

Skate Canada - Central Ontario

WINTERFEST 2017



**ISU World Junior Synchronized
Skating Championship Trials**

January 13 - 15, 2017

**Hershey Centre
5500 Rose Cherry Place
Mississauga, ON
L4Z 4B6**

NEW DEADLINE Closing Time for registration –

4:00pm



Hosted by Skate Canada - Central Ontario

Sanctioned by Skate Canada and U.S. Figure Skating



An invitation is extended to all eligible synchronized skating teams to participate in the Skate Canada - Central Ontario Winterfest 2017 & ISU World Junior Synchronized Skating Championship Trials. Skate Canada rules and regulations will apply throughout the competition unless otherwise specified.

Registration:

Registration for this event is an online submission and must be completed in full in order for the entry to be accepted.

The detailed registration instructions are included in this announcement. Please refer to the end of the document.

Closing Date of Entries:

Access to online registration will cease at **4:00pm on Wednesday, November 30, 2016.** Registrations will be accepted on **first come-first served** basis with restrictions in certain categories to accommodate the scheduling of categories.

Please note the entries for Adult III will be limited to a maximum of 10 teams.

CATEGORIES:

Junior and Senior Short and Free Programs will be skated only once. The 2016/2017 ISU approved amendments will be applicable. Short and Free programs are combined events in this competition.
All other events will be scheduled to skate the free program twice. The final result will combine the scores from the two programs.

All programs must meet the well balanced program requirements established by Skate Canada stated in the 2016-2017 Synchronized Skating Program requirements document.

The following categories are to be held at the Skate Canada - Central Ontario WINTERFEST 2017:

JUVENILE

A team of 8-16 skaters.

Skaters must not have reached the age of 15 as of July 1st preceding the competition.

PROGRAM LENGTH: Maximum 3:10 minutes (may be shorter and will receive no penalty)

PRE-NOVICE

A team of 8-16 skaters.

Skaters must not have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 10 as of July 1st preceding the competition.

PROGRAM LENGTH: 3:10 minutes (may be shorter and will receive no penalty)

NOVICE

A team of 12-16 skaters.

Skaters must have reached the age of 10 as of July 1st preceding the competition. 75% of the skaters must not have reached the age of 15, and up to 25% must not have reached the age of 19 as of July 1st preceding the competition.

PROGRAM LENGTH: 3:30 minutes (+/- 10 seconds)

INTERMEDIATE

A team of 12-16 skaters.

Skaters must have reached the age of 12 but must not have reached the age of 25 as of July 1st preceding the competition.

PROGRAM LENGTH: 4:00 minutes (+/- 10 seconds)

OPEN

A team of 12-16 skaters.

Skaters must have reached the age of 12 as of July 1st preceding the competition.

PROGRAM LENGTH: 4:00 minutes (+/- 10 seconds)

SENIOR

A team must consist of 16 skaters.

Skaters must have reached at least the age of 15 as of July 1st preceding the competition.

SHORT PROGRAM LENGTH: 2:50 minutes maximum

FREE SKATING PROGRAM LENGTH: 4:30 minutes (+/- 10 seconds)

ADULT SYS CLASS I

A team of 8-20 skaters.

Skaters must have reached the age of 19 as of July 1st preceding the competition.

PROGRAM LENGTH: maximum 3:40 minutes (may be shorter and will receive no penalty)

ADULT SYS CLASS II

A team of 8-20 skaters.

Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 75% of the skaters must have reached the age of 25 as of July 1st preceding the competition.

PROGRAM LENGTH: maximum 3:40 minutes (may be shorter and will receive no penalty)

ADULT SYS CLASS III

A team of 8-20 skaters.

Skaters must have reached the age of 19 as of July 1st preceding the competition. At least 50% of the skaters must have reached the age of 35 as of July 1st preceding the event.

PROGRAM LENGTH: maximum 2:40 minutes (may be shorter and will receive no penalty)

****Please note the entries for Adult III will be limited to a maximum of 10 teams.**

THE ISU WORLD JUNIOR SYNCHRONIZED SKATING CHAMPIONSHIP TRIALS

The ISU World Junior Synchronized Skating Championship Trials being held at Winterfest will be used to determine the Canadian representatives at the ISU World Junior Championship. Based on performance and placement, the top two (2) teams will be selected to represent Canada.

Qualifications for entry:

Junior teams consist of sixteen skaters. Skaters must have reached the age of 13 as of July 1st preceding the competition but must not have reached the age of 19 as of July 1st preceding the competition.

