



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.

Courtesy and Good Sportsmanship:

- Courtesy and good sportsmanship to coaches and fellow skaters is expected at all times.
- If you get in another skater's way please be polite & apologize.
- If you fall, get up immediately.
- Coaches should coach from the boards unless they are skating.
- No food, gum chewing permitted on the ice.
- Kleenex and drinks are allowed off the ice only. 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. If you wish to talk or take a break and leave the ice surface.

Arena Rules:

- 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.
- Skaters skating to the music and/or in a lesson should let other skaters know they are approaching and say **EXCUSE ME** in a polite, strong voice.
- Skaters must watch for skaters practicing free skate (jumps, spins, solos).
- All skaters respect each other on the ice! Be aware of your surroundings and keep moving! Older skaters remember you were young once too, be tolerant and be a role model. Younger skaters, be aware of your surroundings and specifically what is happening around you.

Harness Usage:

- All Coaches trained on the FHHSC harness are authorized for usage.
- Skaters and Coaches must watch out for those using the harness.
- If you are the last to use the harness please secure the carrier and put the belt away.

Free Skate:

- Skaters must watch for skaters in a lesson or skating to their solo music.
- Spins are to be practiced in the centre of the rink.
- Jumps are to be practiced in the corners and length of the rink.

Cross-Over Ice:

- Cross-over ice time is a privilege extended to Full Package skaters only.
- Skaters are permitted to skate 30 minutes on the alternate session time on both Saturday and Sunday. Specific ice discipline usage is detailed on schedule.
- Right of way is extended to those in the regular session first, followed by any skater in a lesson.
- This time slot is **not** to be utilized in lieu of regular session times.
- Music priority is extended to the regular session skaters and only played for skaters in cross-over ice time if no other requirement exists.

Music Playing/Requests:

- Each coach/partner is entitled to one request per lesson. If there are no other requests (from skaters or coaches) additional requests are permitted.
- Skaters in a lesson have music priority.
- 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.
- Stroking **will** take place as detailed on the schedule. Where not specified, during the last 10 minutes of the session, only stroking music is to be played. Stroking is an important part of a skater's on-ice training and all skaters are encouraged to utilize this time for stroking. If you are not stroking and not in a lesson please leave the ice.

***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 and only played for skaters in cross-over ice time if no other requirement exists.
- For the safety of the skaters, all music being played **must be announced**.
- Music Player is to announce the start of stroking specific to the session.

***Specific to Cataraqui/Kinsmen Arena**

- Skaters will have their music played in order of request. A white 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).
- Clear the ice promptly at the end of the session in order for ice resurface and remaining on schedule.

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.
- Be realistic about his/her ability, 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.
- Be a person your child can be proud of.
- 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 _____ Signature Skater _____

Signature Parent _____