag. It is recommended that you cover the blades with a cloth or socks whenever the guards aren't on. This will help to protect the contents of your bag from being cut by the blades. The cloth cover will also help to wick condensation away from the blade.

4. Your skate boots should be polished at least a couple of times during the season (leather boots) or sprayed with a water repellent product if the boot is made of a non-leather material.

5. Leather boots can also be treated with mink oil or dubbin to increase the water-repellent characteristics of the boot.

6. When sharpening your blades, be sure to apply minimal pressure to the sharpening stone. Insure the stone passes over the entire length of the blade. Short track blades have a pre-set radius ("rocker") of 8 or 9 meters and inappropriate sharpening could either flatten the blade or, more commonly, round the end of the blades off so that less of the blade is coming in contact with the ice. It has been estimated that a badly rockered blade will give a skater a 10-20% handicap in performance.

7. De-bur your blades after every practice and in between races.

8. The tips of your blades should not be allowed to become too pointed (This tends to happen after numerous sharpenings). A general guideline to follow is to place a dime on the end of the blade and confirm that the radius is no tighter than that of the dime. Contact your coach or the equipment manager if you think your blades are becoming too "pointy".

9. Club rentals are for the purpose of speed skating. Other purposes, such as inline skating, should be discussed with the club prior to such use. If any signs of unusual wear appear such as leather peeling, seams separating, or broken eyelets, please contact your coach or the equipment manager immediately so that repairs can be made as quickly as possible.

(iv) Heat Molding Instructions

Skating boots are equipped with heat moldable thermoplastics, typically in the ankle area (some skates may have heat moldable tongues). The boots can be heat molded using a hair dryer and the following instructions are applicable to a dryer:

1. Hold the dryer about 5 cm from the spot you wish to mold, keeping the dryer circling so you don't scorch the leather.

2. Heat both inside and out on that spot till quite warm to the touch. For best results, you may want to do a single side of one skate at a time.

3. When heated sufficiently, place boots immediately onto your feet, force your heel well back into the boot, place the tongue in the correct position and lace up tightly. Leave on

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until the boot has cooled. Be sure to stay in basic position while molding.

4. Repeat the above steps for each area that you want to mold.

5. Blades and bolts should be removed from the boot during the molding process as you must NOT stand on the boots with hardware attached.

Please keep an eye on the sizing of the boot relative to your child's feet. While you can upsize your skate at any time during the season, be aware that the club has only a limited number of skates in stock. Ordering boots during the skating season will typically result in at least a one month delay in orders being filled.

The club's skate rental program is run on a break-even basis. Therefore, the longer our skates last, the lower the costs to the club and ultimately, the lower the cost to the skater.

(v) Notes on Skater Safety

The following are steps that skaters can take to insure their safety and minimize the possibility of accident:

1. Skate laces should be maintained at the minimum length required for tying. Long ends flopping on the ice will result in a skater disqualification during competitions. If you need to shorten laces, cut the excess amount from the middle, tie a knot and replace the laces. This will allow retention of the plastic ends of the laces.

2. Frayed laces should be replaced before they break.
Murphy's law has shown that the probability of a lace breaking is directly proportional to the lateness of the skater for making their race.

3. The small bolts used to attach the blades to L-brackets (cups) and the larger bolts that attach the cups to the boot should be checked for tightness on a regular basis. Check with your coach if you need to borrow a wrench.

4. Currently, provincial rules mandate the following safety gear: soccer-style shin guards, kneepads, cut resistant gloves, speed skating helmet, safety glasses, bib-style neck protector, and ankle cuffs. Kevlar is required for Short Track.

6. Ripped or torn skin suits cannot be worn as no exposed flesh is allowed below the neck (unless something is worn under the skin suit to cover the exposed area).

7. Skates should be sharpened on a regular basis. Dull blades will result in more frequent falls. If you do not possess sharpening equipment, several skaters within the club will sharpen skates for a nominal fee.

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(c) Helmets and Gloves

- ▲ Helmets and gloves must be worn at all times by skaters in the Learn-to-Skate Program and by all skaters for short track (indoors) training and competitions.
- ▲ Speed skating helmets are required. (cycling or other hard-shell helmets are no longer allowed).
- ▲ Gloves or mitts must be made of leather or synthetic leather, and be cut-resistant.

