

City View Skating Club Skater & Parent Handbook Information

2026-27 Season



<http://cityviewsc.uplifterinc.com>

Contact Information: cityviewskating@gmail.com

Executive- 2025-2026

President: Jennifer Fox

Interim Vice-President: Sarah Poole

Interim Secretary: Kristin Hacault

Interim Treasurer: Susan Waldal

Registrar: Nori Manson-Brick

Communications: Meghan Manson-Allen

Coach Liaison: Jacquie Vierling

Test Chair: Ryan and Michelle Hutchison

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City View Skating Club is a non-profit organization and is entirely run by volunteers. We are always looking for more helping hands to sit on the board, become a member at large, or be on a committee. More opportunities may include helping for Bring A Friend skating day, carnival committee, and carnival group parents. Please consider helping out any way you can, big or small! Email the club for more information on any of these opportunities!

2026-2027 Season Events:

Program Assistant Training: **SAVE THE DATE** for October 1/26 6:00-8:00 PM. Register and Plan to attend if your skater wishes to help with any skating programs - more information to come.

Year End Carnival/Ice Show: 2026-2027 Details to come

This will be the final day of skating where skaters are encouraged to participate and will be the day to show off your skills! Planning for the show is already underway- every skater will be placed into a group with a theme and costume requirement. Practice for the performance takes place on regular skate days after the Christmas break. Dress rehearsals will be held at the end of March. Stay tuned for more information. Please speak to a coach if you will be unable to make the show day.

Competitions and Rising Star Seminars: These events are for StarSkate level skaters only. **Please speak to a coach regarding interest in these events**. All StarSkate skaters will receive information regarding these events during the season.

Regional Competition: 2026-2027 Details to come

2026-2027 Season Registration Information & Fees:

PowerSkate (SEPTEMBER ONLY): \$150/5 events (see Registration Page for specific dates)

PreCanSkate: \$420.00

PreCanskate - Saturday Session 1: Saturdays 8:45 - 9:15 AM (Pilot Butte)

PreCanskate - Saturday Session 2: Saturdays 9:15 - 9:45 AM (Pilot Butte)

PreCanskate - Sunday Session 1: Sundays 9:30 - 10:00 AM (Communiskate)

PreCanskate - Sunday Session 2: Sundays 10:00 - 10:30 AM (Communiskate)

PreCanskate - Wednesday: Wednesdays 5:45 - 6:15 PM (Communiskate)

CanSkate: \$525.00

CanSkate - Saturday: Saturdays 9:00 - 9:45 AM (Pilot Butte)

CanSkate - Sunday: Sundays 12:30 - 1:15 PM (Communiskate)

CanSkate - Wednesday: Wednesdays 5:30 - 6:15 PM (Communiskate)

AdultSkate: \$525.00

AdultSkate - Saturday: Saturdays 7:00 - 8:00 AM (Pilot Butte)

AlumniSkate: \$410.00/ 21 events

AlumniSkate - Saturday: Saturdays 7:00 - 8:00 AM (Pilot Butte)

Open Lessons: \$450.00/ 24 events for Fridays and \$400/20 events for Saturday

Senior Open Lessons - Friday mornings: Fridays 6:45 - 8:15 AM (Balgonie Stardome)

Senior and Intermediate Open Lessons - Saturday mornings: Sunday 8:15 – 9:15 AM. (Communiskate)

Jr Development (2x weekly): \$1050.00 (includes group coaching fees) + \$200 cheque to be submitted to Fundraising Coordinator at start of season (will be returned after skater fulfills mandatory StarSkate Fundraising Requirements for season, or cashed if skater does not participate)

Intermediate Star (2x weekly): \$815.00 (includes all ice and coaching for Wednesdays, Saturday private/semi private lessons will be arranged and billed separately with/by the coach(es)) + \$200 cheque to be submitted to Fundraising Coordinator at start of season (will be returned after skater fulfills mandatory StarSkate Fundraising Requirements for season, or cashed if skater does not participate)

