



TRAINING COMMITTEE

STANDARD OPERATING PROCEDURES
VERSION 5.3

UPDATED 18 October 2018

Training Committee Standard Operating Procedures

Preamble

Varsity Derby League's Training Committee (Training Committee) recognises the need to standardise practices within the Training Committee and in the Training Committee's approach to coaching and testing derby related skills, as well as Training Committee's general interaction with the League.

The following SOPs have been created in light of this, and with reference to the League's constitution and the Training Committee's own Bylaws and other Bylaws that have direct influence over the productivity and safety of Training Sessions.

These SOPs are intended to increase Training Committee's accountability and transparency, as well as assisting new trainers in integrating into the Training Committee and inform general members of the League as to what is expected of the Training Committee.

The Training Committee is responsible for updating this document and it should be reviewed annually. The Training Committee Representative should present agreed amendments to the Executive Committee for ratifying.

Definitions

Assistant Trainer means the member of the Training Committee who is helping the **Primary Trainer** with any given training session.

Executive means those persons who are constitutionally elected to the Executive Committee.

Guest means any person participating in a sanctioned event who is not a League Member which could include, but is not limited to, visiting skaters and trainers.

League means Varsity Derby League.

League Attendance Credit is a credit awarded to a skater for attending a VDL training session run by the VDL Training Committee.

League Constitution means the Varsity Derby League Constitution, the body of fundamental principles and established precedents of how the league will operate.

League Member means any skater, referee, NSO, trainer or Executive Committee member that is a current financial member of Varsity Derby League.

Primary Trainer means the member of the Training Committee who is leading the learning of any training session.

Regular Season means the date range as identified in the Training and Events Calendar where games are scheduled.

Rookie Program means a program that is specifically designed to provide new skaters with the skills and confidence necessary to integrate with the rest of the League.

Sanctioned Event means any event whether it is training, a game, scrimmage, excursions (either home or away) that is sanctioned by the Varsity Derby League Executive Committee thus forming an authorised activity.

Session Plan means the pre-planned written activities, goals and objectives of any given training session that is to be prepared by and used by the primary trainer for that session.

Session Plan Template means the pro-forma template used by the Primary Trainer to construct the basis of any given training session.

Star Rank means the recognised skill level given to a member who has successfully completed the League's official Star Testing regime for that rank. Ranks are White, Yellow, Orange, and Black.

Skills Recognition Test means a test conducted by the Training Committee at White, Yellow and Orange Star Rank. The aim of the Skills Recognition Test is to assess the level of a Transferring Skater entering the league with prior skating experience.

Skills Training Manual means an archive of drills and plays developed by VDL Training Committee members.

Star Testing means the official test required to be successfully completed by a skater to obtain a **Star Rank**.

Standard Operating Procedures (SOPs) means the rules, regulations or processes as outlined by this document.

Team means a group of skaters chosen as per the **Team Draft Policy** to compete at interleague challenges, tournaments and other external games and scrimmages.

Team Captain means the person elected as Captain by the members of each Representative Team.

Team Drafting Policy means the Team Drafting Policy put in place and managed by the Executive Committee.

Trainer means a person who is appointed to the Training Committee as per the Formation of Training Committee By-law.

Training Committee (TC) means the League Members that have been appointed as individual members of the Training Committee.

Training Committee Representative means the person from the Training Committee that is constitutionally elected to the Executive Committee. They represent and convey the ideas agreed on by the Training Committee for training and League development.

Training Cycle means the eight (8) calendar week periods allocated by TC across the year.

Training and Events Calendar means the annual calendar agreed by the Executive Committee and the Training Committee that contains but is not limited to dates for games, League fundraising events, Training Cycles, Training Session times and venues, Start Testing and Rookie Intakes.

Training Kit means a training bag that contains plastic cones, whistles, a stopwatch, helmet covers, a first aid kit, a blood pathogen kit, and any other item that is deemed necessary by the Training Committee, as approved by the Executive Committee.

Training Roster means the scheduling of trainers for specific sessions.

Training Session is a session conducted by the Training Committee to train the league.

Transferring Skater means a skater from another roller derby league who wishes to join Varsity Derby League.

