



Behaviour on the Ice

Skating is a competitive and individualized sport which requires safe and courteous behaviour from all participants, on and off the ice. Skaters need to be aware of one another, and react predictably to ensure their own and others' safety. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below.

- When entering the ice surface be respectful of the other skater and do not cut through to other side of the boards, skate around.
- The gates in the rink boards must be kept closed while a session is in progress, to ensure the safety of skaters on the ice. Sitting on the boards is not permitted.
- Skaters must always look both ways when leaving the boards.
- Skaters are expected to be skating at all times while on the ice, and to get up promptly after a fall in order to keep pathways clear for other skaters.
- The ice surface should be used for practice, not for conversation. *(Working in small groups with coach's approval is acceptable.)

- When practicing routines, skaters must learn to maneuver around other skaters and still do jumps, spins, and footwork successfully. The skater whose music is playing has the right of way. Calling out "Excuse me!" or "Heads up!" will alert other skaters to get out of the way.
- Skaters should use the center of the ice, between the blue lines and away from the boards, for practicing spins. This allows room at the ends of the rink for preparations for jumps, and for other skaters to maneuver around the spinning skater.
- Foul language, yelling, and abusive or aggressive behaviour, including kicking holes in the ice, are prohibited, and will result in loss of privileges.
- Food, drink and gum are not permitted on the ice; plastic water bottles are acceptable, but must be left at the boards. Glass bottles are prohibited.
- Skaters must clear the ice promptly at the end of each session.

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