Senior Star (2x weekly): \$1230.00 (coaching fees not included - to be paid separately to coach by skater) + \$200 cheque to be submitted to Fundraising Coordinator at start of season (will be returned after skater fulfills mandatory StarSkate Fundraising Requirements for season, or cashed if skater does not participate)

Refunds, Late Starts, Moving Between Programs and Pick Up Ice:

REFUNDS:

- Partway through the season if a skater needs to discontinue. Skater must either have a doctor's note or have been a first-time registrant with our club (PreCan only):
 1. Original fee paid (not including fundraising fee) MINUS Skate Canada Fee and Skate Sask Fee, Prorated Lessons taken fee = REFUND for PRECAN ONLY
 2. Refund calculated based on the date the club registrar receives doctor's note from parent/skater. This will not be back dated to last class attended.
 3. All other refund requests must be submitted in writing to cityviewskating@gmail.com and will be at the discretion of the board based on individual circumstance

PRO-RATE for LATE REGISTRATIONS:

- Fees will be automatically prorated when you register through <http://cityviewsc.uplifterinc.com>

MOVING BETWEEN PROGRAMS:

- Moving from PreCanSkate to CanSkate

Skater originally paid for PreCanSkate class, but they will be moving up into the CanSkate class in the new year, they will need to pay the difference between the original payment and the prorated CanSkate Class fee as calculated by Uplifter.

Program Information

Welcome to the PreCanSkate Program!

What is PreCanSkate?

Pre-CanSkate is an introduction to skating for children ages 3 and up. In the PreCan session, our goal is to get the skaters comfortable on the ice and moving independently. Moving, getting up, falling down and participating are FUNDamental activities.

What should my skater wear?

We recommend that PreCanSkaters dress warmly in layers. Warm pants covered with splash pants or ski pants will keep them warm and dry. Thick, waterproof mittens are also recommended. A non-expired **CSA helmet is mandatory** and facemasks are recommended but not mandatory. Good fitting, supportive skaters are paramount and will reflect progress of the skater. Avoid plastic boots if possible. Good second-hand skates will work provided they are still able to provide ankle support. Skates should be sharpened when first purchased and then again after approximately 20 hours of ice time. If the blade feels flat or rounded when you rub across it crosswise, or if your skater is falling more than usual; a sharpening is likely needed. Skate guards are a low-cost investment that will protect the blades.

Who teaches the program?

The PreCan program is taught by certified, professional coaches and are assisted by trained Program Assistants. **Parents do not go on the ice with their skater.**

What does a typical session look like?

Arrive 10-15 minutes early to change and get skates on. Please wait by your assigned gate. A coach or PA will tell you when it is safe to enter the ice surface. We encourage parents to watch from the bleachers or in the lobby. (Please note that parents are not allowed on the ice. This includes stepping on the ice with your shoes on.) When the session is finished- your skater will meet you at the assigned out gate. PreCan will overlap with other sessions on the ice. The skaters are taught in lightly structured group formations with the use of teaching aids such as toys to make the session more playful. They will rotate through various activities that assist in increasing their comfort level on the ice and improve their balance to begin skating. Do not be alarmed if your skater spends more time on their butt than on their feet during the first few sessions. This is normal as balance on a blade is NOT like learning to walk in shoes!

How long does it take to complete PreCan?

Every skater will advance at different rates. It often depends on the age of the skater and their readiness to participate.

What is after PreCan?

Once your skater is at least 4yrs old and has completed their PreCan certificate; they will be recommended to move into our CanSkate program.

Welcome to the CanSkate Program!

What is CanSkate?

CanSkate, Skate Canada's flagship program, is one of the most sought-after skating programs in Canada. CanSkate was developed by experts to teach the fundamentals of skating in a progressive manner. It is designed for beginners of all ages and focuses on fun, participation and basic skill development. Skaters will earn ribbons and badges as they master the skills. The CanSkate learning environment is enhanced through fun, music and teaching aids/props. The unique on ice environment is designed to stimulate and maintain interest and enthusiasm among the skaters; allowing participants to gain physical competency and confidence to remain active for life!

