

CLUB-CHART

ICE SKATING CLUB CRANS-MONTANA / SIERRE

Preface

You have decided to take part in the activities of the Figure Skating Club of Crans-Montana / Sierre with your enrolment or that of your child.

The ICE-SKATING CLUB was founded in 2009 and is primarily a club, which means that people with the same goal come together here and the club should create an environment that allows this goal to be achieved. Membership is a voluntary act, but participation involves certain obligations that contribute to the good functioning and development of the club.

The Club Crans-Montana / Sierre is run by a team of volunteers who are strengthened by the members.

Let's not just be consumers, let's be lenient as well. A club must be served, not used.

The club guidelines have the following objectives:

- to contribute to the development, sustainability and health of the club
- to allow each member to find their place and thrive in the club
- to contribute to highlight and develop a healthy spirit among members
- help to accept differences, to respect oneself and one another.

COMPETITIONS

The dates of the competitions are set by the Swiss Ice-Skating Association (SIS / USP), the Western Switzerland Ice Skating Association (ARP) or the Valais Ice Skating Association (AVP) depending on the level of the competitor. The level of the competitor is determined by the technical commission, trainers and tests passed.

CLUB INTERNAL STARTESTS

The dates are set by the club. The test to be passed depends on the level of the individual member. The star tests days are used to assess the progress of each individual and to determine a possible change to a higher level / group. A canteen is available on these days and we count on everyone, parents, children, coaches, observers and committees to guarantee that the day runs smoothly and to share this moment with us.

GENERAL ASSEMBLY

It takes place at the end of the season between early May to June. The aim is to present the results of the year: morally, financially, athletically and to present the coming season. It is important to participate. For all board members, your presence is a recognition of their work and shows your interest in the club life.

GALAS

There are usually 2 galas, one at the traditional Winter-Opening in Crans-Montana, which opens the winter season on the high plateau, and a second at the end of the season in Sierre in March. Galas are an integral part of the proper functioning of the club. In fact, the galas reflect the image of the club, are an advertisement, an annual party and a recognition for the children. It also helps to support the club financially. It is necessary that all of our members participate and volunteer a minimum of their time with us.

EXTERNAL SPORT-ACTIVITIES

They take place during the year, it may be an excursion at the end of a camps, mostly on Fridays, a possible annual excursion, an anniversary activity (10 years club, ...). They are part of the life of a club and contribute to the good general atmosphere and are a token of thanks to the board members and for the work of everyone who has been available to the club. Everyone should participate.

ICE SKATER

THE MEMBER

Each member must be up to date with his membership fee in order to participate in training courses and competitions. The membership fee shouldn't be a reason to get in the way of ice skating. The club will always find solutions to make payment easier.

Each member is expected to show an attitude of respect and listening to the other members of the club (ice skaters, coaches, instructors, parents ...), but also to the skaters of other clubs, the judges, the public. Every member of the Club of Crans-Montana / Sierre must show responsible behaviour: respect the schedules, the equipment and to be ready to "lend a hand", this guarantees that everything runs smoothly, both in terms of supervision of young skaters, their trainings and courses as well as at the galas or at other events organized by the club.

The young ice skaters (and parent) agree:

- Respect the trainer(s) and instructor(s): schedules, behaviour, language, attitude ...
- to adhere to the guidelines of ice skating and the club
- to respect other ice skaters / spectators
- to handle borrowed material carefully and to give it back if necessary
- Only skate during lessons if a teacher / trainer / or a member of the board is present
- to participate in the life of the club (sport / non-sport)
- to support the youngest
- to give a good image of the club both internally and externally
- To have fun and to do everything to keep it that way.

BOARD MEMBERS

The board members commit:

- to serve the club as best as possible (without using it)
- to welcome the arriving ice skaters / members
- to distribute the tasks of the board as well as possible and to adhere to them
- Set an example for other members through their behaviour and presence
- to respect each other, to respect all members, and not to discriminate anyone
- to ensure the sustainability of the club and its proper functioning
- to commit to a mandate of 2 years and at least 2 years
- to defuse any conflicts
- to guarantee transparency towards club members
- to have fun and, above all, to pass it on

PARENTS

Parents acknowledge and accept:

- The club is not a day care centre
- The parent must "let the teacher work" during the lesson and be keep away from the bank and border
- Like the instructors, most of the staff are volunteers and give their maximum to supervise the children in the best possible conditions and school / train them.
- that the child may be transported by other people (e.g., on excursions)
- that they are happy to participate in the life of the club
- to ensure the trainer is present before releasing the child, and if the trainer is absent, to wait
- Use their relationships to try to support the club financially (Partner relationship, attractive price, advertising on T-shirt, banner, ...)
- that without being an ice-skating specialist, you may voluntarily help or support the club
- that you too are an example of fair play within the club, at galas, in the locker room, in the stands and outside during the competitions and tests.
- Respect children's privacy and leave the changing rooms, when the children change.
- be and lead the children as a good example (language, behaviour, ...)

TRAINER AND INSTRUCTORS

The trainer(s) and the instructor(s) commit:

- to appear on time for the training (5 minutes in advance)
- to welcome the skaters at the beginning of the training
- Prepare the training and equipment in advance
- ensure the training of his ice skaters (individual coaching and evaluation)
- to let the child develop himself under the best conditions
- to keep the list of the members of his group (presence, new members)
- to alert the board members in case of any conflicts between skaters and parents.

- if the trainer / instructor wants to leave the club, secure his handover for the next season
- to forward the results of the competitions / tests to the board members of the club (technical commission ...)
- To respect adults and children and, if necessary, to be kind to the child
- to exclude any kind of violence, both morally and physically
- to focus on the main goal, namely the child's good development and his / her Joy of ice skating
- at the end of the training to check that no children have been forgotten or are injured
- to treating a child in the event of an injury / accident and to inform a board member and the parents
- to respect the cool and clean guidelines on alcohol and drugs
- to respect the Swiss Olympic guidelines

The club chart was established and adopted at the annual general assembly on June 15, 2019

The CLUB BOARD MEMEBERS OF THE ICE-SKATING CLUB CRANS-MONTANA /SIERRE