(d) Neck Protectors, Shin Guards and Knee Pads

A Kevlar bib-style neck protector, as well as hard plastic, soccer-type shin guards and basketball knee pads are mandatory for **ALL** skaters for short track (indoor) training and competitions. Many short track skin suits today come with built in Kevlar and pads.

(e) Safety Glasses

Clear shatterproof safety glasses are required for **all** skaters. All glasses must be worn with a safety strap.

(f) Clothing

Stretch tights for older skaters or wind suits for younger skaters are the most appropriate. Skaters have to be able to move freely to skate well. Baggy pant legs should be avoided as they catch too much wind and could possibly cause the skater to catch their skate and fall. For competitions, members are encouraged to purchase the team skin suit.

5.2 Skate Sharpening

Long blades must be sharpened by hand using stones and a support called a "jig". The Club provides sharpening clinics during the year for those who wish to learn. Some of the older skaters will also sharpen skates for you for a fee.

5.3 Facilities

All short track (indoor) skating is done at Kaltire Place (3445 – 43 Ave., Vernon, BC).

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6. COACHING

6.1 Coaches

All coaches with the Vernon Speed Skating Club are **VOLUNTEERS**. They are certified under the National Coaches Certification Program (NCCP). The Club welcomes new coaches and encourages anyone who has an interest in skating to become involved. It is not necessary to have a background in speed skating.

6.2 Coaching Philosophy - VSSC

We want to develop winners, but we also want to do everything we can to encourage skaters to develop a lifelong love of the sport. With the above philosophy in mind, we encourage our coaches:

- ▲ To be supportive and encouraging to all skaters whether they are just learning or of National Team caliber.
- ▲ To be positive, not negative, in the teaching of skills.
- ▲ To plan practices carefully so that skating skills are taught while making the practice as fun and as varied as possible.
- ▲ To be willing to communicate with the skaters, other coaches, and parents by asking questions, listening and encouraging expression.
- ▲ To keep accurate and detailed records for all skaters.
- ▲ To encourage the approach of "doing your best" or "trying to improve your time" instead of just the aspect of winning.
- ▲ To encourage good sportsmanship with other skaters and other clubs.
- ▲ To aim for "excellence", but encourage "effort".

VERNON SPEED SKATING CLUB

7. COMPETITIONS

7.1 Competitions

Our Club encourages family participation at all our events and hopes that all members become involved in Club activities.

(a) What to Expect at a First Meet

Speedskating competitions are very exciting, and usually last all day, from early morning to dinner time. As a skater, you should be prepared to skate several races (usually 4-5) in a day. These races are spread out so that a skater can rest in between. Mostly the races are different distances depending on the age class of the skater so that personal bests can be achieved in more than one race. This is great for establishing a skater's strength and weakness, as some skaters will perform better in the sprints (short distances like 200m, 400m, 500m, 1000m) while other skaters will perform better with endurance races (longer distances like 1500m, 3000m, 5000m). Most of a race day is spent going back and forth from the change room to the rink to race. It is recommended to take skates off between races to relax the feet and freely walk around. In between races, the kids usually eat and hang out with each other talking, playing games, or getting ready to race again. There is a wonderful camaraderie that happens between speed skaters at competitions, and friendships between skaters from other clubs is quite common, as the skaters see each other at the different events, over the course of each year.

7.2 Age Classes

Determination of categories see APPENDIX A – page 30.

7.3 Age Classes and Distances

Distances are based on estimations of skaters' speed relative to their stage of development and ISU distances for Junior B and older skaters. Marathon distances are defined within the special regulations for marathon.

The following distances are officially recognized by SSC for the following age categories. Where different size tracks are used, proportionate number of laps should be used to determine the actual distance raced. Other distances respecting the stage-appropriate durations may be raced at the discretion of competition/event organizers.

Age class and distances see APPENDIX B – page 31.

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VERNON SPEED SKATING CLUB

7.4 Types of Mass Start Competitions

(a) Age Class

Skaters compete in their Age Class. This can be co-ed. Usually four distances are skated and skaters can skate each distance 1 - 3 times, depending on the number of skaters registered (i.e. there could only be enough skaters to have a final race or there could be enough for heats, semis and finals).