Please see ISU rules and regulations for a full description of the Junior Short and Free Skating requirements and restrictions.

This will be a two part event. The team shall perform a short program with a maximum time of 2 minutes, 50 seconds and a free skating program of 4.0 minutes (+/- 10 seconds) in duration.

Results Calculations:

The Cumulative Points Calculation Judging System will be used.

ENTRY FEES

Payable by VISA/MasterCard through PayPal. No other form of payment will be accepted.

ISU WORLD JUNIOR SYNCHROZNIZED SKATING CHAMPIONSHIP TRIALS

\$650.00 per team

This competition will consist of a short program and a free program.

There will be official practice ice each day.

Early Bird Entry fees: PRIOR to 4:00pm on November 16, 2016

\$170.00 per team plus \$15.00 per individual member of each team (including alternates) entered (excluding Junior and Senior).

\$650.00 per Senior team to a maximum of 20 skaters (combined short and free program includes official practice for each program).

\$10.00 per "Skater in Training"

Entry fees received AFTER 4:00pm on November 16, 2016

\$185.00 per team plus \$15.00 per individual member of each team (including alternates) entered (excluding Junior and Senior).

\$650.00 per Senior team to a maximum of 20 skaters (combined short and free program includes official practice for each program).

\$10.00 per "Skater in Training"

Deadline for registering: 4:00PM - November 30, 2016

NOTE: NO ADDITIONS TO TEAM ROSTERS 7 DAYS PRIOR TO THE EVENT.

FOR INQUIRIES CONTACT:

Stephanie Klein, Administrative Coordinator
Skate Canada – Central Ontario

stephanie@skatecanada-centralontario.com

Telephone: 905-760-9100 ext. 222

Toll Free: 1-877-267-0081 ext. 222

For inquiries regarding Skate Canada Membership number contact Skate Canada – Central Ontario

Toll Free: 1-877267-0081 ext. 222

E-mail: stephanie@skatecanada-centralontario.com

RULES AND REGULATIONS

No team will be registered until all money owing is properly paid by the November 30th closing date. Your PayPal receipt of payment is your registration confirmation. Please print your receipt and retain for your records.

Refunds and Withdrawals: Full refunds will be given for any cancelled categories. If an entry is withdrawn prior to **November 30, 2016**, a refund (less an administrative fee of \$35.00 per team) will be granted.

NOTE: NO REFUNDS (including medical) will be granted after November 30, 2016.

Age Verification: Skate Canada Rule #6403 & #6602 apply. The Team Manager will certify that the dates of birth listed for each team member are correct by signing the List of Team Members and Alternates. The Team Manager shall be in possession of the birth certificates in case it is necessary to verify the age of a team member.

Rules & Regulations: Skate Canada rules listed in the Skate Canada rulebook.

Trial Judges: Trial judges are encouraged to contact their Section Officials Chairman or Section Synchro Judge Coordinator to arrange for trial judging at Winterfest. To be eligible, trial judges must be pre-registered with Laura McLellan, Technical Representative, email laura_mclellan@sympatico.ca.

Team Monitoring: If you are interested in monitoring at Winterfest, please register on site at the registration table when your team arrives. Program monitoring will be for Senior, Junior, Novice, Open and Intermediate categories. Other categories will be added pending availability. We reserve the right to limit monitoring if the demand exceeds the time available.

Schedule: The schedule will be available on the Skate Canada - Central Ontario web site (www.skatecanada-centralontario.com) in early December.

Registration: A registration desk will be maintained at the Hershey Centre beginning an hour before the first category on Friday, January 13, 2017. The manager for each team must register.

Sweepers: Teams are responsible for providing sweepers for their own team.

Practice Ice: There will be official practices for Junior and Senior short and free programs.

Music: Each entry must provide two CDs for the competition upon registration, one for competition - marked "Master" and one for back up - marked "Copy". These must be registered with music registration at least one hour prior to the posted start time of the category and may not be removed for any reason until after the category is completed. Music must be picked up within 30 minutes after completion of the category.

All music used must be in the public domain or covered by the performing rights societies. Teams who have music composed specifically for their programs either wholly or in part, are responsible for obtaining a written release from the composer for the use of such music on radio and/or television or appropriate clearance from the performing rights societies.

Entries will be refused if the music information on the online skating profile form is not complete, particularly the names and composers of the music selections.

