



Since 1950

2018-2019 PARENT HANDBOOK

www.smallfryskating.com

smallfryskating@gmail.com

Welcome

Welcome to the 2018-2019 Burlington Small Fry (BSFS) season. We are a not-for-profit volunteer program designed to teach preschoolers 3 – 6 years of age how to skate and the basics of hockey. Children registered in the program must be three years of age on or before December 31st of this year.

Our goal is to introduce your child to the sport of ice-skating in a safe, fun, and caring environment. Our policies and procedures are in place to ensure the safety and comfort of all the children registered in the program so it is very important that you read the policies and procedures completely and keep this handbook in a convenient place for easy reference.

There will be an information table set up by the main entrance at each skating session with one or two Executive members who will answer your questions and to address any issues.

Please stay informed of all BSFS activities by visiting our website www.smallfryskating.com regularly or watching our Facebook page.

Our 2018-2019 Executive has been planning for another fun and exciting season at BSFS. We look forward to working with our new and returning families for a very successful season.

Sponsorship Opportunities

We are always looking for sponsors for this skating season (i.e. Sponsor is required for Hockey Sweaters). Please contact an executive for more details on sponsorship.

Executive and On-Ice Leader Recruitment

We are always looking for parents/caregivers who are committed to BSFS to join our Executive and On-Ice Leader team for the following year. If you are interested, please send us an e-mail or speak to one of our Executive members.

2018-2019 Important Dates

WEDNESDAYS:

Session 1	Oct 3, 10, 17, 24
Session 2	Oct 31, Nov 7, 14, 21
Session 3	Nov 28, Dec 5, Jan 9, 16 Family Skate Dec 12th
Session 4	Jan 23, Feb 6, 13, 20 No Skating Jan 30 Year End Show Feb 27

THURSDAYS:

Session 1	Oct 4, 11, 18, 25
Session 2	Nov 1, 8, 15, 22
Session 3	Nov 29, Dec 6, Jan 10, 17 Family Skate Dec. 13th
Session 4	Jan 24, Feb 7, 14, 21 No Skating Jan 31 Year End Show Feb 28

Volunteering

The Executive and On-Ice Leaders are parent/caregiver volunteers who administer the program for the entire season and need additional support from the remaining parents/caregivers through mandatory volunteer duties assigned at registration on a first-come, first-served basis.

All parents/caregivers must sign up for a volunteer position as part of their registration.

Volunteer positions are 4 weeks (1 session) for each registered child.

Each volunteer is expected to arrive **15** minutes prior to their scheduled volunteer session start time and remain at their duty until the session ends.

Once you have fulfilled your volunteer obligation, your volunteer deposit cheque will be returned to you. However, if you fail to complete your volunteer commitment, your cheque will be cashed immediately.

Volunteer Positions

On-Ice Volunteer

Provides support to the Ice Captain and On-Ice Leaders. Duties include helping with set up and break down of the pylons, equipment and other supplies. Each session check-in with the Ice Captain and you will be assigned to a specific level. When your group goes off the ice you will also be expected to assist with helmets/mitts and escorting skaters on and off the ice. ***You do not need to be an expert skater to volunteer on the ice.***

Ramp Monitor

Three people are scheduled each session for ramp duties. You are expected to assist the children in getting on and off the ice and keep the ramp and bench area clear. ***Only participating children, on-ice volunteers and executive members are allowed in these areas during the skating session.*** If a child needs to leave the ice for a bathroom break or due to illness, it will be your responsibility to locate the parent/caregiver of that child, who will then assist their child.

Set Up

This position requires you to arrive a bit early to bring down two carts with the skating equipment. The room we keep the equipment in will be shown to you and it is to be brought down beside the rink for the leaders to use. It is vital to the running on the program that

This duty allows you to watch your child for the entire lesson.

Take down

Same as above, except you are returning the equipment to our storage locker upstairs at the back of the arena.

This duty allows you to watch your child for the entire lesson.

Family Skate

You will work with the events coordinator to organize family skate and pizza party. On the day of the family skate there is set up and clean up as well as giving out pizza and drinks to the skaters.

Photo Day

This duty requires you to help out as necessary on photo day. Part of the duties include escorting skaters to and from the photo room and assisting the photographers and events coordinator as needed.

Medals

You will work with the events coordinator to order the medals. Once they arrive help distribute them to the skaters.

Year End Show Committee

You will work with the Event Coordinators for your day. Duties are assigned in preparation for the year end show activities. They include making costumes, props, writing and distributing programs, decorating, ramp monitors, group monitors, MC, etc. Except for the actual Year End Show, meetings and jobs are usually done outside of the skating session.

Note:

Once you have signed up for a volunteer position, it is your responsibility to remember all the dates of your commitment. You are responsible for ensuring that all listed duties are carried out in full. This includes arriving on time and remaining until all of your duties have been completed. If a conflict should arise, you must find your own replacement. If your duties are not carried out in full, you will forfeit your volunteer deposit of \$150 and your child may be withdrawn from the program. Please remember to sign in at the beginning of each session.

All questions regarding volunteering can be directed to the Volunteer Coordinator so please be sure to add smallfryvolunteer@gmail.com to your contact list to avoid missing any emails.

Policies and Procedures

Children must not be left unattended at any time. There must always be a parent/caregiver in attendance at the rink at all times.

