

# Union Arena Figure Skating Club

## 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 next freestyle session of the 2014/15 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.

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

#### **1. 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

**2. 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. 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.

**3. 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.

**4. 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.

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\*Program is defined as a routine with music.

**5. 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.

**6. 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
3. *Lesson Skaters*—A skater in a lesson has the 3<sup>rd</sup> priority for right-of-way

**E. MUSIC RULES** \*\* Music should only be played from the rink side equipment, subject to the following:

1. A Skater's program music will be queued on a first-come-first serve basis
2. Programs may NOT be restarted unless there is a music malfunction or the player is free (including coaches)
- ~~3. A coach may only cut in line twice during a 30 minute lesson, regardless of the lesson length.~~
4. A non-lesson skater may be bumped one spot in line before their program music is played. When the need arises and a coach cuts the line an order such as 1 lesson, 1 non-lesson program, 1 lesson, 1 non-lesson program etc. will be implemented.
5. Non-lesson skaters may request music every 15 minutes unless other arrangements are made or ice- conditions allow.

\*\*All Music rules are subject to modifications such as order of music can be modified under certain conditions (ie, number of skaters on the ice and/or those skating to music) determined by coaches and/or a board member.

## F. OTHER

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

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A skater who does not follow these Guidelines may be asked to leave the ice for the remainder of the session with no refund. UASC, Union Arena, 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, UASC will follow this process for implementing these Guidelines:

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

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

SKATER SIGNATURE: \_\_\_\_\_

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

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### Exhibit A – Traffic Flow Protocol

