

Ice Etiquette and Safety Guidelines

For the benefit of our skaters we would like to ask all parents, skaters, and coaches to observe the following guidelines so that freestyle sessions can be a positive experience for all. Freestyle sessions are designed for figure skaters to practice their routines and advanced skills. During these sessions, skaters will be doing difficult jumps and spins. If you are unsure if a freestyle session is for you, consult with your coach. **All skaters must sign in and pay prior to taking the ice.**

Prior to first freestyle session, a coach and parent must review the freestyle rules with the skater

WHO IS IN CHARGE

- All coaches are responsible for monitoring rules and safety on freestyle sessions, regardless of whether or not it is the skater's own coach. All suggestions or reprimands are to be received with sincere respect and courtesy.
- Rules are only to be enforced by coaches- not other skaters.
- Parents and NOT the Coaches or rink management are responsible for their children and should be present during their child's session, particularly at the lower levels.

SAFETY RULES

The following safety rules are zero tolerance. These safety rules and courtesy suggestions are subject to change as the need arises. If there are any questions please discuss them with your primary coach or a member of the GSSC Board. Failure to follow rules can result in official club or rink action.

1. All skaters are entitled to equal use of the ice.
2. No one is allowed on the ice without skates.
3. Skaters and coaches must be courteous and respectful at all times to other skaters and coaches. Many infractions do happen by accident and should be politely acknowledged as such. A friendly and courteous "Excuse me..." works wonders in educating new or inattentive skaters. Apologize if you accidentally interfere with another skater's practice. However, a disproportionate number of infractions will be considered "careless" behavior and could be regarded as intentional. Such "careless" behavior will be penalized accordingly.
4. Skaters and coaches must remain both cautious and alert at all times. Respect other's space. DO NOT skate or jump too close to another skater or coach. DO NOT skate too close to a skater who is spinning.
5. Food and gum are not permitted on the ice.
6. Skaters must keep moving unless receiving instruction from a coach. If a skater falls, they must get up immediately if able to do so. DO NOT sit on the ice. If you must stop - do so only at the boards.
7. Skaters should not stand around in groups talking or playing. Remember these sessions are for practice only.
8. Any and all conversation is to be held at the wall or off the ice.
9. Always be aware of what is happening around you. When skating forwards, beware of high level skaters passing close to you at high speeds. Do not change direction without checking behind you.
10. Be aware of skaters setting up for jumps or spins and DO NOT cross their path.
11. Jumps are performed at either end of the ice and spins in the middle. Skaters practicing a program may use any area.
12. No more than three skaters can be connected together or skate together as a group.
13. Parents are not allowed to "coach" on the Freestyle from the doors of the ice, through the glass, from the hockey boxes/benches or from the boards. It distracts the skater and is DANGEROUS. Save the discussion for off the ice.
14. Skaters must respect the ice – no kicking or intentionally making holes in it.
15. Skaters should re-tie their skates in the hockey box or off the ice.
16. Skaters should wear appropriate skating attire; i.e., tights, close fitting stretch pants, skating dress, skirts, light weight jacket and gloves. Note: skaters should never wear bobby pins or headbands that could fly off when on the ice.

MUSIC

- Skaters having a lesson have music priority, though no instructor may dominate the music.
- Only a Coach and not a skater, may stop another skater's music without permission from that skater.
- When demand for program practice is high, CD's will be put in a line. Do not hang around the music box.
- When music is not being used for programs, CD player may be used for inspirational practice music. However, volume, content and repetition must not be offensive to other skaters or coaches.
- No head phones are allowed on the ice
- Skater must wear designated identifier (orange vest) when their music is being played so other skaters know to give the right of way.

Right-Of-Way and Jump Harness

- First, to the skater wearing the designated identifier (orange vest) whose music is being played. Please listen & learn what program music sounds like & be prepared to move quickly. Only one skater at a time is entitled to wear the designated identifier.
- All skaters should try to give the right of way to skaters performing programs or taking lessons, but SAFETY IS FIRST. Just because your music is playing doesn't give you the right to put another skater in danger.
- Jump harness use is limited to fifteen minutes per student per session when it is needed by more than one coach.
- Skaters must take extra care to avoid interference with users of the jump harness.

Before and after the Freestyle Session

- Please do not get on the ice until the Zamboni doors are shut.
- It is the responsibility of all skaters to keep the ice arena clean. Remove all belongings (tissue, water bottles, gloves, skate guards, sweaters, etc.) before leaving the ice and the rink.
- Skaters must leave the ice in a timely manner at the end of the session so that the ice can be resurfaced and the next session can start on time.
- Close all doors prior to leaving the ice.

Yelling, profanity, bullying and other unsportsmanlike conduct

Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, yelling, harassment, intimidation and bullying at all times. This encompasses the ice, the lobby, and the parking lot areas. Failure to abide by this policy will result in official action taken by the GSSC Board and/or Rink Management.

**We expect the more advanced skaters to act as exemplary role models
for our younger skaters, both on and off the ice**

Signatures:

Head Coach: _____ **Date:** _____

Parent: _____ **Date:** _____

Skater (all ages): _____ **Date:** _____