(b) Ability

Skaters are seeded into groupings of 12 - 18 skaters according to the times submitted on their application forms. These groups are co-ed. The skater will stay in that grouping for the entire competition. The first time a distance is skated, each grouping would be divided into three smaller groups which are once again selected according to submitted times. Skaters then advance to a primary, secondary and tertiary final race, depending on the skater's time or placing from the first race. Skaters will usually skate four distances with a minimum of 8 races. Ability meets are based on ability and the races are usually very close. This gives all skaters good competition that they may not get skating in Age Class races, where there may only be a few skaters with varying abilities.

7.5 BC Competitions

On a rotating basis, clubs host long track and short track competitions. Skaters are encouraged to attend and compete based on the Long Term Athlete Development Program. Skaters should discuss competition plans with their coach. Clubs bid on meets in March for the upcoming season.

7.6 Family Skate

A great "family fun" time at the rink, featuring skating and munchies. The Club encourages parents and siblings of skaters to participate.

7.7 Mini-Meets

These are small, low-key races with members of our own Club. Skaters from other clubs may be invited to attend the Vernon Mini-meets. These meets are also an excellent introduction to racing for new and younger skaters.

VERNON SPEED SKATING CLUB

7.8 Out of Province Competitions

As a skater gains more experience, it becomes necessary to attend out of province competitions. Discuss with your coach to determine where and how many you should attend. Dates for out of province competitions may be found on the VSSC Web Site.
VERNON SPEED SKATING CLUB

7.9 Western Short Track Competitions

In March, Canadian Westerns are held for Short Track. This competition is held for qualified skaters in western provinces.
This competition is usually very large and an excellent competition.

7.10 Canadian Long Track Competitions

In February, at the end of the Long Track Season, the Canadian Long Track Competition is held. Skaters must qualify for this competition as well.

7.11 National Championships

Skaters must qualify to skate at these competitions. Qualifications are based on standards set by BCSSA.

7.12 Masters Competitions

The Masters Program was started to encourage parents, retired skaters or anyone interested in physical activity to participate. The only requirement is that you must be over 25 years of age. Skaters younger than 25 who do not wish to advance to higher levels of competition and who wish to stay recreational may be considered as a master skater. Competitions may include a Master's category.

VERNON SPEED SKATING CLUB

8. POLICIES AND PROCEDURES**8.1 Registration**

Registration begins each year at the beginning of September. Registration forms and schedule information are available on the website.

(a) Registration Cheques

Each member shall provide payment of registration to the Vernon Speed Skating Club in the full amount owing, or in two (2) instalments, which shall be dated as: Day of registration; and, November 30th of the registration year. Cancellation of registration requires written notice to the President prior to November 1st of the year of registration. NO REFUNDS will be given for cancellation of registration after November 30th of the year of registration.

(b) Volunteer Cheques

Each member shall provide the Vernon Speed Skating Club with a volunteer cheque in the amount of \$100, which shall be returned at the end of the season after all volunteer commitments have been fulfilled, as determined by the AGM volunteer positions, the volunteer sign up sheet (fundraising & Funale roles), and the mat schedule. Failure to meet all obligations and responsibilities of a volunteer position and/or activity will result in NO REFUND of the volunteer cheque at the end of the season.

(c) Pro-rated Reimbursement Calculations

Each calculation for a pro-rated reimbursement shall be calculated using the total registration fee. The calculation will be determined as follows:

- BCSSA/SSC fees will first be deducted from the registration fees prior to any calculations.
- Reimbursement will be based on dividing the remaining amount by the number of sessions per year to receive a cost per session.
- A deduction of the cost per session multiplied by the number of sessions used will result in giving a final reimbursement amount.

(d) Masters Fees

All BCSSA and SSC fees shall be deducted first, prior to any 20% masters discount.

(e) Skate Rental Cheques

Each member shall provide an amount of \$100 (or \$50 for Learn-to-Skate) with their first installment cheque for the rental of skates, for the duration of the season. Skate rental fees are NON-REFUNDABLE.

VERNON SPEED SKATING CLUB

8.2 Funding

(a) Coaches

- ▲ It is traditional to give a gift as a token of thanks to all of the volunteer coaches.
- ▲ The Club pays a travel stipend to its certified coaches to cover expenses to competitions outside the Okanagan region.
- ▲ The Club pays the coaches' registration fee to coaching clinics.
- ▲ The Club covers the cost of coaching development – NCCP Coaching Levels.