1.0 Training

- 1.1 Where possible, training will be held on a regular basis with at least two (2) sessions per week aimed at each Star Rank. This is subject to public holidays, venue availability and other pre-existing calendar events.
- 1.2 The Executive Committee is responsible for booking and paying for training venues and advising the Training Committee of these commitments and associated dates and times.
- 1.3 Regular training sessions will be led by a Primary Trainer/s and appointed Assistant Trainers. Assistants can be members of Training Committee or a suitably skilled Orange Star or Black Star may also assist.
- 1.4 Trainers must prepare and make available on our Revolutionise system, a lesson plan before the scheduled Training Session. Only the Primary Trainer for any session will be required to prepare a lesson plan for that session.
- 1.5 Session Plans remain the intellectual property of Varsity Derby League.
- 1.6 It is preferable that the Session Plan should be formatted using the Session Plan Template as shown in Annexure 1.
- 1.7 If a skater is uncomfortable participating in a group/drill, an appropriate alternative activity will be provided by the Primary Trainer. Alternatively, that member may choose to opt out of the drill.
- 1.8 Scrimmage is separate from training and is considered game practice. A complete overview of League scrimmage can be found at Annexure 2. VDL is a gender-inclusive league and does not base training sessions on gender. As such, standard scrimmage is based on skill level differences instead of gender. In following the Gender-Inclusiveness Policy, skaters can 'opt-out' of any mixed-gender activities without disadvantage.
- 1.9 The role of the Primary Trainer/s for each Training Session will be shared equally amongst all Trainers where practicable.
- 1.10 The Training Roster and content will be made available to the entire Training Committee prior to the sessions being delivered.
- 1.11 Any Trainer that needs to change their Training Session should give, where possible, forty-eight (48) hours' notice before that session to Training Committee. If a replacement Trainer is not found, the session may either be cancelled, or a suitable orange star or black star skater who is not a member of the Training Committee may be appointed as a temporary trainer for the session and provided with a Session Plan by the Training Committee. Session cancellations should be avoided where an adequate solution can be arranged.

1.12 Due to the special coaching skills required for newer skaters, Rookie sessions should be prepared and run primarily by dedicated Rookie Trainers; however, this is not absolute.

1.13 Trainers may arrange extra training. These extra sessions would not be subject to the rotation described in 1.9.

1.14 The Training Committee will request from the Executive Committee (in writing and with seven (7) days notice) any extra training sessions, where practical.

1.15 Primary Trainers will ensure that a First Aid person is present at their training sessions.

1.16 All trainers are expected to hold or be looking to obtain Coaching Accreditation specific to Roller Derby in following the requirements of our current insurer, Skate Victoria.

1.17 Primary Trainers will ensure they have access to the venue for their session. This should be planned a week in advance to ensure other Trainers have sufficient time to schedule activities or exchange keys.

2.0 Trainer Appointment

- 2.1 The Training Committee will appoint and maintain members in accordance with the Formation of the Training Committee By-Law.
- 2.2 A Trainer may stand down from the Training Committee by giving two weeks' notice to the Training Committee. They may reapply for the position when the next round of Expressions of Interest (EOI) is announced.
- 2.3 All members of Training Committee have an equal say in decisions.
- 2.4 The Training Committee is provided a Training Kit that remains at the Queanbeyan Multi-Purpose Hall (MPH). This can be used by all Trainers. The Executive Committee can be approached for funding to replace lost items in extenuating circumstances. Training Kits remain the property of Varsity Derby League.
- 2.5 The Training Committee is required to audit the contents of Training Kits at the end of the financial year.
- 2.6 The Training Committee will assign special roles to ensure that there is a focus on key responsibilities and workload is shared evenly. Other than the Executive Committee TC Representative, each role may be filled by more than one member:
- 2.6.1 TC Sub-Committee Representative**
Assigned role as per the constitution. The TC Sub-Committee representative is responsible for ensuring that the Sub-Committee fulfils its powers, duties and responsibilities.
- 2.6.1.1 Ensures TC meeting minutes are adequately documented and submitted to the Executive Committee within seven days;
- 2.6.1.2 Assigned any action items for TC engagement with the Executive Committee, or ensures this action is undertaken by another member of the Training Committee;
- 2.6.1.3 Seeks from the Executive any decisions or funding required to undertake the powers, duties and responsibilities of the Training Committee.
- 2.6.1.3 Presents a single view of TC decisions to the Executive Committee.
- 2.6.2 Inter-League Liaison**
Communication channel for TC to other roller derby leagues and responsible for the following activities:
- 2.6.2.1 In coordination with the League Vice President, communication regarding both local and inter-state training events, including open scrimmages, guest trainers, and boot camps.

