

RK Speed Team (RKST): Rules & Regulations

(2017 -2018)

APPLICABLE FOR COACHING / CHAMPIONSHIPS / CAMPS

RK Speed Team (RKST) is run by trained coaches led by Mr. Ravi Khati (Chief Coach) to impart quality training in the field of Quads and Inline speed skating and prepare skaters to compete at various Zonal / National /International level championships. In the last few years, RK Speed Team have done exceptionally well at all Zonal and National competitions. This was possible due to the discipline and co-operation from the parents and the skater. We need to further ensure better discipline among skaters for strictly following the below mentioned rules and regulations and seek support from parents as well.

- 1.) **Personal Protective Equipment/Gears:** No skaters will be allowed inside the rink/road practice without protective gears like helmets / knee guards / gloves / reflector jackets etc. Parents/ skaters have to ensure that they (skaters) strictly follow the safety guidelines by wearing protective gears during practice/competitions.
- 2.) **Injuries/ Damages:** RKST will ensure to take training classes on authorized rinks / banked tracks. RKST will not be responsible/ liable for any injury to the skaters or loss caused during coaching classes/ camps / championships.

Long trainings and road classes are being organized at open areas. RKST will not be held responsible for any injuries to skaters during such classes. It's the sole responsibility of the parents and skaters to ensure their own safety by following the guidelines of the coaches and wearing protective gears like helmets/reflective jackets etc.

- 3.) **Indiscipline Act:** It is expected from parents and skaters to strictly follow the RKST guidelines/rules and regulations. We have to promote good team spirits and culture. Any violations or indiscipline by skaters will not be accepted. RKST will initiate disciplinary action against the skaters who do not follow the guidelines/ rules & regulations. Misbehaving with coaches/ team members or parents will lead to suspension of the skaters or debarring such person / skaters from the team.
- 4.) **No interference during coaching classes:** Parents will have to ensure that they don't interfere while skaters are attending coaching classes / camps / competitions. If they have any issues related to coaching or others, same can be discussed with coaches after the classes OR they can write / speak to chief coach Mr. Ravi Khati.
- 5.) **Non Availability of Coaches:** RKST runs the coaching classes strictly as per the batch timings throughout the year. RKST ensure that coaches are always available to supervise and guide the skaters during the classes. But sometimes due to unavoidable circumstances if coaches did not reach the training venue on time or remain absent, Parents / skaters should not take coaching/ practice at their own. If chief coach is not available assigns assistant coach to take the classes, skaters/parents will have to cooperate with them

during the classes. Non-Cooperation will be considered as an indiscipline act and appropriate action can be taken.

- 6.) **Advance training/ camps in other rinks:** RKST is proactive and promotes the game in good spirit and expected same from others. Seeking individual advance training/ camps at other places or with coaches other than RKST, Parents/skaters must inform chief coach in advance for their proposed plan. Failure will lead to disciplinary action.
- 7.) **Skaters on Leave:** Parents/ skaters must inform at least 2 days in advance about taking leave from coaching classes as classes are strictly organized with scheduled timelines & action plans. Any shortage in numbers (Skaters) can affect the training scheduled of the day and adversely impact the training program.
- 8.) **RK speed team uniform:** Parents / skaters must ensure to wear RK Speed Team speed suits/ jerseys / tracksuits during the competitions. Team uniform including speed suits/jerseys/tracksuits will be provided by RKST on request of parents/ skaters for a reasonable price.
- 9.) **Skating Gears:** Parents/ skaters must consult coaches of RKST before purchasing any skating equipment. Skaters should use the standard skates/ helmets/ wheels/ chassis/ suits etc. The gears should meet RSFI / FIRS standards and also should be approved by RKST coaches/ chief coach. However, RKST also provides standard quality gears/ wheels/team suits etc. from **world renowned manufacturers/dealers at discounted rates.**
- 10.) **WhatsApp Informational Group:** Chief Coach/ Assistant Coaches will convey training timings, venues or any other useful information related to skating/ training with parents and skaters from time to time. Parents are strictly advised to restrain from posting any general or other material on such groups. Any parent/ skater found not abiding this will be removed from the WhatsApp group.
- 11.) **Coaching Fees:** RKST will charge annual coaching fees for all the activities run by the RKST, this fees will be non-refundable and non-transferable. Training fee need to be paid in advance. Please refer to the training chart-fee program sheet for the amounts to be paid.

RK Speed Team will take disciplinary action against those who lead to violation of the rules and regulations.

I understand and agree to abide by the rules of RK Speed Team. I accept all responsibility for my (or my child's) safety and agree to not hold RKST Body Members / Coaches individually (or collectively) liable for any injuries sustained during RKST coaching sessions or events.

_____ Date _____
(Signature of RKST member)

_____ Date _____
(Signature of Parent/Guardian)