(b) Vernon Club Skaters

Funded skaters are skaters who receive subsidy to attend specific qualifying competitions. These include: BC Short Track, BC Long Track, Canadian Age Class Long Track, Canada West Short Track, and BC Winter Games. Funding is meant to help offset the costs of VSSC skaters attending meets so costs are not a barrier to attend.

A skater becomes a Funded Skater as long as:

- they qualify for the competition and/or are named to the Provincial or Development Team in the same year; and,
- they complete the fundraising and volunteer responsibilities of a regular skater as defined by the Membership Participation Plan

The Club funds \$75 per competition day skated/ per skater, for qualified skaters, on events outside of the Okanagan Region. This subsidy may increase at the discretion of the Executive for skaters attending National Championships, National team ranking meets - including Canada Cups, and Western Junior Short Track Trials. Additionally, subsidy is provided for Recreation/Competitive skaters who wish to attend ONE (1) competition outside the Okanagan area. The subsidy will follow the same \$75 per competition day skated/ per skater. However, this is a one-time subsidy granted each season for one competition only. This subsidy is to encourage developing skaters to compete with other provincial skaters who are the same age and ability, moving them forward on the competition circuit.

To qualify for per diem funding:

- ▲ Skaters must meet time standards to qualify.
- ▲ Competition must be held outside of the Okanagan.

Any skater, by no fault of their own, who has attended, but is unable to skate their intended competition days (eg. due to injury), will remain eligible for the full competition subsidy.

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VERNON SPEED SKATING CLUB

Funding will also be granted if the skater attends the meet as unfunded and skates the qualifying times at the meet.

(c) Executive and Officials

- ▲ VSSC is to provide funds for official upgrading.
- ▲ The Club is to pay the membership for chief officials working at meets if they do not hold a Speed Skating Canada membership.

(d) Club Purchases

- ▲ Approval by the Executive is required **before** any purchases are made.

8.3 Meets and Trips

(a) Meets: Club Policy Regarding Registration

- ▲ When competition registration forms are received by the Competition Registrar in charge of meet registration, the Competition Registrar will set a deadline whereby all forms and entry fees are to be returned. It is the skater's or parent's responsibility to pick up and return forms and fees by the deadline. Failure to meet the deadlines may result in NO ENTRY into that competition.
- ▲ Bus fees, where applicable, are to be collected on the registration date or dates set by the Meet Registrar.

If any of the above stipulations are not adhered to, then it is the skater's or parent's responsibility to make their own arrangements.

(b) Curfew

- ▲ Club curfew time is 10:00 p.m. There is NO alcohol allowed in rooms where skaters are staying.

8.4 Medical Doctor

- ▲ Trained personnel will be present at all meets.

8.5 Budget

- ▲ Competitions attended are to be budgeted for a "break-even" basis - NOT for profit.

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- ▲ Competitions hosted are for profit to off set the cost of other Club expenses.

8.6 Bus Trip

- ▲ Smoking is prohibited on the bus.
- ▲ First preference is given to skaters, coaches and chaperones.
- ▲ Only general (G-rated) movies will be shown on Club sponsored bus trips.

8.7 Chaperones

- ▲ Skaters, under the age of 18, who travel to out-of-town competitions must be accompanied by a parent or an adult chaperone. Parents who cannot accompany their skater must complete a form at the time of registration for the meet stating who will be their child's chaperone. This chaperone may be another speed skating parent or a coach.

VERNON SPEED SKATING CLUB

9. YEAR-END AWARDS AND BANQUET

The awards banquet is an evening of fun where we pat ourselves on the back for all our hard work throughout the season. All season the coaches have been keeping the skaters' times at every competition giving them insight into the new levels of skill reached on the ice. Below are some of the awards a skater may receive:

9.1 The Cutting Edge: Speed Skating Canada Badge Program

- ▲ Provides motivation and incentive for all skaters, young or old, experienced or inexperienced, to improve their skating skills.
- ▲ Emphasizes the development of confidence and competence with basic skating skills within a speed skating context.
- ▲ There are eleven pins: white, yellow, orange, red, violet, blue, green, black, bronze, silver and gold.
- ▲ Skills range from falling down and getting up to more complex speed skating techniques.
- ▲ Pins will be awarded at our annual awards night. Skaters may receive more than one pin. Testing will be done at a designated practice near the end of the season.

