



LCSC Virtual Coaching Policy

Virtual Coaches: Lincoln Center Skate Club (LCSC) is committed to ensuring that all skaters, coaches, and others working on or off-ice are protected and safe in the skating environment. Virtual coaches are held to extremely high ethical standards.

Virtual coaching requests must be coordinated through an LCSC Instructor and/or the LCSC board members. All virtual coaching requests will be considered on a case-by-case basis.

The presence of a virtual coach during LCSC contract ice is a privilege, not a right. The LCSC board members have full discretion and authority to approve or decline a request for a virtual coach.

Virtual coaches in any discipline, who accept money for services rendered, must comply with the following mandatory requirements and receive approval from the LCSC board of directors:

1. Complete and submit a Guest/Professional Application Form including references with payment 5 days before the planned lesson.
- 2. All virtual coaches who are not LCSC staff coaches will be required to turn in a lesson list at the beginning or end of the week. The parent/athlete will be responsible for paying the coaches 10% commission fee to LCSC. Make payable to LCSC and deposit the check in the LCSC payment box in the rental skate room.**
3. All virtual coaches must provide a Certificate of Insurance listing LCSC as the additional insured.
4. Submit to the LCSC board the completed U.S. Figure Skating or ISI membership, coach C.O.R.E. certification, and background check 5 days before the planned virtual lesson.
5. Become familiar with and agree to comply with LCSC policies, including LCSC Ice Rules and Etiquette and LCSC On-Ice Instructor Etiquette.

Additional Information from USFS

U.S. Figure Skating Electronic Communication and Social Media Policy:

Live video meetings (such as Zoom, Facebook or Instagram live, YouTube live, and others) must adhere to U.S. Figure Skating's electronic communication policy located in the SafeSport Program Handbook. This policy states that all electronic communication between a Minor Athlete and an Adult Participant shall meet two-deep leadership requirements by including at least one other Adult.

It's recommended that the second adult participating in the meeting is the Minor Athlete's parent or permanent legal guardian, but two-deep leadership may also be met by including an Adult Athlete, an adult coach, or any other person who is over the age of 18.

Prior to scheduling video meetings between Adult Participants and Minor Athletes, it's recommended that the Adult send an introductory email to the Minor Athlete's parent or permanent legal guardian outlining what the purpose of the meeting is, the two-deep leadership requirement, and how often they can expect their Minor Athlete to participate. Below are helpful tips to remain compliant with U.S. Figure Skating SafeSport policies.

Recommendations to Remain Open and Interruptible:

- All communication with Minor Athletes must remain professional in nature.
- Platforms selected for online learning should be approved by your club, and accessible to all parties, including the parents of Minor Athletes.
- Workout session schedules should be presented to all team members, parents, and other coaches and strictly followed.
- Be mindful that some poses, exercises, and positions can appear exaggerated when presented online. Training sessions should consider methods for preventing positions that may be compromised.
- Involve as many athletes as possible during each session. • Online sessions must occur in common areas, such as a living room or back yard – never in a bedroom, bathroom, or other private space.
- Attire should be the same as if the session were occurring at the skating rink or club.
- Parents and guardians may ask you or your club to stop any communication – any such request must be honored immediately without repercussion.

Additionally, electronic communication between one Minor Athlete and one Adult Covered Individual is against SafeSport policy. The social media policy regarding interactions with Minor Athletes remains in effect.