

SKATING CLUB AT DARTMOUTH  
FREESTYLE ICE ETIQUETTE & ON-ICE GUIDELINES

For the benefit and safety of our skaters, we are asking all parents, skaters and coaches to agree to the following On-Ice Guidelines. These Guidelines must be reviewed and signed by parents and skaters *prior* to the skater's first freestyle session of the Season. We are implementing these Guidelines to provide a safe, smooth running skating session that allows all skaters the opportunity to progress toward their individual skating goals.

**A. RESPECT EACH OTHER – Treat others the way you would like to be treated**

Skaters are expected to be friendly and courteous to other skaters, coaches and parents. Good behavior and sportsmanship is expected at all times, both on and off the ice. While skating is an individual sport, we strive to have a supportive environment.

**B. RESPECT THE COACHES – Coaches are empowered to enforce the Guidelines**

Coaches are empowered to monitor safety on freestyle sessions, *regardless of whether or not it is the skater's own coach*. Any suggestions or reprimands by the coaches are to be received with sincere respect and courtesy.

1. When possible a lifeguard will attend freestyle sessions with a high number of skaters. Lifeguards are there to reinforce the guidelines and for your safety. They should be treated with the same respect as a coach.

**C. RESPECT THE SESSION – Think of a freestyle session as if it was a busy street with lots of traffic**

**1. Check-in with the rink monitor**

- Rink monitors are at the opposite side of the rink and play music; they also will record walk-on skaters, collect coupon book passes, and waivers. Be sure to check in with them as soon as you arrive for your session if you are NOT contracted to skate.

**2. Pay attention to what is happening around you**

- Look in both directions, before you enter the ice or skate away from the boards
- Check behind you before you change direction
- Be aware of skaters setting up for jumps or spins and DO NOT cross their path

**3. Follow the Freestyle Traffic Flow Protocol**

Freestyle sessions are designed for figure skaters to practice their routines and advanced skills including jumps and spins. The general traffic flow protocol is (see Exhibit A diagram for specifics):

- Spins are primarily practiced in the center of the rink
- Most Jumps are done in corners, with stand still and some edge jumps practiced by the long-side boards
- Skaters should always be moving on the ice, unless receiving instruction from a coach. Be sure to utilize the full ice surface by moving around the ice while practicing. Ie. Do not stay in one area and practice all your spins and jumps.
- If a skater must stop, they should stand by the long-side boards
- Do not stand around in groups talking or playing. Please take these conversations off-ice.
- Skaters may work together in groups if the activity is constructive. If group work becomes a distraction to others, skaters will be asked to work individually.

**4. If You Fall, Get Up Immediately**

Unless you are injured and need assistance, immediately get up from a fall to avoid any collisions. If you are injured, call for assistance. Someone will come over immediately to help you.

**5. During Your Program, Make Others Aware of Your Path**

If you're in the midst of your program, a friendly and courteous "Heads Up" works wonders in educating new or inattentive skaters. Outside of a program, skaters should not be yelling for another skater to get out of their way unless it is to avoid an immediate collision.

## **6. Apologize if You Interfered with another Skater's Practice**

If you accidentally interfere with another skater's practice, apologize. Most infractions happen by accident and should be politely acknowledged as such. However, if these interferences happen regularly it will be considered careless behavior and be subject to further discussion.

## **7. Bring a Good Attitude to Every Session**

Regardless of your frustrations (either with yourself, your coach or other skaters and coaches), a cordial disposition is expected. Any display of negative behavior (stomping, dragging a toepick, skating aggressively without regard to others, skating in an intimidating way or using foul language) is cause for immediate removal from the ice.

## **D. RIGHT-OF-WAY RULES**

In addition to observing the Session protocols outlined above, certain right-of-way rules are in place on each session. All skaters and coaches need to be aware of the other skaters at all times:

1. Mid-Spin Skater -- A skater mid-spin has the right-of-way to finish their spin over all others
2. Program Skater – The skater whose program music is playing AND who is wearing the bright colored sash has the second priority for right-of-way. If a program skater has the opportunity to make a modest adjustment to his/her path – e.g. by slightly shifting their track when executing a spiral, placing a jump or completing another maneuver – in order to avoid running down and intimidating other less facile skaters, they are expected to do so.

## **E. MUSIC RULES**

Music should only be played from the rink side equipment, subject to the following:

- A Skater's program music will be queued on a first-come-first served basis
- Programs may NOT be restarted unless there is a music malfunction –or- the player is free (including coaches)
- A coach may only cut in line twice during a lesson, regardless of the lesson length.
- A non-lesson skater may be bumped one spot in line before his/her program music is played. When coaches cut the line the order will be: lesson, 2 non-lesson programs, lesson, 2 non-lesson programs etc.

## **F. OTHER**

- No cell phone calls on the ice. Save texting and phone calls for the lobby (this includes coaches)
- Skating with headphones on during freestyle sessions is not permitted.
- Eating, drinking (other than water) or chewing gum is not permitted on the ice

A skater who does not follow these Guidelines may be asked to leave the ice for the remainder of the session by a coach, Rink Monitor or Board Member. In those instances, no refund will be given. SCAD, Campion and/or coaches have the authority to remove a skater or parent from the ice or building for violations not limited to: safety, rudeness and/or aggressive behavior. Except where noted above, SCAD will follow this process for implementing these Guidelines:

- First Infraction: Verbal warning to skater
- Second Infraction: Written warning to parent/guardian
- Third Infraction: Removal from the ice for a 24-hour period
- 

If escalation does not result in an improved situation, SCAD may terminate the right of the skater to skate on SCAD ice.

SKATER SIGNATURE:

PARENT/GUARDIAN SIGNATURE:

DATE:

Exhibit A – Traffic Flow Protocol