This is not a drop-off program. Parents and caregivers must remain in the arena for the entire skating session. If a child in your care needs to come off the ice for any reason, you must be there to escort them.

Assessment

Beginner skaters do not need to be assessed and will automatically be placed in our Green level (first level). If your child is a beginner skater, please ask for a green sticker at the sign in table on the first day and take your child to the green change room.

Children will be assigned to a skating level based on their past experience. If a child has participated in Small Fry before, they will be assigned to the same level as they were at the end of the previous season. Children new to Small Fry Skating will be assessed on the first day.

Assessments will be made on an on-going basis by the ice Captain and Assistant Ice Captain. In order for a skater to move up a colour group, each skater must be able to complete all necessary skills. The evaluation of these skills will be determined by the Ice Captains and On-Ice Leaders. Please refer to the ***Skill Level Requirements*** for more information.

Children participating in the hockey program will be screened by the hockey coach during the first two sessions. Acceptance into the hockey program will be at the discretion of the hockey coach. Full hockey gear is not required for the assessment but is mandatory if accepted into the program.

All skaters must have proper skates, CSA approved helmets with cage or shield, mittens and dress appropriately for the ice.

Dressing Rooms

The dressing rooms are colour coded to correspond with the dots on the children's helmets. Please make sure you use the dressing room assigned to your child's colour group. This is the room where you can put the children's skates on, dress them for the ice and obtain their pinny. To avoid overcrowding, we ask that once the children are dressed for the ice please take them outside of the change room and line-up along the wall. The On-Ice Leader or Ice Captain will lead the children onto the ice. ***Children should not be left unattended at any time.***

Dress Code

Helmets with shields/cages are **MANDATORY!** They must be CSA approved skating helmets. Bike helmets are not acceptable. Your child will not be allowed on the ice without their helmet. Please do not allow your child to wear a toque under their helmet.

Mittens must be worn by all children for warmth and safety. Waterproof mittens are preferred. Children will not be allowed on the ice without mittens.

We do recommend that children wear layered clothing, with splash pants to keep them warm and dry. Snow suits are not recommended as they can be cumbersome and not allow freedom of movement. Scarves are not allowed for safety reasons.

We also recommend elbow and knee pads for the beginner skaters.

BSFS only allows single blade skates. For optimum performance, we recommend that skates are sharpened once every other month.

Refund Policy

Please note that we do not offer total refunds. If you find that your child is not settling into the routine of skating or you must withdraw for other reasons, the refund policy states:

“That a refund will only be issued if it is requested by the **2nd skating session** or at the discretion of the executive. The amount of the refund will be the amount of the registration fee less a \$25 processing charge.”

Inclement Weather Policy

In case of inclement weather, please check our website or Facebook for cancellations. As a rule, if the Halton District School Board cancels school busses, then BSFS will cancel its session for that day. ***Our insurance prohibits anyone from going on the ice when a session is cancelled.***

Communication

Our Executive volunteers will keep you informed of BSFS happenings through the season. There will be an information table attended by an executive volunteer at every skating session. Members can also stay updated by visiting our website or Facebook page or through our regular newsletters.

Skill Level Requirements

The children are divided into groups according to their skating ability. The groups are identified by colour and your child's group will be indicated by a coloured dot on their helmet. As your child's skating ability improves, he/she will be moved up to different levels. There are certain requirements that must be met before a child is ready for advancement. The On-Ice Leaders and Ice Captain will decide if a child is ready. If you have any questions, please speak to the Ice Captain.

Pre-Beginner (Green)

- Kneel to stand (get up unassisted)
- Follow direction
- Shuffle forward
- Separate from parent
- Can Stay on ice for entire session

Beginner Goals (Yellow)

- Stance on ice
- Glide/shuffle forward and back
- Kneel to stand (get up unassisted)
- Follow direction
- Separate from parent
- Balance during movement
- Skate in a circle and stop safely
- Skate $\frac{3}{4}$ width of rink
- Can stay on ice for entire session

Pre-Glider Goals (Red)

- Stopping either snowplow or skid stop
- Pushing with both feet
- Two foot gliding
- Beginning backwards skating
- Standing on one foot
- Skating safely in a line and group
- Ability to follow direction

Glider Goals (Blue)

- Safety rules when skating in a line and group
- Snowplow or side stop
- Skating backwards
- Work both edges of the blade
- Gliding on one foot, alternating feet
- Frontward/backward sculling
- “T” push off
- Turns and crossovers

Figures Goals (Purple)

- Proper posture (chin up, body upright, arms out, knees bent)
- Skate forward on circle using two feet (both directions)
- Crossovers
- Backwards sculling
- While gliding, bend and grasp outside of ankles, then return to standing
- Follow figure 8 using inside and outside edges
- Stroking (alternate gliding on each foot)
- 3 turns
- Bunny hops
- One foot spin, two foot spin
- Turning forward to backward and backward to forward
- Spirals
- Two foot jump forward to backward and backward to forward

Power Skating Hockey Goals (Black)

- Speed skating
- Skid stopping
- Falls/dives/rolls
- Backward skating
- Agility and balance
- Crossovers
- Team concepts
- Reinforce power skating skills
- Introduction to game skills, passing, shooting and game rules