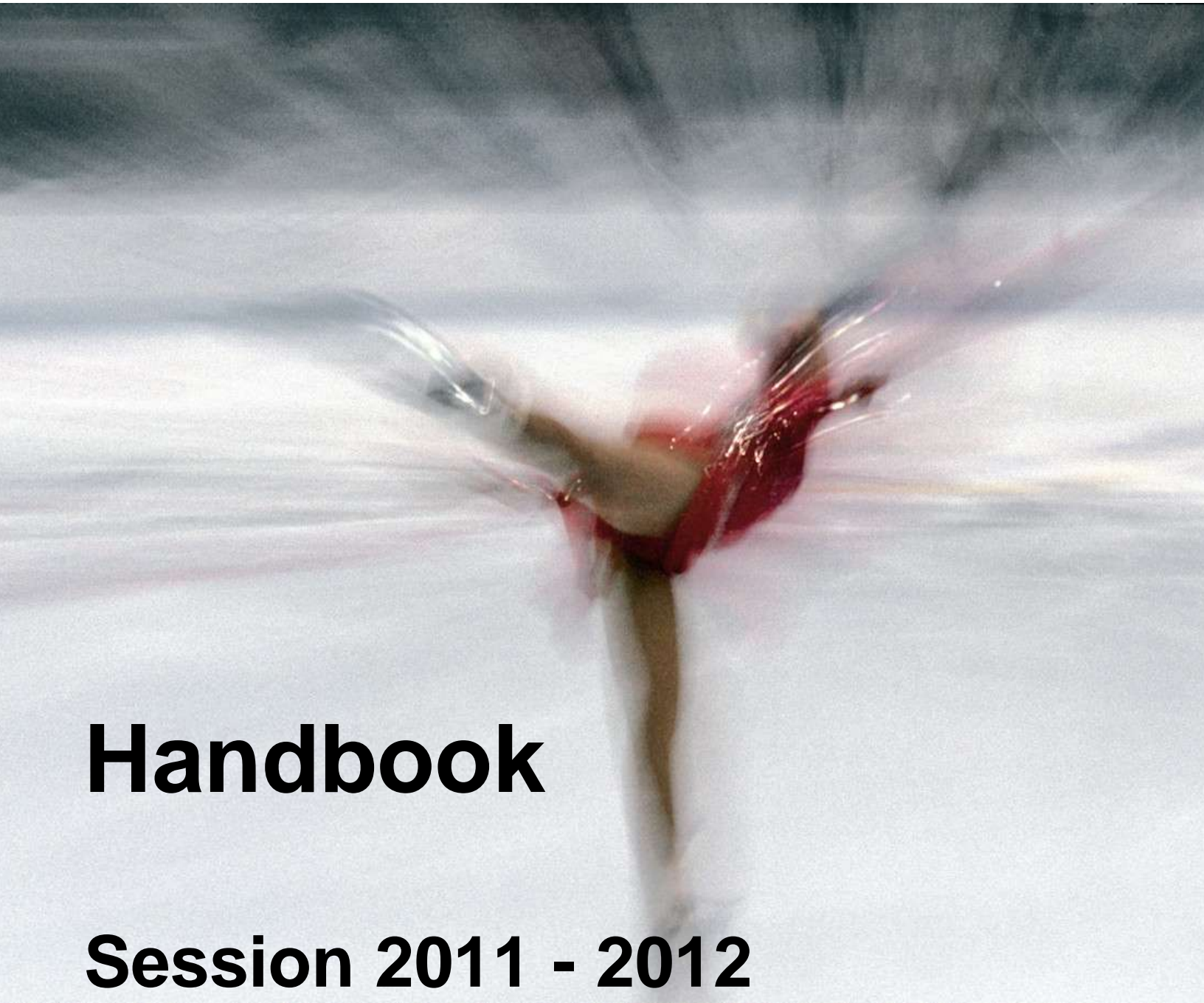




Ayr Figure Skating Club



Handbook

Session 2011 - 2012

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Appendices (these are being currently updated and are not yet available)

- A Information on our Club Coaches
- B Club constitution

AFSC committee has taken every effort to ensure that the details in this handbook are correct at the time of printing. AFSC reserves the right to amend policies and procedures in consultation with members. For the most up-to date version of this handbook please refer to the electronic version on the website.

