

Name: _____

Session: _____

Ingersoll Skating Club Ice Etiquette & Safety

****It is our goal to ensure that ALL skaters are provided a fun and safe skating environment****

Most importantly is Courtesy:

Respect the rights of other skaters. ALWAYS BE AWARE OF WHO AND WHAT IS AROUND YOU AT ALL TIMES. Strive to avoid collisions.

Who gets Priority:

The skater who is "ON Program" (whose music is playing) gets the right of way at all times. Other skaters are to give them enough room to do their program. Move to the boards if appropriate.

The second in priority are skaters who are in lesson with their professional coach. Skaters skating with a partner have the right of way as it is more difficult to stop quickly or see oncoming skaters.

Always yield to these skaters.

Falls and Injuries:

When you fall, GET UP QUICKLY! Remember other skaters will have a much harder time seeing you when you are down low on the ice. Learn to fall properly so you can protect your head as much as possible. Keep your fingers away from your blades and keep "loose" when falling to avoid body injuries.

*If you see someone hurt get a professional coach immediately. They are certified in first aid.

Don't Stand Around:

Refrain from standing around and visiting on the ice. This wastes ice time and is a hazard for other skaters. If you must stand, go to the boards. You may be asked to leave the ice if you are standing more than you are skating.

Discipline of Session:

Skaters MUST skate the discipline of the session (unless in lesson with your professional coach) i.e. Stroking on stroking time, skills on skill time, etc.

Clothing

Wear clothing that allows for safe movement on ice but not baggy, too long or anything dangling that may cause serious injury to you or other skaters.

Hair should be tied back in a ponytail or bun.

Food:

No food or gum is permitted on the ice. Water may be consumed at the boards but not on the ice surface.

Leaving the Ice Surface:

Ask your professional coach for permission before leaving the ice during a session. Take all belongings and garbage with you at the end of the session.

Lutz Corners:

These jumps are commonly performed in the 8:00 and 2:00 corners of the rink. Strive to avoid long-term practice activities in these corners and try to be particularly aware of your surroundings when you are in them. The approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. After executing the Lutz, the skater should always head to the boards to follow the traffic on the ice – remember other skaters may be headed into the corner after you.

Dangerous Single Moves:

When practicing elements like camel spins and back spirals, be aware of the danger that your exposed blade may be to others. Once you have started the element, it will be hard for you to see those around you. Take a good look at your expected “SPACE” before you start the element to ensure it is safe to do so. Stop if it will be a problem.

Predictability:

As you skate more, you will recognize that a session has a certain “rhythm” to it. You will see that some things are expected or predictable by the approach each jump or spin has. Be aware of the flow and skate or behave in a way that won’t surprise or interfere with the flow of the skaters. When entering the ice surface from the boards, check to be sure that you are not entering someone’s flow. Join the flow when it is safe to do so. Always be aware of the other skaters.

Entering the ice surface:

A professional coach or board member **must be present prior to entering the ice surface** on any session. Do not enter the ice until you are certain of their presence.

Cell phones:

Cell phones are not permitted while on the ice surface or in the dressing rooms.

All skaters who skate on Ingersoll Skating Club ice must adhere to these rules. Failing to follow these rules may at any time interfere with the safety of the participants. A skater may be asked to leave the ice until he or she demonstrates to a coach/board member that they will safely participate in the session.

I have read, understood and agree to follow these safety guidelines as detailed above:

Print skater’s name: _____

Skate Canada # _____

Skater’s Signature: _____

Parent/GuardianSignature: _____

Date: _____