



Stratford Park Skating Club Rules

- Dress code (full version available on the club website at www.spsc.org.uk/club.html):
 - **Girls** should wear:
 - Jogging bottoms and a sport/T-shirt,
 - A skating skirt and a sport/T-shirt OR
 - A skating dress
 - **Boys** should wear:
 - Sport trousers/shorts and a shirt/T-shirt
 - Jeans are NOT allowed.
 - Bare midriffs are unacceptable, and underwear MUST be entirely covered.
 - Long hair MUST be tied back at all times
- We have a reputation of being a friendly and welcoming club, so be respectful, kind and courteous towards *all* fellow skaters. Bad language, inappropriate social media posts and bullying will NOT be tolerated.
- Be respectful and courteous towards your Coaches at all times; they are there to help you. If you need help, just ask.
- Any one wishing to leave the floor must obtain permission from the relevant coach.
- Whilst skating on the half hall, skaters must ONLY skate the dance being played. This is essential for the safety of all skaters on the floor at the time.
- If you are not participating in the current dance please remain in the designated seating area.
- Skaters may only skate in the session that they have paid for. No one may skate earlier or later than scheduled time. These are below:
 - Sunday 9.30am – 11.30am Beginners, Grades 1-6 and basic dances & elements
 - Sunday 11.30am – 1.30pm Advanced and Dance
 - Thursday 6pm – 8pm or 9pm (see website for timings of specific Thursdays).
- Please do NOT use the other side of the hall (courts 1-3) on Sunday mornings until 11:30am, and not before it has been cleared and swept by Stratford Park Leisure Centre staff.
- Skaters must NOT skate until a qualified coach is present.
- No mobile phones are to be used during a session without a coach's permission.
- Children under 10 years old must be accompanied by a parent/guardian at all times.
- Skaters may not go on or up the stairs with skates on.
- Any changes of clothes must be done in the Leisure Centre's changing facilities.
- More experienced skaters are responsible for "giving way" to less experienced skaters.
- If you fall and are not hurt, get up promptly.
- Remember that SAFETY IS FIRST. Be responsible. Be aware. Watch around you.
- **Enjoy yourself and have fun.**