What should my skater wear?

CanSkaters should dress warmly in layers. We recommend warm pants with splash pants/snow pants to keep beginning skaters warm and dry. Thicker, waterproof mittens are also recommended. All skaters must wear a NON EXPIRED CSA helmet (facemask optional). Skates are also an important part of the program- the fit and stability of the skate is paramount. Skates should be sharpened when first purchased and then again after approximately 20 hours of ice time. If the blade feels flat or rounded when you rub across it crosswise, or your skater is falling more than usual, a sharpening is likely required. Please refrain from walking on cement, dirty floors and surfaces not meant for skates as it can wreck the blade. Skate guards are a low cost investment that will protect the blades.

Coaching

Each CanSkate class is lead by a certified professional coach who may or may not be assisted by a Program Assistant.

How does the session run?

You will want to arrive at the arena 10-15 minutes early to ensure you have time to change, put on skates and use the washroom prior to getting on the ice. Skaters will wait at the designated gate for entrance onto the ice. Once on the ice, skaters will learn music cues for warmup, lesson time, fun zones and cooldown. Skaters will be grouped according to skill level and age when needed. After the warmup (FastTrack), skaters will review their skills on circuits and receive instruction in their groups. The session will conclude with a group activity and cool down. Skaters can then meet their parents at the assigned gate to leave the ice.

CanSkate Program Overview

The program curriculum is organized into six progressive stages of learning. These stages are further broken down into three Fundamental areas:

- Balance: focusing on forward skills, pushing technique and edges
- Control: focusing on backwards skills, stopping and speed elements
- Agility: focusing on turning and jumping skills

(3 ribbons for each stage and six stage badges) Skaters must pass all Fundamental area ribbons in each stage to earn a badge for the respective stage. Report cards will be given out at least twice during the season.



Welcome to the StarSkate Program!

On ice expectations for StarSkate:

Junior and Intermediate skaters will skate twice a week in the group sessions. Intermediate skaters will also have the option to skate on Friday mornings in Balgonie. All skaters have the option to pick up additional ice by buying punch cards and skate up to 4 days each week. Please bring everything you need for the session to the ice surface at the beginning of your session. This includes water bottles, extra gloves and sweaters. Dressing in layers is a good idea as it is easier to take layers off as skaters get warmer. It is also recommended that skaters wear a dress or skirt to some sessions so they get used to it. Please be courteous to each other on the ice. Keep your head up and get up right away if you fall! Skaters in lessons or performing solos have right of way on the ice. Skaters are expected to be moving continuously. Avoid standing and chatting. Coaches will provide practice plans if needed to keep you moving.

General questions can be answered by any coach. To make use of our ice time effectively, please ask questions after the session (parents).

STARSKATE- Skills, Tests, Achievement, Recognition – this is what STARSkate is all about!

STARSkate offers opportunities for skaters of all ages to develop fundamental figure skating skills in the areas of ice dance, skating skills, free skate and interpretive skating. Unique in Canada, this program teaches figure skating skills in a group and/or private lesson format in a progressive and sequential manner and includes specifically designed awards and incentives. Skaters have the opportunity to take Skate Canada Tests through a nationally standardized testing system. Skaters who have mastered figure skating skills in STARSkate may also choose to pursue synchronized skating or pairs skating. STARSkate has been the mainstay of figure skating in Canada for more than four decades. When you register for a STARSkate program at your local Skate Canada club, you also become a member of Skate Canada and will have access to:

- opportunities to be recognized through a nationally standardized testing system for achieving specific figure skating skills
- complimentary Gold Test pins
- invitational and interclub competitions, including the STARSkate championship stream
- specifically designed awards and incentives such as badges, tattoos and stickers
- STARSkate Skater of the Year awards program
- Progress updates and report cards
- Special STARSkate events and club functions
- Opportunity to be talent-scouted
- Opportunity for personal growth and the development of important life skills such as goal-setting, self-discipline, confidence, time management, healthy lifestyle and coping strategies to deal with success and failure.
- These are some of the awards and incentives that have been developed to encourage athletes in the STARSkate Program.