9.2 Proficiency Pins

These are Vernon Speed Skating awards based on times skated and Club records broken. This is a Certificate of Accomplishment.

9.3 Class of Champions

(a) Provincial Champions

Awarded to a skater (Junior Class) that has placed first, second, or third at either the BCST or BCLT competitions. An Award is given to the Female and Male skaters from both competitions (ST and LT) for their age class.

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VERNON SPEED SKATING CLUB

9.4 Special Awards

(a) High Achievement

This award acknowledges outstanding accomplishments of a Vernon skater who competes throughout the season obtaining the highest success. Criteria is specific to participation in a National competition, meaning that the skater has excelled to represent their Province in competition, such as: CanWest ST, Cdn. Age Class LT, Canada Cup LT, Cdn. Jr. Championships ST/LT, as well as competition rankings throughout the season. This award is based on coach decision and may be shared by more than one individual should more than one skater reach outstanding success. This trophy is a plaque.

(b) Skater of the Year

This award is considered the highest form of recognition given by the Club to a skater, Junior and up, currently skating with the Club. It is awarded yearly from competition rankings and based on a points calculation -- see APPENDIX C. This trophy is a plaque.

(c) Most Improved Skater

Two awards will be given; one skater will be chosen from the skaters in **Learn to Train and lower age class** and the second skater will be chosen from the skaters in **Train to Train and older**.

The awards will be awarded to the skater who has shown the most improvement from the previous year. To determine a winner, a number of combinations are reviewed. Some examples would be: percentages of improvement in personal best times, technical improvements and attitude. This trophy is a plaque.

(d) Most Dedicated Skater

Two awards will be given; one skater will be chosen from the skaters in **Learn to Train and lower age class** and the second skater will be chosen from the skaters in **Train to Train and older**.

A subjective selection made by coaches of a skater who by his/her attendance, attitude, and perseverance shows dedication to the sport. The winning of medals or standing at competitions has no reflection on the awarding of this trophy. This trophy is a plaque.

(e) Rookie of the Year

Awarded to a first-year skater whose competition results are beyond the coaches' expectations for a rookie. In making this decision, the rookie's competition and age group are considered.

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VERNON SPEED SKATING CLUB

(f) Master Skater of the Year

Awarded to the top Master skater.

(g) Special Olympian

Awarded to the top skater who is a member of Special O.

(h) Sportsmanship Award

This award is presented to a skater who demonstrates the following:

- ▲ Camaraderie with other skaters both on and off the ice.
- ▲ Respect for officials, coaches, and parents, both on and off the ice.
- ▲ Demonstrates a positive attitude toward the sport.
- ▲ Demonstrates maturity within a variety of situations, particularly in competition.
- ▲ Encourages others to reach their top potential.

This award goes to one recipient unless there is a tie. This award is a plaque.

(i) Personal Best Challenge Award

This award is presented to a skater who wins the personal best challenge. This challenge is based on the relationship between a skater's personal best time, their time on race-test-day, and Trevor Rasmussen's personal best time of 0:42.45 for 500m. Trevor was a coach with the Club who was an accomplished short track skater. This award is awarded monthly with points given toward an accumulative annual winner. This award is a Cup trophy.

(j) Peter Blokker Award

This award is presented to an individual who shows outstanding commitment to the sport of speed skating on and off the ice, in the spirit and fellowship shown by long time volunteer and friend to speed skating, Mr. Peter Blokker; one of the original developers of the Club. The criteria for selection are:

- ▲ Involvement with the sport of speed skating both on and off the ice.

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- ▲ Dedication to the advancement of the sport of speed skating both on and off the ice.
- ▲ All round sportsmanship within the sport of speed skating both on and off the ice.
- ▲ All round volunteering within the sport of speed skating both on and off the ice.
- ▲ Attitude, enjoyment, longevity, and spirit that demonstrates a clear love and passion for the sport, and in support of the sport, of speed skating.
- ▲ Performance does not matter.