2.6.2.2 Working with the Executive Committee to schedule and ensure all training-related events, both local and inter-state are in the league calendar and league members are notified.

2.6.2.3 Working with Event Committee to ensure any local training event is organised.

2.6.3 Training Coordinator

Coordinates league training within the Training Committee and is responsible for:

2.6.3.1 Ensuring the Training Manual is up-to-date with new drills by all trainers;

2.6.3.2 Creating a schedule of training sessions, including session topics and assigned Trainer and Assistant Trainers, focusing on aligning session topics with trainer strengths;

2.6.3.3 Communication with Team Captains and Executive Committee around league training goals, with review from the wider Training Committee; and

2.6.3.4 Working with the TC Inter-League Liaison and the League Vice President to schedule guest trainers for training sessions.

2.6.4 Rookie Trainer/s

Trainer/s primarily responsible for training Rookies:

2.6.4.1 Being the point of contact for Rookies;

2.6.4.2 Is the point of contact with the Welfare Committee in relation to the Rookie liaison, including arranging any information sessions held prior to the commencement of Rookie intake and training;

2.6.4.3 Prepare Rookie training sessions, and coordinate with allocated Rookie trainers to ensure pertinent points in relation to Rookies is conveyed.

2.6.5 Attendance Recorder

Ensures attendance is recorded accurately:

2.6.5.1 Ensure all Trainers have lodged attendance for their sessions.

2.6.5.2 Creates a report at the end of each cycle of inactive skaters to provide to the Executive Committee.

2.6.5.3 Keeps track of when skaters have ceased skating or have been injured.

2.6.6 Training Committee Secretary

Responds to emails to Training Committee:

2.6.6.1 Ensures that email sent to the Training Committee are responded to within 48 hours, noting that additional follow up may be required to provide a complete answer.

2.6.6.2 Ensures the mailbox is maintained, with emails are labelled appropriate and archived.

2.2.2.3 Prepares Training Committee Meeting Minutes on behalf of the TC Sub-committee Representative, including assignment of action items.

2.6.7 Testing Coordinator

Has oversight of the League's progressing skaters and is responsible for:

2.6.7.1 Maintaining a register of League skaters and their relevant star levels, test dates, and rules results.

2.6.7.2 Coordinating testing days. Coordination activities include arranging testing slots, assigning trainers to testing slots based on availability, preparation of test sheets for participating skaters, refurbishing the testing folder with testing forms and receipts, and recording the results of testing.

2.6.7.3 Reporting statistics to the TC Sub-committee Representative for passage to the Executive.

3.0 Skills and Testing

- 3.1 There are four Star Ranks used in the League to measure the capability of each skater, and our newest skaters are un-starred (Rookies). They are as follows:
- 3.1.1 **Rookie:** skaters that have no previous Roller Derby experience and have entered the League as part of the Rookie Intake program.
 - 3.1.2 **White Star:** skaters that have previous Roller Derby experience (qualified by Training Committee at the level of the current White Star Test), or who have graduated, via Star Test to White Star. White Star skaters have basic skating and limited contact skills.
 - 3.1.3 **Yellow Star:** skaters that have previous Roller Derby experience (qualified by Training Committee at the level of the Yellow Star test), or who have graduated, via Star Test to Yellow Star. Yellow Star skaters have intermediate skating skill, and basic contact skills.
 - 3.1.4 **Orange Star:** skaters that have previous Roller Derby experience (qualified by Training Committee at the level of the Orange Star Test / 'WFTDA Minimum skills'), or who have graduated, via Star Test to Orange Star. Orange Star skaters have intermediate skating skill, and intermediate contact skills.
 - 3.1.5 **Black Star:** skaters that have previous skating and officiating experience (qualified by Training Committee and the Officials Committee at the level of the Black Star Test), or who have graduated, via Star Test to Black Star. Black Star skaters are considered Referees within VDL.
- 3.2 Skaters aged over 18 years and of any Star Rank (not including Rookies) are eligible to participate in full contact drills during VDL training sessions. Skaters aged 16 and 17 are eligible to participate in full-contact drills during VDL training sessions - refer Skate Victoria policy for full details of when this clause may apply.
- 3.3 Skaters of Yellow and Orange Star Ranks are eligible to join full contact scrimmage practice, provided they have successfully passed the WFTDA rules test to the WFTDA required standard. Skaters aged under 18 that meet the above scrimmage requirement may participate in full contact scrimmage practice with skaters over 18 years if they meet all necessary insurance requirements and with permission from the Executive / Training Committee.
- 3.4 Skaters of Orange Star Rank are eligible to participate in games with other leagues as part of VDL's drafted Teams at their respective level.
- 3.5 The Training Committee will provide all eligible skaters the opportunity to sit a Star Test every eight (8) weeks.
- 3.6 Skaters are under no obligation to sit a scheduled Star Test.
- 3.7 To maintain Orange Star ranking, skaters must re-qualify annually against the WFTDA Minimum Skills requirements, as outlined on the WFTDA website.