How STARSkate Works:

The STARSkate program consists of figure skating skills in four areas – Skating Skills, Ice Dance, Free Skate and Interpretive

At the City View Club- we divide each session into time slots allotted to working on these areas and giving lessons on each discipline. Each season may be ran differently depending on ice and coach availability as well as the number of skaters enrolled in the program. Fees for the StarSkate program at CityView include ice, group coaching and registration. Private lessons, additional ice, competitions and test/assessment fees are incurred through the duration of the year and are billed on a monthly basis. These additional fees are only incurred after direct consultation between parent and coach.

Fundraising for the StarSkate program

If you wish to recoup your mandatory club fundraising fee you have the option to purchase a Skater's Lottery ticket book for \$100 or select a \$50 fee during the time of registration. You will need to sell the book of tickets and then you keep the full \$100. Ticket books must be turned back in by February 15, NO EXCEPTIONS.

There will be additional costs incurred this season that will require additional fundraising efforts. Some examples are the ice costs for Friday morning skating, StarSkate only ice times through the season and StarSkate team activities. The amount will be calculated based on the number of skaters registered and will be similar to "team fees" that you have seen in other organized sports. All StarSkaters are expected to participate in fundraising activities. If you are not able to participate, you will be billed for your portion of fundraising. Please refer the fundraising memo that will be e-mailed to you.

Private Lessons:

We are running the StarSkate program in a group format again this season. This is due to ice/coach availability- however the coaches also had the opportunity to take in some group lesson training and feel we can effectively progress our skaters in a more economical way with the use of group lessons! Your coaches still feel very strongly that our skaters need to have some private/semi private lesson time in order to progress- especially once skaters reach Star 2/3 and are working on their own programs/solos. Private lesson expense is incurred by the skater. Lesson cost depends on the coach selected. Talk to your assigned coach to organize your lessons and billing. Each skater will be assessed and a recommended a number of private lessons depending on skill level. Private lessons will be available on Fridays and Saturdays.

Assessments:

Skaters will now be assessed on a continual basis throughout the season by the coaches. When a skater is almost ready to test, a portion of a session will be set aside for assessments (This most likely will occur on Friday mornings for the majority of skaters). Skaters are no longer required to be assessed by an outside evaluator until they reach the Star 6 level however there is still a Skate Canada testing fee of \$15/test. Skaters will be informed at least one week prior to testing and will need to pay the test fee BEFORE they are eligible to test.

Coach Administered Tests

Star 1-5 (Dance, Freeskate)
Star 1-Gold (Skills)
Star 5-Gold (Artistic)

These tests are conducted by the skaters' coach and usually take place during the skaters' regular lesson time. Your coach may decide to administer the test within a group, semi privately, or privately, depending upon the situation.

There is a test fee for each test. You will pay your test fee by purchasing a "test ticket" through the City View Uplifter website. The test ticket must be submitted to your coach before the test is conducted.

How to Purchase Test Tickets:

1. Access the City View Skating Club website at www.cityviewsc.uplifterinc.com
2. Log in to your City View Skating Club account with your e-mail address and password.
3. Click on Registration.
4. Click on Coach Administered test ticket. Enter quantity of tickets (purchase one ticket per test) and add to cart
5. BEFORE YOU PAY, Please Add The Following To The Comments Section - your skater's name, Skate Canada number, and test being taken (example: Sally Jones, #3002123987, Star 2 Skills test).
6. Pay by Credit Card.
7. Go into your Invoices and print the invoice for your test ticket.
8. Hand the printed Test Ticket Invoice to your coach BEFORE the test is administered

Competitions:

There are competitions our skaters are eligible to attend. Fees for competitions are extra expenses to the skating year. Generally the cost paid to the event and coaching costs paid to the coach. Coaches fees include mileage for coaches for out of town competitions. If more than one skater is attending the competition then these costs are divided between skaters. Please talk to the coaches if you are interested in attending. Competition costs are the responsibility of skaters.