Welcome to Ayr Figure Skating Club

Limekiln Road, Ayr, KA8 8DG

Tel. 01292 263 024 (Rink); 01292 474035 (Club secretary)

Website: www.afsc.org.uk

Email: secretary@afsc.org.uk

Please refer to the website for details of current committee members.

A Brief History:

AFSC was formed in 1958 at Ayr Ice Rink, Beresford Terrace. The first club competition was held the following year. Sadly in 1972 the shareholders of the rink were made such a good offer by the supermarket chain "Safeway" that the rink closed.



Ayr's old ice rink at Beresford Terrace (picture courtesy of South Ayrshire Council)

It took three years before the Club found a new home at Limekiln Road. In 1982 the committee and members welcomed skaters from all over Great Britain and Ireland to the first AYR OPEN. Since then it has established itself in the skating calendar, and is always well supported. AFSC has produced Scottish and British champions at various standards.

*

What is Figure Skating?

Under the general term of 'figure skating' there are five separate competitions at International Level:

1. Men's singles skating
2. Ladies' singles skating
3. Ice dancing
4. Pairs skating
5. Synchronized skating

Ayr Figure Skating Club offers coaching in 4 of these disciplines.

Figure skating - sport or art?

International figure skating today, with its graceful beauty and creativity, could be described by its audiences as a performing art. However, figure skating has been a competitive sport for over a hundred years.

Competition skaters aim to:

1. Perform as difficult a routine as possible
2. Present the routine so that it looks its best

Figure skating is forever making sporting leaps because it constantly offers new challenges, such as higher jumps and more rotations. With their amazing levels of fitness, agility and artistic talent, top skaters strive to be the world's best.

* Extract from NISA website

Main Club Membership

Main club membership gives you access to 4 skating sessions per week for an annual fee which can be paid in 8 monthly instalments. The secretary or treasurer will be able to advise you about up-to-date costs. You must take a private lesson with one of our coaches for at least 15 minutes once a week.



Free Skating Session times:

- Sunday 10 a.m. - 1 p.m. (small ice pad)
- Tuesday 5 p.m. - 8 p.m. (small ice pad)
- Thursday 5 p.m. - 8 p.m. (small ice pad)
- Saturday 7 a.m. - 10 a.m. (large ice pad)

Please note that some Saturday morning sessions on the large pad are cancelled because skaters are undergoing tests or competitions, or the ice is required for curling sessions. Refer to the notice board or website for information.

Extra Classes:

1. Field Moves lessons and practice

- Tuesday 4 p.m. - 5 p.m. (small ice pad)
- Thursday 4 p.m. - 5 p.m. (small ice pad)
- Saturday 7 a.m. - 8.30 a.m. (large ice pad)
- Sunday 9 a.m. - 10 a.m. (small ice pad)

Coaches will advise skaters when they are ready to practise field moves.

2. Group Class

The club coaches have a structured programme to improve skaters' jumps and spins, build their stamina on ice and improve their edge work.

An extra fee is payable for this class which takes place on a Saturday morning between 10 a.m. and 10.30 a.m.

3. Off-ice class

An 'off-ice' training programme should be an important part of a skater's schedule. Off-ice classes improve a skater's stamina, flexibility, co-ordination and balance. Off-ice jumping practice greatly improves on-ice jumps.

An extra fee is payable for this class which takes place on a Saturday morning between 11 a.m. and 12 noon in the nearby St James Church Hall. The club always endeavours to provide an alternative venue is made when the church hall is not available.

Please note that any skater whose fees / instalments are not up to date will not be allowed on the ice or the off ice class.

Safety

Ice skating has inherent dangers: Ice is hard, skates are sharp!

Every skater, coach and parent has to play their part in ensuring the safety of the skaters.

A skater performs their full programme when their music is being played. They are recognisable because they are wearing the high visibility bib. Other skaters should respect their right to perform their routine and get out of the way safely.



All skaters must be aware of the skaters performing their routine.
Give way to skaters performing their routine!

Safety Rules

- Please check out the whereabouts of other skaters before moving off from the barrier.
- Do not eat or drink on the ice, please concentrate on skating and skaters.
- Ice skating sessions are for ***practising***– not for socialising!
Don't stand around on the ice.
- Everyone must be aware of the other skaters at each session. Experienced skaters must make allowances for those new to the club. You were all beginners once!
- Most practice time is for singles skating. This is best done alone, not in a group. Special rules exist for pairs skating.
- Tie your hair back to keep it out of your eyes.

