



FREESTYLE ICE ETIQUETTE

For the safety and enjoyment all skaters, coaches and parents to follow our ice etiquette on all sessions.

Specific rules governing free skating sessions

- Be sure to dress appropriately and have your hair up and out of your face.
- Pick up all belongings (including dirty tissues, water bottles, etc.) at the end of the session.
- Coaching by parents from the hockey benches or door is not allowed at any time. Parents will be asked to leave the arena if this happens.
- If skaters must talk to someone off the ice, even if for a brief time, they need to get off the ice to do so or the skater will be asked to leave the ice.
- Please keep talking to other skaters on the ice to a bare minimum. If you are on the ice you should be practicing or working with your coach.
- No back spirals or other elements that do not allow you to look behind you unless you are working with a coach.
- It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern.
- If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyles at one time, too.
- Please be understanding if someone gets in your way. Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.
- Hockey gear including helmet, stick and puck not allowed. However, skater may use bike helmet for their own safety.

Skaters will be given one warning if they are not following the freestyle rules. If it continues, they will be asked to leave the ice for the rest of that session.

Helpful Tips:

- **SPINS** are to be done in the center of the ice
- **JUMPS** are to be done on the ends and corners of the ice unless you are in program or under the guidance of an instructor while in lesson.
- Be Courteous – "Excuse me, Thanks"
- When passing slower skaters, always pass to the outside of the skater
- When skating towards another skater, when in doubt skate to the right.
- Look both ways before skating away from the barrier

Right of Way

- The skater doing a routine to music has the right of way. A fluorescent colored belt will be provided to help identify the skater whose music is being played. Please stay aware of which skater is doing his or her routine and do your best to stay clear of his or her pattern.
- Please wear the belt when you play your music to help other skaters know you are skating your routine.
- Skaters taking a lesson have the right of way over general skaters in the session.
- Figure skater over hockey private skating skills lesson has the right of way

Prohibited Behavior

- Kicking, digging holes, scraping or stomping the ice with your blades are prohibited.
- Being verbally abusive to other skaters or coaches is prohibited.
- Deliberately challenging, scaring or intentionally blocking another skater is prohibited.
- Videotaping anyone other than your own skater without permission is strictly prohibited and will not be tolerated.
- PARENTS and COACHES not allowed to be in the locker room at any time. If your skater need help to tie her/his skates, please use benches outside the locker room.

Anyone engaging in this behavior will be asked to leave the ice or facility immediately for an indefinite period of time.

**PARENTS ARE RESPONSIBLE FOR THE CONDUCT OF
THEIR SKATERS AND FOR ENSURING THAT THEY
KNOW AND ABIDE BY THESE RULES.**

Thank You!