City View Skate Club – Code of Ethics

Effective Date: September 2025

Applies To: All skaters, parents/guardians, coaches, officials, volunteers, and board members of City View Skate Club.

Aligned With: Skate Canada Code of Ethics, Skate Saskatchewan Safe Sport Policy Manual.

1. Purpose The City View Skate Club Code of Ethics establishes expectations for conduct, behaviour, and decision-making to ensure a safe, inclusive, respectful, and supportive environment. It upholds the values of fun, fair play, skill development, and integrity, reflecting the mission and vision of both City View Skate and Skate Canada.

2. Guiding Principles All members of City View Skate Club are expected to demonstrate the following values:

- **Integrity** – Act honestly, fairly, and with transparency.
- **Respect** – Treat all skaters, coaches, officials, parents, volunteers, and spectators with dignity and fairness.
- **Safety** – Protect the well-being of all participants and ensure the sport environment is free from abuse, bullying, and misconduct.
- **Accountability** – Take responsibility for one’s actions and decisions, report misconduct, and cooperate fully in investigations.
- **Excellence** – Strive for continuous improvement and model positive behaviour both on and off the ice.

3. Ethical Responsibilities

For All Members:

- Demonstrate good sportsmanship and uphold the spirit of fair play.
- Refrain from bullying, harassment, intimidation, or discriminatory behaviour.
- Use positive communication and avoid profanity, insults, or online misconduct.
- Follow all club, Skate Saskatchewan, and Skate Canada rules and policies.

For Skaters:

- Follow coach instructions promptly and respectfully.
- Maintain safety at all times—no horseplay, pushing, or unsafe skating.
- Respect other skaters’ space, equipment, and rights.

For Coaches:

- Maintain professionalism and integrity in coaching relationships.
- Provide a safe and age-appropriate training environment.
- Avoid conflicts of interest and do not exploit the coach–athlete relationship.
- Never use harmful discipline; instead, model positive reinforcement.

For Parents/Guardians & Spectators:

- Encourage skaters with positive comments and support.
- Respect officials’ decisions and coaches’ direction.
- Refrain from verbal or physical abuse, sarcasm, or hostility.
- Promote fair play and recognize the efforts of all skaters.

For Officials & Volunteers:

- Be impartial, fair, and respectful in decision-making.
- Support an inclusive environment and report unsafe or unethical behaviour.
- Maintain confidentiality and act in good faith when handling sensitive matters.

4. Prohibited Behaviour The following are not tolerated at City View Skate Club:

- Physical aggression, threats, or unsafe behaviour.
- Harassment, bullying, or discriminatory remarks.
- Substance use (alcohol, tobacco, cannabis, illegal drugs, or banned substances) at any club-sanctioned activity.
- Inappropriate use of social media to harm others.
- Any breach of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).

5. Reporting and Discipline

- Concerns or violations must be reported to a Coach, the Club Coach Liaison, or the Board President.
- Serious cases (harassment, abuse, or maltreatment) will be referred to Skate Saskatchewan's Independent Third Party or the Office of the Sport Integrity Commissioner (OSIC).
- Discipline follows a three-strike process:
 1. **Verbal Warning** – with documentation and parent notification (if minor).
 2. **Written Warning** – with required corrective action and parent meeting.
 3. **Removal from Program** – suspension or expulsion without refund.
- Severe misconduct may result in immediate suspension or expulsion.

6. Appeals Members may appeal disciplinary decisions in writing within 7 days. Appeals must demonstrate valid grounds such as lack of authority, procedural error, bias, or unreasonable decision-making. Appeals will be reviewed by an independent panel or referred to Skate Saskatchewan as required.

7. Confidentiality & Protection from Retaliation

- All reports and investigations will be handled confidentially and shared only with those who need to know.
- Retaliation against anyone who reports misconduct in good faith is strictly prohibited and will result in disciplinary action.

8. Commitment By registering with City View Skate Club, all skaters, parents/guardians, coaches, officials, and volunteers agree to:

- Uphold this Code of Ethics.
- Abide by Skate Canada's Code of Ethics and Safe Sport policies.
- Support an environment where all participants can thrive in safety, fairness, and enjoyment of skating.