Standard Specifications for Music:

- (1) Only one program shall be recorded on each CD.
- (2) The start of the music shall be recorded on the CD with less than two seconds of lead in.
- (3) Team name followed by category, program type – short or free, and music time shall be shown on the CD label.
- (4) Each CD shall be enclosed in a plastic case marked with the team name, category, program type – short or free, and total music time.

Awards: Awards will be presented **ON-ICE** to the first, second and third place winners of all the Championships.

Coach Accreditation: In order to be accredited at the Skate Canada - Central Ontario Winterfest 2016 Competition, Skate Canada coaches must have a valid Skate Canada photo ID and must bring the ID with them and present it at the Coaches' Registration Desk. Up to two certified coaches per entry will be accredited.

If a replacement coach is attending the event, please contact Skate Canada - Central Ontario 48 hours prior to the event. (905-760-9100 ext. 224)

** If a coach does not have their photo ID but is accredited to enter, a temporary ID will be provided at a cost of \$25.00. **No Refunds. No exceptions.****

EVENT INFORMATION

The 2017 Winterfest and ISU World Junior Synchronized Skating Championship Trials is being held at the Hershey Centre, 5500 Rose Cherry Place, Mississauga, Ontario, L4Z 4B6.

Ice Dimensions: 85' x 200'

Warm-Ups: Skate Canada warm up rules will apply. Please check Skate Canada regulations for details.

Team Photos: Please e-mail team photos to ella@skatecanada-centralontario.com with the subject line "WINTERFEST TEAM PHOTO" for inclusion in the Winterfest program.

Pins and Programs: Will be available for purchase on site.

Refreshments: Concession booth will be open during the competition.

Video Taping: JB Video, A professional videotaping service, will be available. Private video of your own team only is permitted – see Rule 5111 (b).

Boutique: TBD

Admission:

General Admission
Adult - \$10.00 per day or All-Event Pass - \$25.00
Senior Citizens and Children under 12 - \$5.00 per day or All-Event tickets - \$12.00
Children under 3 years are free

HOTEL INFORMATION

Official Hotel

Toronto Airport West

5444 Dixie Road

Mississauga, ON

L4W 2L2

Book by December 7, 2016

Alternate Hotels

Sandman Signature Mississauga Hotel

5400 Dixie Road

Mississauga, ON

L4W 4T4

Team Bookings: Call 905-282-8208

Book 45 days prior to arrival date

\$115.00/night (up to 4 people)

