

Timberline Figure Skating Club

Jump Harness

Policy & Procedures

Purpose:

The Jump Harness was purchased to benefit as a resource for all Timberline Figure Skating Club (TFSC) skaters and senior coach staff. The purpose of this document is to ensure that all skaters and professionals have a fair and equal opportunity to use this resource in their training/coaching regimens. These policies also are to ensure the security and safety of the jump harness.

Eligibility:

Skaters and senior coaches must be members in good standing with the Timberline Figure Skating Club to be eligible to use the jump harness. There will be no cost to skaters and senior coaches to use the jump harness.

Jump Harness Policies

- The harness is the property of TFSC.
- The harness is to be used only by officially trained TFSC senior coaches.
- The harness is available for senior coaches in good standing with the TFSC.
- Senior coaches must have proof of insurance to use the harness.
- Parents and skaters **are strictly prohibited** from using the harness to train another skater.
- Jump harness sessions are limited to 15 minutes. If the harness is idle for 5 minutes, the same senior coach may resume use after checking with the other senior coaches on the ice.
- No senior coach may use the harness continuously during the Club ice session unless the harness is idle.
- The last senior coach to use the harness on a session is responsible for properly putting the harness away and locking it securely.
- Eligible skaters and senior coaches may use the jump harness on club ice sessions only.
- The jump harness is not allowed to be used in public sessions.
- The jump harness is not designed for any other lifting other than to give skaters backup support in executing jumps.
- The jump harness is not to be used for loads over 350 pounds.
- Senior coaches must wear skates while using the jump harness.
- Failure to adhere to the Jump Harness policy and procedure will result in corrective action as per TFSC Board.

PLEASE USE EXTREME CAUTION WHILE TRAINING WITH THE JUMP HARNESS!

FAILURE TO COMPLY WITH THIS POLICY MAY RESULT IN DISCIPLINARY ACTION AND/OR LOSS OF PERMISSION TO USE THE JUMP HARNESS!