References

City View Skating Club. (2024). *City View Skating Club skater & parent handbook: 2024–25 season*.
Skate Canada. (2020). *Code of ethics*.
Skate Canada. (2020). *General disputes reporting and resolution policy*.
Skate Saskatchewan. (n.d.). *Safe sport policy manual*.

City View Skate Club – Discipline Policy

Effective Date: September 2025

Applies To: All skaters, parents/guardians, coaches, officials, volunteers, and board members of City View Skate Club ("members").

Aligned With: City View Skate Club Code of Ethics, Skate Canada General Disputes Reporting and Resolution Policy, Skate Saskatchewan Safe Sport Policy Manual.

1. Purpose This policy outlines the procedures for addressing and resolving violations of the City View Skate Club Code of Ethics, the Parent Code of Conduct, and other club policies. Its purpose is to ensure a fair, transparent, and timely process that upholds the club's commitment to a safe, respectful, and inclusive environment for all participants.

2. Scope and Application This policy applies to all members and covers misconduct that occurs during any club-sanctioned activities, including practices, competitions, and events. It also applies to conduct outside of club activities if that conduct adversely affects the club's environment or reputation.

3. Reporting Procedure

- Any member who witnesses or experiences a violation of club policies is encouraged to report it in good faith.
- Initial concerns or violations should be reported to a **Coach**, the **Club Coach Liaison** (Jacquie Vierling), or the **Board President** (Jennifer Fox).
- All reports will be handled with confidentiality to protect the privacy of those involved. Retaliation against any individual who makes a good faith report is strictly prohibited and will result in disciplinary action.

4. Disciplinary Process (Three-Strike Rule) City View Skate Club follows a progressive, three-strike process for most disciplinary matters. The goal is corrective action and education.

- **Strike 1: Verbal Warning**
 - The member will receive a formal verbal warning from a coach or board representative.
 - The incident and the warning will be documented for club records.
 - For minor members, parents/guardians will be notified.
- **Strike 2: Written Warning & Corrective Action Plan**
 - For a subsequent violation, the member will receive a formal written warning.
 - A mandatory meeting will be held with the member, their parents/guardians (if applicable), a coach, and a board representative.
 - A corrective action plan will be developed to outline expectations for future behaviour.
- **Strike 3: Removal from Program**
 - A third violation will result in the member's immediate **suspension or expulsion** from all club programs for the remainder of the season.
 - No refunds for registration fees will be issued.

5. Severe Misconduct Certain behaviours are considered severe and may bypass the three-strike process, resulting in **immediate suspension or expulsion** at the discretion of the Board of Directors. Such behaviours include, but are not limited to:

- Physical aggression or threats.

- Serious harassment, bullying, or discrimination.
- Any breach of the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS).
- Any conduct that poses a significant threat to the safety and well-being of others.

6. Referral to Higher Authorities Serious cases of misconduct, particularly those involving potential harassment, abuse, or maltreatment, will be referred to Skate Saskatchewan's Independent Third Party or the Office of the Sport Integrity Commissioner (OSIC) for handling, in alignment with Skate Canada's national safe sport policies.

7. Appeals Process A member subject to a disciplinary decision may appeal in writing within seven days of receiving the decision. An appeal will only be considered on procedural grounds, such as:

- The decision was made without proper authority.
- The established procedures were not followed.
- The decision was influenced by bias.
- The decision was obviously unreasonable.

The appeal will be reviewed by an independent panel appointed by the Board or referred to Skate Saskatchewan as required. The person appealing bears the responsibility of proving that an error occurred.

8. Commitment By registering with City View Skate Club, all members agree to abide by this Discipline Policy and the club's Code of Ethics, contributing to a positive environment for everyone in the skating community.

References

City View Skate Club. (2025). *City View Skate Club – Code of Ethics*.
 City View Skating Club. (2024). *City View Skating Club skater & parent handbook: 2024–25 season*.
 Skate Canada. (2020). *General disputes reporting and resolution policy*.