3.8 Testing dates will form part of the annual training and events calendar and will be made available to all league members prior to testing dates. At a minimum, members will be given two weeks (14 days) notice of the details of a Star Testing date.

3.9 If there has been a change in the format of the Star Tests, the Training Committee will provide league members copies of the updated/approved Star Tests 30 days before the next Star testing is to be conducted.

3.10 In the case of a skater who has missed a Star Test date due to injury, absence or illness, work absences, or another reason, or a skater whose progression has exceeded the natural testing cycle; ad-hoc (out-of-cycle) Star Testing may be conducted by the Training Committee, provided that:

3.10.1 a skater has formally requested an out-of-cycle test by submitting a request via email to the Training Committee;

3.10.2 Training Committee is able to accommodate the testing within the existing training schedule (including rostering) without disruption to other League training;

3.10.3 a session is allocated and made available to the League for subscription on Revolutionise and advertised on closed League social media groups; and

3.10.4 Testing otherwise conforms to the particulars detailed below.

3.11 With the exception of the particulars detailed in Item 3.10, skaters who do not attend Star Testing must wait until the next Star Testing date to be assessed.

3.12 Skaters wishing to sit a scheduled Star Test must notify the Training Committee prior to the date on which the testing is scheduled to occur and subscribe to the session on Revolutionise.

3.13 A Skater must have participated in a minimum of six (6) scrimmage sessions before being eligible to be drafted. A skater may be nominally drafted to a team with less than six (6) scrimmages by exception. Training Committee must submit a statement to the Executive detailing the circumstances, and provide a recommendation to the Executive. The skater must complete the prescribed six (6) scrimmage sessions before the skater's draft can be formalised.

3.14 In relation to Star Testing, the following rules apply:

3.14.1 All tests: members will be given three tries at each exercise.

3.14.2 All tests: members who fail to pass three or less skills are eligible to be re-tested once, within two (2) weeks of the original test. Failure of more than three skills requires a full re-test at the next applicable star testing date. Re-testing is only conducted for the sections that a skater has not adequately demonstrated.

3.14.3 If trainers observe a skater executing an outstanding skill outside of an arranged re-testing session, Training Committee may convene and agree the skater has been deemed to pass a testing element without requirement for a formal re-testing session. This decision must be agreed upon by all members of Training Committee to be accepted.

3.14.4 All skills are conducted on a Pass/Fail basis based on the assessment criteria contained within the *WFTDA Minimum Skills Test*, the version currently used to assess skaters is *Edition 9*, updated 15 February 2017.

3.14.5 All skaters Yellow Star Rank and above will be required to re-sit the rules test annually.

3.15 Both the skaters being tested and their Trainers have the right to test in a controlled environment. Skaters; however, cannot request to conduct “solo” testing citing unease with fellow skaters or observers etc, as this is at odds with the intent of the sport of Roller Derby.

3.16 At the discretion of Training Committee, a skater that is new to VDL and has previous skating experience may be eligible to be tested at a Star Rank determined by Training Committee. This test is assessed in the same manner as Star Testing but may be held at any mutually agreed time between the new Skater and the Training Committee, at the Training Committee’s discretion. The skater’s claimed level must be confirmed by formal reference from the skater’s previous League where this applies. Skaters with previous skating experience from a non-Roller Derby background may enter the Rookie program at the White Star Rank upon agreement of Training Committee, which has confirmed the skills observed are sufficient to progress with contact drills.

3.17 Skaters with previous game experience that the Training Committee and the Executive Committee believe to be at Orange Star Rank, can be accepted as Orange Star without a test; however, Training Committee or the Executive may choose to test and/or request a reference, at their discretion - in particular where the skater has little verifiable information (such as being a known skater).

3.18 Skaters who are returning to skating from absences greater than three (3) weeks for any reason - including but not limited to injury or illness, absence for work, or personal reasons - must consult with the Training Committee to arrange a Return to Skate (RTS) program. The skater will also be reassessed for the appropriate Star Rank prior to commencing full integration into the regular-intensity training schedule. The Training Committee refers to [Skate Victoria’s RTS Guidelines](#) for application to VDL Skaters - regardless of their reasons for prolonged absence.

