



ICE ETIQUETTE GUIDELINES FOR SKATERS, PARENTS AND COACHES

SKATERS, PARENTS AND COACHES, PLEASE READ THIS INFORMATION CAREFULLY.

Your co-operation will help with the smooth operation of the on-ice sessions and will benefit all skaters involved.

FHSC is committed to providing a skating environment in which all individuals are treated with respect and dignity. Each individual has the right to participate in a barrier-free environment where every skater, coach, board member and volunteer feels valued, respected and supported. Each individual has the right to participate in a respectful environment free from bullying, harassment and discrimination.

Courtesy and Good Sportsmanship:

- Courtesy and good sportsmanship to coaches and fellow skaters is expected at all times.
- If you fall, get up immediately.
- Coaches should coach from the boards unless they are skating.
- Skaters are not permitted the use of Cell Phones on the ice.
- No food, gum chewing permitted on the ice.
- Kleenex and drinks are allowed at the boards, but must remain off the ice at all times. Put garbage in the containers provided.
- No swearing, inappropriate language, board or ice kicking, tag, or other inappropriate behavior will be tolerated on the ice, in the stands or in the dressing rooms.
- Skaters are asked not to stand at the boards socializing as it is a safety concern to fellow skaters and coaches.

Arena Rules: (as applicable and posted at each individual arena)

- Skates are not permitted to be worn in the stands.
- Running or inappropriate behavior in the stands will not be tolerated.
- Use dressing rooms as assigned.
- Do not step onto the ice while the Zamboni doors remain open.

Right of Way on the Ice:

- Right of way is extended first, to skaters in a lesson with music. Following this, skaters having music played. Following this, skaters in a lesson.
- Spins are to be practiced in the centre of the rink.
- Jumps are to be practiced in the corners and length of the rink.
- All skaters respect each other on the ice! Be aware of your surroundings and keep moving.

Harness Usage:

- All Coaches trained on the FHSC harness are authorized for usage.
- Skaters and Coaches must watch out for those using the harness.
- If you use the harness please assist with securing the carrier and putting the belt away in the club locker.

Music Playing/Requests:

- Each coach/partner/skater is entitled to one request per session. If there are no other requests (from skaters or coaches) additional requests are permitted.
- Solos **will not** be replayed or restarted until everyone in line has had opportunity for their music once.
- If time permits skaters may have their music played again.

* **Specific to Constantine Arena** - A solo rotation system **will** be established 10 minutes following the start of the session in order that all skaters have the opportunity to have their music played during the session. Note: If you refuse your music, remember you may not get another opportunity during the session.

- Music priority is extended to the regular session skaters.
- For the safety of the skaters, all music being played **must be announced**.
- When stroking is scheduled, the Music Player is to announce the start of stroking.

***Specific to Cataraqui/Kinsmen Arena**

- Skaters and Coaches will have their music played in order of request. A "dry erase board" will be available at board side to sign up for music rotation.
- Solos **will not** be replayed or restarted until everyone in line has had opportunity for their music once.
- If time permits skaters may have their music played again.
- Skaters and Coaches, please be courteous and start the next music when yours has finished.

THE THREE WAY PARTNERSHIP!

Role of the Skater:

- Be committed to being an athlete.
- Arrive on time, complete off-ice warm-up and be ready to train.
- Always be supportive of your fellow skaters.
- Dress appropriately (hair tied back and wearing proper skating attire).
- In order to remain on schedule and ice resurface, clear the ice promptly at the end of the session.

Role of the Coach:

- Remember you are here for the skaters.
- Be a positive role model at the rink.
- Follow the coaches' Code of Ethics.
- Communicate with your skaters and parents regularly.
- Respect and appreciate volunteers and officials.

Role of the Parent:

- Love your child and support their desires.
- Provide positive encouragement, rather than criticism.
- No Coaching from the stands, boards or ice surface doors.
- Be supportive of all coaches and skaters.
- Communicate with your coach, ask questions and be sure you understand expectations.
- Respect and appreciate volunteers and officials.

Please acquaint yourself with the "Bullying Statement" that is available on the club website.

I have read and agree to abide by the Ice Etiquette Guidelines:

Skater Name: _____

Skater Signature _____ Parent Signature _____