

Southwest Ice Arena

Freestyle Etiquette and Safety

For the benefit of our skaters we would like to ask all parents, skaters and coaches to observe the following guidelines so that freestyle sessions can be a positive experience for all. Freestyle sessions are designed for figure skaters to practice their routines and advanced skills. During these sessions, skaters will be doing difficult jumps and spins. If you are unsure if a freestyle session is for you consult with your coach. All skaters must sign in and submit payment, or, have a punch card on file prior to entering the ice. Sessions are limited to the first 20 signed in skaters, staff coaches will be given priority sign-in.

Who is in charge?

- All coaches are responsible for monitoring rules and safety on freestyle sessions. All suggestions or reprimands are to be received with sincere respect and courtesy.

Safety rules

1. The following safety rules are zero tolerance. These safety rules and courtesy suggestions are subject to change as the need arises. Failure to follow these rules can result in expulsion from freestyle sessions.
2. All skaters are entitled to equal use of the ice.
3. Skaters and coaches must be courteous and respectful at all times to other skaters and coaches. Many infractions do happen by accident and should be politely acknowledged as such. A friendly and courteous "Excuse me..." works wonders in educating new or inattentive skaters. Apologize if you accidentally interfere with another skaters practice.
4. Skaters and coaches must remain both cautious and alert at all times. Limit group teaching to no more than 3 skaters.
5. Food, candy, gum and drinks (with the exception of water) are not permitted on the ice.
6. Skaters must keep moving unless receiving instruction from a coach. If a skater falls, they must get up immediately if able to do so. DO NOT sit on the ice. If you must stop-do so only at the boards.
7. Skaters should not stand around in groups talking or playing. Remember these sessions are for practice and lessons only.
8. Any and all conversations are to be held at the wall or off the ice.
9. The corners and ends of the rink are where jumps should be practiced. It is expected that skaters not spend a lot of time practicing in the "lutz corners". Spins should only be practiced in the middle unless they are being performed in a program.
10. To avoid injuries, skaters should avoid performing back spirals on busy sessions unless practicing a move or program that requires the back spiral.

Music

- Skaters having a lesson have music priority, though no instructor may dominate the music.
- When demand for program practice is high, CD's will be put in a line. Skaters with multiple programs may only run two per session unless the tape player is free.
- When music is not being used for programs, tape/CD player may be used for practice music. However, volume, content and repetition must not be offensive to other skaters or coaches.

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- Skaters must wear designated identifier (belt, vest etc.) when their music is being played so other skaters know to give the right of way.

Right-of-Way and Jump Harness

- First to the skater wearing the designated identifier (belt, vest etc.) whose music is being played. Please listen and learn what program music sounds like and be prepared to move quickly.
- All skaters should try to give right of way to skaters performing their programs or taking lessons, but SAFETY IS FIRST.
- Skaters must take extra care to avoid interference with users of the jump harness.

Before and after the Freestyle Session

- Please do not get on the ice until the Zamboni doors are shut.
- It is the responsibility of all skaters to keep the ice arena clean. Remove all belongings (tissue, water bottles, gloves, skate guards, sweaters, etc.) before leaving the ice.
- Skaters must leave the ice in a timely manner at the end of the session by the end of the session so that the ice can be resurfaced timely and the next session can start on time.

Unsportsmanlike Conduct

Skaters, coaches and parents are to refrain from unsportsmanlike conduct. This encompasses the ice, the lobby and the parking lot areas. Failure to abide by this policy will result in verbal or written warnings and, if necessary, expulsion from the arena.

We expect the more advanced skaters to act as exemplary role models for our younger skaters, both on and off the ice

All coaches will be required to have a current copy of their liability insurance naming SW Ice Arena as additional insured on file with the figure skating office.