3.19 On completion of the Orange Star test, skaters are cleared for inter-league game opportunities. These skaters may nominate to be drafted to a team as per the Team Drafting Policy and are considered by Training Committee to hold WFTDA Minimum Skills for one year from date of last assessment - with regard to the conditions outlined in item 3.18. WFTDA Minimum Skills is a requirement for inter-League game opportunities under our insurer, Skate Victoria.

3.20 On completion of the Black Star test, referees are cleared for inter-League refereeing opportunities. These skaters are considered by Training Committee to hold WFTDA Minimum Skills for one year from date of last assessment. Black Star is a requirement for inter-League game opportunities under our insurer, Skate Victoria.

4.0 Skater Attendance

- 4.1 This section summarises attendance requirements for League members. Skaters of different Star Ranks will be eligible to attend different training sessions.
 - 4.1.1 Rookie undergoing the Rookie Intake Program are only eligible to skate at the specified Rookie training sessions each week.
 - 4.1.2 Rookies who have completed the Rookie Program, and all White Stars, are eligible to attend the White Star specific training, and All-League training sessions.
 - 4.1.3 Yellow Star Skaters are eligible to attend Yellow Star specific training, All League-training, and Intermediate (Yellow Star Rank) scrimmage each week. They may attend VDL team training upon invitation from the team Captain of the respective teams.
 - 4.1.4 Orange and Black Star skaters are eligible to attend all-league training sessions, VDL team/official training, and Intermediate (Yellow Star Rank) scrimmage each week.
 - 4.1.5 Skaters aged 16 and 17 years are eligible to attend Sessions as per their Star Rank with parental permission, but are ineligible to participate in contact drills with skaters aged over 18 until they have permission from the Executive. These provisions are outlined in the Skate Victoria Insurance Schedule.
- 4.2 The Training Committee may refer to the Welfare Committee skaters or issues dealing with skaters who are absent for more than four (4) continuous weeks without notification. This enables the Welfare Committee to contact the skater to identify any issues that prevent the skater from training.
- 4.3 The Training Committee will provide visibility of attendance for skaters so they can actively determine if their attendance falls below the league or team attendance requirements. These reports will be kept up to date, and provided on a monthly basis, or upon request by Team Captains or the Executive.
- 4.4 Skaters are recorded as having attended a league session if they are present, whether on-skates or off-skates. Team Training requirements are determined by the respective Captains and their teams.
- 4.5 If the Training Committee cancels a League Training session, the session is considered unavailable to skaters and as such is excluded from attendance.

5.0 Administration

5.1 The Training Committee will hold a Training Committee Meeting once a month and at a mutually agreed venue.

5.2 A Member of the Training Committee will take minutes at every Training Committee Meeting and those minutes must be approved by all members of the Training Committee. They are then provided to the Sub-Committee Representative who will present the minutes to the Executive Committee with any further explanatory notes

5.4 The minutes from the Training Committee Meetings will be given to the Executive Committee no later than seven (7) days after each Training Committee Meeting.

ANNEXURE 1 – Session Plan Example

Trainer:

Session Date:

Training Objective: *What do you want people to learn? Try and relate back to derby and game sense.*