Park Inn by Radisson

175 Derry Road East

Mississauga, ON

L5T 2Z7

Online Code: Skate

Block ID if calling: 245450

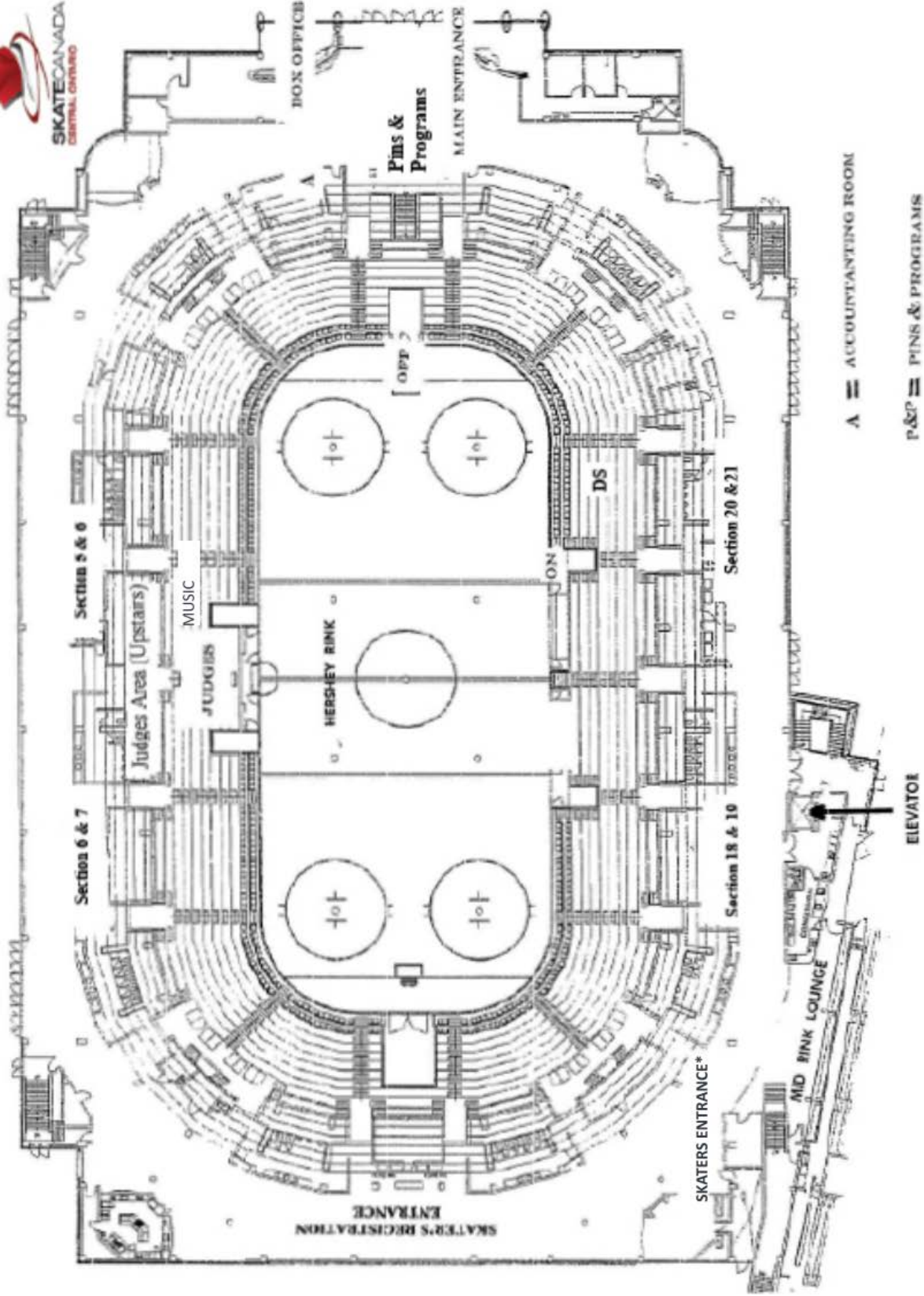
Book by December 28, 2016

\$109.00/night without breakfast

\$119/night with breakfast



HERSHEY CENTRE - CONCOURSE LEVEL



*Skaters Entrance: Skaters enter through Gate C



Skate Canada - Central Ontario Concussion Policy

Skate Canada - Central Ontario has developed a standardized best practice Concussion Policy for the sport of figure skating in Ontario. This policy is not age dependent, all skaters, coaches, officials, and volunteers must be treated in the same manner.

Though concussions are common sport injuries, particularly among children and adolescents, their sometimes subtle symptoms may go unnoticed. Without identification and proper management, a concussion can result in permanent or severe brain damage.

Definition:

A concussion:

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioral (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- may be caused either by a direct blow to the head, face or neck, or a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness)
- cannot normally be seen on X-rays, standard CT scans or MRIs. (2)
- can result in symptoms that are evident immediately, or may evolve and persist over the course of hours, days or even months

Initial Response to Suspected Concussion Trauma: Removal from Play

An individual responsible for those who are participating in organized physical activity who believes that, following a blow to the head, face or neck, or a blow to the body that transmits a force to the head, a participant in the activity may have suffered a concussion needs to take immediate action.

- If the participant is **unconscious** as a result of a trauma occurred during a skating activity:
 - Dial 911.
 - Do not move the participant.
 - Wait for paramedics to arrive.
- If the participant is **conscious** after the trauma:

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- the participant must be **immediately removed** from the practice (on or off the ice), training, competition, camp, or clinic, and immediate medical assessment received either on or off site.
 - The participant should not be left alone
 - Symptoms should be documented and may include:
 - Dizziness
 - Headaches
 - Nausea
 - Neck pain
 - Sensitivity to light and noise
 - Impaired balance and vision
 - Difficulty concentrating or remembering
 - General confusion
 - Depression or irritability; and
 - Drowsiness or difficulty falling asleep.
- Coaches are never to make the concussion determination in the field on their own.
 - If there is doubt as to whether a concussion has occurred, it is to be assumed that it has occurred
 - The participants parent/guardians will be contacted and they will be required to have the injury properly assessed at a hospital or medical clinic

Return to Play after a Suspected Concussion

A participant must undergo medical evaluation for diagnosis and guidance to determine the extent of the individual's injury by a medical doctor or nurse practitioner, preferably one who is trained in concussion management.