*Note that **every** coach has the right to ask **any** skater to move or leave the ice if they are loitering or otherwise causing a nuisance or danger to the other skaters.*

Please be careful off the ice as well. Do not leave tripping hazards in the cafeteria and wear your blade guards when not on the ice.

Child Protection



A Child Protection officer is appointed annually to ensure that our child protection policies and procedures are effective and up-to-date. Check the AFSC website and the Children 1st Website for more details. Our Child Protection Officer receives training from Children 1st.

It is a condition of our child protection policy that skaters under 16 years of age are never left without a parent / guardian or a known and trusted adult.

This applies to all membership packages – Skate UK, Stepping Stones, Main Club membership and visiting skaters.

Code of conduct for all AFSC members

- Please be considerate and respectful to all fellow skaters, volunteers, parents and coaches. Inappropriate language will not be tolerated.
- Skaters should dress in clothing suitable and appropriate to the sport. They should conduct themselves in a manner which is acceptable by all.
- Parents' conduct sets the example. Please be courteous to all fellow members and encourage your sons or daughters to respect all other club members and to take care of everyone's safety and wellbeing.
- Skaters under 16 years of age must not be left unaccompanied.

Committee

AFSC committee is responsible for:

- ensuring the smooth running of the club
- reviewing the club's policies and procedures in consultation with the club's members and coaches
- safeguarding the finances of the club
- communicating with all stakeholders – skaters, coaches, parents
- organising activities which further the aims of the club, such as social / fundraising events, competitions and gala shows.

We will try to ensure that a committee member is present at each skating session but this may not always be possible.

Where to start: - Skate UK

Skate UK (sometimes called **SK8UK**) is the path most people will use when first learning to skate.



Skate UK is NISA's (National Ice Skating Association) flagship learn-to-skate program for beginners of all ages that teaches fundamental movements and basic skills. It is taught in group lessons by qualified NISA coaches.

Skaters progress through levels 1 to 10. A badge can be purchased to mark the levels achieved. The next steps are to Bronze Silver and Gold Star levels which require skaters to purchase a NISA Passport which states the standards that must be achieved. Passports are available from the Skate UK organiser who is responsible for booking skaters into their sessions.

Skate UK is run in 6 week blocks of lessons, each lasting 40 minutes, on a Saturday morning between the hours of 9.00am and 11.30am.

Blocks of lessons are payable in advance. Fees include practice time, coaching fees and skate hire.



A 'Happy Feet' penguin class has recently been started for our very young beginners.

Please Note

It is a condition of our child protection policy that skaters under 16 years of age are never left without a parent / guardian or a known and trusted adult.

How to progress: - Stepping Stones

If you would like to skate more than just on a Saturday morning but are perhaps not sure if you are ready to join the main club then "Stepping Stones" is for you!



Stepping Stones is an introductory 2 day membership, which runs for 3 months at a cost of £60. Skaters who are interested in this have to reach at least badge 5 in the Skate UK program and be assessed by an AFSC coach for their suitability. This is to ensure the safety of all the club skaters. A skater can join Stepping Stones from badge 5 up to Gold Star, but not beyond.

The membership fee covers ice costs and you can choose to come in on 2 days, selected from Tuesday, Thursday and Sunday. You must arrange private lessons on a 1-1 basis with a club coach and may be able to join group classes and/or "off ice" classes, at an extra cost and the advice of your coach. If you think you might be interested, the treasurer/club secretary can give you advice as to what might be suitable for the stage you are at, with exact costs.

The availability of 1-1 coaching sessions is limited, so it is first come, first served.



All Skate UK members are very welcome to come and watch the main club sessions (not only on Saturdays).

It is a condition of our child protection policy that skaters under 16 years of age are never left without a parent / guardian or a known and trusted adult.

Synchronised Skating

Ayr Figure Skating Club is the only club in Ayrshire to offer this relatively new discipline. A team comprises 9 to 16 skaters.

Teams perform a variety of formations based on the following elements:

- Wheel
- Line
- Block
- Circle
- Intersection
- Step sequences



Membership of the synchro squad is at the discretion of the coach, but skaters should have achieved at least NISA level 1 in their Field Moves and ideally in also their Elements and Free skating.

Membership of the synchro squad incurs an additional fee and members must sign a contract regarding training and commitment to the squad. Training is on a Sunday at 1 pm – 2 pm.

Pairs Skating

We have a number of skaters who practise and perform as pairs.