Skill	Duration	Detail
Warm-up (10%)	10 mins	Off-skates Warm-up (Designed for derby muscles) – <i>Please do, doesn't take long!</i> <ul style="list-style-type: none"> ● Light jog on the spot; 30 sec ● Jogging on the spot – Knees up in front to waist height; 15 sec ● Jogging on the spot – Heels up behind to bum; 15 sec ● Walking hamstring - knee up in front to chest, stretch 2-3 sec; 30 sec ● Walking glute - knee up in front to chest (opposing side), stretch 2-3 sec; 30 sec ● Walking hamstring/calf - straight kick, toes up, heel driving forward; 30 sec ● Walking groin - lateral kick, outside foot up, heel driving forward; 30 sec ● Walking hip abduction – Knee up to chest, out to side, alternating sides; 30 sec ● Stepping hip flexor – Back knee to ground, front knee drives forward with hips following, step through to other side; 30 sec ● Hands out at shoulder height, making small circles with hands, make circles larger; 15 sec. Repeat in opposite direction; 15 sec
	5 mins	Strength Exercises (From Injury Prevention course) – <i>Pick One group of exercises for each session.</i> <p>ACLs:</p> <ul style="list-style-type: none"> ● Nordic Exercises – In pairs with one person on knees the other person holding their feet/ankles. The person on their knees leans slowly to the ground with their back straight. 60 sec ● Proprioception hops – hopping on one leg, forwards and back in both sideways direction and side to side in forwards and back direction <p>Neck (Prevents Concussions):</p> <ul style="list-style-type: none"> ● Neck strengthening – Apply pressure to side of head with hand and engage neck muscles to strengthen. Repeat with other side and forwards and back; 15 sec each <p>ACLs:</p> <ul style="list-style-type: none"> ● Calf raises – 3 movement isolation. Lift on to small toes, middle toes and big toes; 3 sets of 15. ● Toe raises – Lean on wall, back straight. 3 movement isolation lift up small toes, middle toes, big toes; 3 sets of 15.
Basic Skills (30%)	x mins	<i>Try and break the major objective in to two / three basic skills that are needed to achieve the training objective. Try and focus on improving people's technique, agility, and urgency.</i>
	x mins	<i>Skill 2</i>
	x mins	<i>Skill 3</i>
Simulate use of Skills (30%)	x mins	<i>Advance the skill and incorporate in to Roller Derby. Does not have to be 'scrimulation'. How would you apply this to the track? When would you use it?</i> <p><i>This can be broken in to multiple drills.</i></p> <p><i>Focus on Communication and Awareness, team-work, and rules that are required.</i></p>
Game Sense (30%)	x mins	<i>Challenge the skater to use under non-simulated circumstances. Use a drill that requires the skaters to be in situations where they have to find the opportunity to use taught skills. Stop at regular intervals, bring back to centre to discuss and put back out again.</i>

		<i>Focus on application of agility, communication and awareness, urgency. This drill should be challenging both physically and mentally.</i>
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ANNEXURE 2 – VDL Scrimmage Guidelines

What is the purpose of intermediate scrimmage?

The purpose of intermediate scrimmage is to create a safe and welcoming environment for all skaters from yellow-star level up to participate in and learn roller derby.

One main function is to give skaters experience in the mechanics of playing roller derby – i.e. playing with a team, having your engagement monitored by officials, attempting strategies etc. – without necessarily engaging with all of the physicality and contact.

For experienced skaters, intermediate scrimmage is an opportunity to practice the non-physical elements of the game, including (but not limited to):

- on-track leadership and communication
- positional blocking
- different styles of jamming
- officiating

What is acceptable behaviour?

Participants are required to embody the purpose of intermediate scrimmage in their actions.

Participants are specifically asked to:

- as jammers, come to a complete stop before re-entering the pack
- avoiding excessive recycling
 - Recycling should not bring skaters from the front of the EZ to the back.
 - To facilitate the other aims of intermediate scrimmage, where recycling is used, it should be used to allow a defensive formation to be re-formed.
- monitor the physicality of their hits, i.e. by not accelerating into block

Skaters will be reminded of these three specific points on acceptable behaviour at the start of each session.

Acceptable behaviour in engaging with officials

Part of learning roller derby is understanding the real-time application of the rules.

Noting that some skaters who are inexperienced at officiating will at times be asked to (or volunteer) to officiate, or that skaters who are inexperienced at being officials to be officials, there will occasionally be disagreements or confusion.

Skaters and officials are asked to approach disagreements between skaters and officials as an opportunity to discuss the rule-set and its application. Responsible TC member(s) can facilitate this by calling a brief time out to discuss a particular rule and its application where confusion arises.

How will TC manage transgressions of acceptable behaviour?

Where possible, the responsible TC member(s) will endeavour to address situations before they escalate to facilitate the safe enjoyment of the session for every participant.

In response to transgressions of acceptable behaviour, the TC member(s) responsible for scrimmage can take the following actions:

- issue a general warning and/or reminder of appropriate behaviour to all participants
- call a timeout to issue a general warning and/or reminder of appropriate behaviour to all participants
- issue a specific warning to (a) specific participant(s)
- ask a specific skater to sit three jams off for a transgression (“yellow card”)
- ask a specific skater to remove their skates for the remainder of the session (“red card”)
- ask a specific skater to no longer participate in the training session
- end the training session

These actions are listed in order of severity, but they do not need to be taken in sequential order.

A negative response to the management of transgression of acceptable behaviour is considered a transgression of acceptable behaviour.