- If concussion **IS NOT** diagnosed, the participant may return to the sport.
- If a concussion **IS** diagnosed, the participant is *not* allowed to skate until the individual has completed **the 6 STEPS TO RETURN TO PLAY** and receives **written medical clearance to return to programming (on or off ice)**.
- Return to play guidelines are clearly stated in "Parachute, Preventing Injuries and Saving Lives" www.parachutecanada.org.
- Skate Canada - Central Ontario supports "Parachute" and "Think First Canada" and the training protocols for coaches, volunteers, athletes and parents to educate them on Concussion awareness.

Guidelines to Return to Figure Skating after a Concussion Diagnosis

Suggested guidelines have been adapted to be sport relatable (following the example of other skating federations).

Example of Steps – Each step must take a minimum of one day.

- **Step 1:** No activity, complete rest. Once back to normal and cleared by a doctor, go to Step 2.
- **Step 2:** Light exercise such as walking or stationary cycling for 10-15 minutes.
- **Step 3:** Sport specific aerobic activity- skating for 20-30 minutes. No jarring motions.
- **Step 4:** Sport specific activity – No jumping, no spinning - No Contact

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These guidelines are for general informational purposes only. They are not intended to and do not constitute any medical advice and do not contain any medical diagnoses, symptom assessments or medical opinions. Sources for information are cited on Page 3 of this document.

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- **Step 5:** Resume normal skating activities, having been cleared by a doctor.

Note: *If the participant experiences any symptoms during the above activities, the participant must stop the activity immediately and rest until symptoms resolve, for a minimum of 24 hours. The participant should be seen by a doctor and cleared again before starting the step-wise protocol again.*

- **Step 6: Appendix A: The Return to Play form must be completed by a medical doctor**
 - Considerations/Restrictions with respect to returning to skate must be documented.
 - A copy of this form must be given to the primary coach and club administrator/office.
 - The document must indicate that the individual is symptom-free and able to return to full participation in physical activity.

Disclaimer/ Waivers

Registration Forms:

- All skaters (or if under 18 their parents/guardians) who register for Skate Canada - Central Ontario events must indicate during on line registration that they have read the Skate Canada - Central Ontario Concussion Policy. The policy will be posted on the Skate Canada - Central Ontario Website.
 - Athletes competing in all Skate Canada - Central Ontario events will be expected to sign a Concussion Disclaimer/Waiver during qualifying registration
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Cited Sources

1. Concussion Guidelines - Athlete, Coaches, Parents, <http://www.parachutecanada.org/thinkfirstcanada>
2. Ministry of Tourism, Culture and Sport, <http://www.health.gov.on.ca/en/public/programs/concussions/>
3. Ontario Neurotrauma Foundation, <http://onf.org/documents/guidelines-for-pediatric-concussion>
4. Zemek, R., Duval, S., Dematteo, C. *et al.* (2014). *Guidelines for Diagnosing and Managing Pediatric Concussion*. Toronto, ON: Ontario Neurotrauma Foundation

Additional Resources

Making Head Way Concussion eLearning Series, <http://coach.ca/-p153487>

U. S. Figure Skating Concussion Information, <http://www.usfsa.org/content/ConcussionEducationInformation>

SKATE CANADA – CENTRAL ONTARIO
ONLINE COMPETITION REGISTRATION INSTRUCTIONS

2017 Winterfest

In order to register for competitions utilizing the Skate Canada - Central Ontario online competition registration system, please have the following information ready before proceeding:

- Team Manager's temporary login number.
- Skater's Skate Canada ten digit membership number (If you do not know your membership number please CONTACT your home club.)
- Email address associated with the skater's record
- Attending coach's name and email address – if required by competition registration.
- Credit card information for payment processing.

If you are an international skater and do not yet have a registration number assigned to you, contact the Skate Canada - Central Ontario office to obtain a temporary registration number and password. This only needs to be done for the first competition you are registering for and can be reused for subsequent competition registrations.

REGISTER:

- Go to the Skate Canada – Central Ontario events page.
- Click on the icon for the respective event.

LOGIN:

- Enter your Team Manager's Temporary login number and your password (default is your last name).
- Click "Log In" to proceed.

FOLLOW THE DIRECTIONS ON THE FOLLOWING PAGES.

NOTE: You can register for categories as long as the competition registration is open. You can log in and review your registration as often as you like, pay for category registrations, add additional registrations at any time prior to registration closing and make additional payments.

You can also remove registrations (only if competition is still open), but if the registrations have been paid for, you must contact the REGISTRAR to receive a refund for the withdrawal.