Pairs are only allowed to practise their routine at times when it is safe to do so. The pairs coach will ensure that lessons are scheduled for quiet times on the ice, and pairs must ask the coaches on the ice if it is deemed safe to practise their routine. If there is sufficient demand AFSC may make dedicated pairs practice ice time.



Music



Almost all AFSC skaters are working on a programme set to music which they will use for competitions and tests. We need to play 12 hours of music each week and would appreciate if **every** skater's parent agreed to play the music for ½ hour each week on a regular basis.



Bonus – everyone who volunteers for a half hour music slot is entitled to a **free** hot drink from the tuck shop.

Music policy

- CDs / Tapes are played on a rotational basis.
- A short section of the music will be played to let the skater know it is their turn. This will only be done if the skater is on the ice or in the ice hall and therefore visible to the adult playing the music. If the skater is not visible their music will be put to the back of the queue without being played.
- Skaters are responsible for monitoring their position in the rotation. To prevent delays or time wasting, skaters must be ready on the ice for the start of their music.
- Safety bibs provided by the Club **must** be worn by skaters performing programmes. This includes lesson time.
- If a skater wishes to try out a new outfit the coach / skater must get agreement from all coaches on the ice to skate to the music without the bib.
- Skaters with more than 1 programme / piece of music may only have ONE choice played in the rotation. All the music for a skater must be kept together in the rotation.
- For pairs, both skaters must have a copy of the music. If only one has, and it is not the skater at the front of the queue, the pairs music may be played from the second skater, but that skater does not move in the queue and the skater at the front of the queue moves to the back as normal after the pairs music is played.
- The music equipment must only be operated by a responsible adult.



Please remember that on a Saturday morning and at sessions prior to a competition or test there will be more music put in the rotation, which when added to coach requests may mean that it is not always possible that your music will be played if you arrive late in the session.

If you have queries about the rules please ask a member of the committee.

Tuck-shop



AFSC currently provides a tuck-shop when volunteers are present to staff it. All parents are warmly invited to help run the tuck-shop, as even half an hour can let someone else take a break.

The tuck shop provides hot snacks and drinks, sweets and chocolate and essentials like paper hankies.

Visiting Skaters Policy

Visiting NISA registered skaters may attend a maximum period of 90 minutes per visit, up to 4 times during the club year.

Visits must be arranged with a member of the committee in advance. Visitors are not allowed to receive coaching during their visit.

Special arrangements can be made if skaters wish to try a lesson with a club coach. This must be arranged in advance with a member of the committee.

Summer break

The ice rink in Ayr is closed for approximately 9 weeks in the summer. Accordingly, membership fees only cover 10 months of skating. AFSC always tries to provide extra ice availability in June and July, but cannot guarantee this. Any ice that is arranged will normally incur an extra cost.

Insurance

The club purchases public liability insurance.

Information and Communication

AFSC Website

AFSC is grateful to Kevin Thomas who updates AFSC website on a regular basis.

Go to www.afsc.org.uk to get the most up to date information on everything associated with the club. You can update your own online calendar from here. There are also links to all other major skating related websites.

Facebook

We have a Facebook group which is open to members 13 years and over and their parents, guardians etc. Access the group via the link on the website.

Notice boards

Notices are placed on the main notice board at the end of the corridor on the way to the tuck-shop. Notices are also displayed on the tuck-shop doors. There is also a synchronised skating notice board and two photograph displays of the club's members.

Newsletters

Occasional newsletters are published to keep members up to date with all club activities. The secretary will also email reminders or details of new events if members are happy to share their email address.

NISA Website

This website contains all the information a skater needs about forthcoming tests and competitions as well as news

www.iceskating.org.uk/

Sk8Scotland

This website contains information about competitions etc. held in Scotland

www.sk8scotland.org.uk/

Proposed Calendar of Events

AFSC hopes to provide these events during the course of session 2011 - 12

- Start of new skating session 1st October
- Whole club photo shoot October
- Seminar with Ann Findlay November
- Christmas Gala December
- Christmas party December
- Social Evening February
- Club competition March
- Summer Gala event May
- Close of rink for summer late May

- **Summer ice** We hope to arrange a summer ice venue between May and August but cannot guarantee this. Any costs are in addition to the main membership fees

- Summer Fundraising June July & August – various events
- Return to Limekiln Road August
- Policy conference August
- Ayr Open competition September
- Annual General meeting September
- End of skating session 30th September

In addition, various fundraising activities and social events are arranged throughout the year. Refer to www.afsc.org.uk for your weekly diary.