

Clinton Skating Club

Jump Harness - Policy & Procedures



Purpose:

The Jump Harness was purchased to be a resource to benefit all Clinton Skating Club senior skaters and coaching staff. The purpose of this document is to ensure that all parties understand the policies surrounding the use, security and safety of the jump harness.

Eligibility:

Skaters and senior coaches must be members in good standing with the Clinton Skating Club as well as Skate Canada to be eligible to use the jump harness. Both skater and coach must have proper liability insurance prior to use. There will be no cost to skaters or coaches to use the jump harness.

Policy & Procedures:

1. The jump harness is property of the Clinton Skating Club and is to be used only by trained senior coaches. Any coach wishing to use the jump harness must have completed on-ice harness training with the current Senior Coach of Clinton Skating Club
2. It is the coach's responsibility to only put skaters in the harness who are "ready" and working on jumps/spins that require use of the harness. Learning a waltz jump for example is not acceptable use of the harness.
3. The coach is responsible for the skater's safety and actions while using the jump harness.
4. It is the coach's responsibility to properly attach the harness, secure the skater, remove the harness from skater and re-secure the harness rope for storage. Also to return harness to club's secure locker.
5. Jump harness sessions should be no more than 20mins in length.
6. The instructor must skate side by side in a parallel line, with their skater. If the harness is not permitting the skater natural flow, rhythm, speed and direction, it is not a help to the skater. Having the skater jump and land, when the instructor is not lined up with the skater will result in poor landing perception, no landing flow, poor landing technique, and improper use of the harness.
7. The harness is for safe support and guidance only. The harness is a useful tool in aiding the skater safely through techniques. The harness is NOT intended to support the full weight of the skater doing the jump.
8. Absolutely no horse play or unsafe actions in the harness will be tolerated by any coach or skater.
9. Eligible skaters and coaches may ONLY use the jump harness on club ice sessions.
10. The harness will be inspected annually.
11. The Clinton Skating Club reserve the right to refuse the use of the harness by any instructor at any time.

PLEASE USE EXTREME CAUTION WHILE USING THE JUMP HARNESS
Failure to comply with these policies will result in loss of permission to use the harness.