



Freestyle Etiquette and Safety

August 2010 – Page 1

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 make payment prior to entering the ice. Sessions are limited to the first 25 registered skaters. Any skater age 7 and under and/or Gamma/Delta level and below, must have their private coach with them or the skating director's approval in order to participate on the freestyle sessions.

Prior to first visit to any freestyle session, a parent or coach 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

1. 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 coaching staff. Failure to follow rules can result in expulsion from freestyle sessions.
2. All skaters are entitled to equal use of the ice.
3. No one is allowed on the ice without skates.
4. 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.
5. Skaters and coaches must remain both cautious and alert at all times. Respect each other's space by not skating too close to another person.
6. Food, drink and gum are not permitted on the ice.
7. Items such as clothing, water bottles, sharpie markers etc. that create a safety/tripping hazard are never to be left on the ice or the dasher boards. Items left on the dasher boards can fall on the ice and damage the Zamboni. If items are left on the ice or dasher boards and they damage the Zamboni, you could be held responsible for the resulting repair costs. . If skater is using a prop, please be cautious and considerate of other skaters by removing it immediately after music is played.
8. 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 (side-walls).
9. Skaters should not stand around in groups talking or playing. Remember these sessions are for practice only.
10. Any and all conversation is to be held at the wall or off the ice.
11. 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.
12. 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.
13. Be aware of skaters setting up for jumps or spins and DO NOT cross their path.
14. Jumps are to be performed in either end of the ice and spins in the middle. Skaters practicing a program may use any area. After jumping, please check jump area for holes and repair large holes using ice shavings and water.
15. To avoid injuries, skaters should avoid performing back spirals unless practicing a move or program that requires the back spiral.
16. No more than three skaters can be connected together or skate together as a group.

See over for Page 2

Safety rules - continued

17. 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.
18. Skaters must respect the ice – no kicking or intentionally making holes in it.
19. Skaters should re-tie their skates in the hockey box or off the ice.
20. Skaters should wear appropriate skating attire; i.e., tights, close fitting stretch pants, skating dress, skirts, sweatshirts, light weight jacket or sweater 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. The rule of thumb is 3 coaches play their student’s music and then one skater. A coach may not have more than one skater in the coaches’ line at one time. A skater can only have one CD in line at a time.
- Coaches using boomboxes must maintain a volume level that does not interfere with the overhead sound system.
- No one 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. Music may only be run twice per session unless player is not being used. This includes a skater in a lesson. Skaters with multiple programs may only run two per session unless the tape player is free. Dance music will be run and counted as one program.
- When music is not being used for programs, tape/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 belt, vest etc.) 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 belt, vest etc.) 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.
- Skaters must leave the ice in a timely manner at the end of the session by the end of the session so that the ice can be resurfaced timely and the next session can start on time.
- Close all doors prior to leaving the ice.

Yelling, profanity, bullying and other unsportmanlike 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 verbal or written warnings and, if necessary, expulsion from the arena. Any skater who is a victim of bullying should inform their parent(s) and Coach, immediately, and a letter of complaint should be sent to coachescommittee@skatetown.biz.

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