SSC Sanctions will officially recognize the age categories defined in the following table. Branches are encouraged to use these age categories as a guide for organizing their own racing categories.

Category Name	Participant's Age		Calculation of age	
	Male	Female		
FUNDamentals (FUNd)	6 to 9	6 to 8	Age of participant before July 1 st prior to the event	
Learning to Train (L2T)	10 to 12	9 to 11		
Training to Train (T2T)	12	11	Age of participant before July 1 st prior to the event	
	13	12		
	14	13		
	15	14		
Junior B	15 or 16		Age of participant before July 1 st prior to the event	
Junior A	17 or 18			
Neo Senior B	19 or 20			
Neo Senior A	21 or 22			
Senior	23+			
	Short Track		Long Track	
	Age	Calculation of Age	Age	Calculation of Age
Masters 30+	30+	Age of participants before July 1 st prior to the event	30-34	Age of participants during competition year after July 1 st
Masters 35+	35+		35-39	
Masters 40+	40+		40-44	
Masters 45+	45+		45-49	
Masters 50+	50+		50-54	
Masters 55+	55+		55-59	
Masters 60+	60+		60-64	
Masters 65+	65+		65-69	
Masters 70+	70+		70-74	
Masters 75+	75+		75-79	
Masters 80+	80+		80-84	
Masters 85+	85+		85-89	
Masters 90+			90+	

	Skater's Age		Short Track		Long Track	
	Male	Female	Individual	Team	Individual	Team
FUNDamentals (FUNd)	6 to 9	6 to 8	27m*, 50m, 100m, 200m	N/A	25m, 50m, 100m, 200m	N/A
Learning to Train (L2T)	10 to12	9 to 11	27m*, 50m, 100m, 200m, 300m, 3000m	Relay: 2000m	25m, 50m, 100m, 200m, 300m, 400m, 3000m	Relay: 5 laps
Training to Train (T2T)	12	11	27m*, 100m, 200m,300m, 400m, 500m, 1500m, 3000m		Relay: 2000m	
	13	12				
	14	13	100m, 200m,300m, 400m, 500m, 1500m, 3000m	Relay: 3000m	100m, 200m, 300m, 500m, 2400m, 3000m, 5000m	Relay: 5 laps Team pursuit: 6 or 8 laps
	15	14				
Junior B	15 or 16		111m, 500m, 1000m, 1500m, 3000m	Relay:	100m, 500m, 1000m, 1500m, 3000m, 5000m	Team Pursuit: 6 or 8 laps
Junior A	17 or 18					
Neo Senior 1	19 or 20				100m, 500m, 1000m, 1500m, 3000m, 5000m, 10 000m	
Neo Senior 2	21 or 22					
Senior	23+					
Masters 30+	30+		500m, 777m, 1000m, 1500m	Relay: 3000m	500m, 1000m, 1500m, 3000m Marathon distances: see special regulations for marathon	Team Pursuit: 6 or 8 laps
Masters 35+	35+					
Masters 40+	40+					
Masters 45+	45+					
Masters 50+	50+					
Masters 55+	55+					
Masters 60+	60+					
Masters 65+	65+					
Masters 70+	70+					
Masters 75+	75+					
Masters 80+	80+					
Masters 85+	85+					
Masters 90+	90+					

VERNON SPEED SKATING CLUB – APPENDIX C – Skater of the Year Award – Point System

Points	Accomplishment
20	Medal at Junior World Championships
17	Top 3 Senior Rank
14	Top 8 Senior Rank
14	Top 3 Junior Rank
14	Compete in Junior World Championships
12	Medal at Canada Games
11	Top 8 Junior Rank
10	Top 20% Canada Cup/15% WEC Rank
9	Top 25% Canadian Junior ST Championships
9	Compete at the Canada Games
7	Participate in Canadian Junior ST Championships
7	1st place overall in National Championship(Age Class/ Can West)
6	2nd place overall in National Championship(Age Class/ Can West)
5	3rd place overall in National Championship(Age Class/ Can West)
5	Gold Medal(Age Class/ Can West)
4	Silver Medal(Age Class/ Can West)
3	Bronze Medal(Age Class/ Can West)
4	Top 50% Canada Cup/ WEC Rank
4	Provincial Championship
3	Canada Cup Time Standard

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