



The Skating Club of Boston

High Performance Program Rules

IR 19 - In recognition of the need for all skaters to keep their focus on what is happening on the ice, parents may not offer instruction to a child from the boards, the bleachers or any other location. For the purposes of this rule, 'instruction' includes providing feedback on the execution of elements, providing direction on training activities, and providing any other guidance about what the skater is doing on the ice.

IR 20 – Certain sessions will be designated as 'High Performance' sessions. These sessions are designed to allow skaters and coaches to maximally focus on their training, and during High Performance sessions the following additional rules apply:

- (a) To avoid interfering with the training and safety of other skaters on the ice, all skaters and coaches on High Performance sessions are expected to focus exclusively on training and what is happening on the ice.
- (b) Skaters on a High Performance session who need to engage a party not on the ice such as a parent, skater not on the session, or member of the Club staff, must leave the ice to do so.
- (c) To avoid creating a distraction for skaters and coaches on the ice, during High Performance sessions, parents may not:
 - (i) stand by the boards.
 - (ii) engage in conversation with a child or coach who is on the ice (parents who need to speak with a child or coach during a High Performance session should ask a coach or office staff member not on the ice to call the skater or coach off the ice for the conversation).