



## ***Ice Etiquette Guidelines 2016-2017 Season***

### **Who has the right-of-way?**

- Remember that SAFETY IS FIRST. Be responsible. Be aware. Watch around you. The primary right-of-way goes to the skater who doesn't see the potential for a collision. All skaters should try to give way to skaters performing programs or taking lessons, but SAFETY IS FIRST. Just because your music is playing doesn't give you the right to put another skater in danger.
- Skaters should be constantly aware of who is around them while they are skating, and should respect the rights of other skaters.
  1. Headphones are not allowed on the ice.
- Skaters in a lesson have the right-of-way over skaters not in a lesson.
- A skater having her/his freestyle or dance music played when not in a lesson has the right-of-way over other skaters, unless the other skater is in a lesson.
  1. Skaters and coaches in a lesson should be aware of who is doing their program and try to stay out of the way if possible.
- When using the harness, the skater and coach should let any dancers or skaters in a program have the right-of-way.
- Be aware of someone who might be spinning, they cannot see someone skating close to them, and therefore cannot move out of the way for you.

### **Where should you be when on the ice?**

- Skaters should be on time and leave the ice promptly when the session is over.
- In general, skating traffic flow moves in a counter-clockwise direction.
- Spins should be done in the middle of the rink, unless you are doing a program.
  1. Never skate close to a skater who is spinning; they cannot see how close you are.
  2. Also always give a spinning skater enough room to change positions; you never know when a scratch spin may turn into a camel spin.
- Jumps should be done outside the blue lines.
- Whenever possible try not to skate between a coach and skater who are in a lesson.
- **Do not stand or visit on the ice at any time.** If you are not moving, you will be asked to get off the ice.
- Retie your skates in the hockey box or off the ice.
- **Please note that PARENTS are NOT allowed on the ice at any time.** If you need to talk to your skater or your skater's coach, please do it off ice.

### **When can music be played or requested?**

- Skaters in a lesson will have priority to have their music played. After this, music will be played in the order of request.
- Music may be played once by pro request during a 15 minute lesson and twice during a 30 minute lesson. The pro may request the music additional times during the lesson, but the request may not be given priority over other music requests.
- The skater or coach should “wave off” their music if they no longer require it to be played.

### **What should you wear when practicing?**

- Skaters should not wear any loose clothing when on the ice.
- Skaters should not wear jeans or pants that do not stretch.
- Skaters should never wear bobby pins or headbands that could fly off when on the ice.
- Skaters should not wear bulky jackets or winter coats on the ice. Instead, wear a sweatshirt or lightweight jacket that is easy to skate in.
- Appropriate skating apparel includes tights, close fitting stretch pants, skating dresses, skirts, or shorts, sweatshirts, lightweight jackets and gloves.

### **What should you bring with you on the ice?**

- Water in a plastic or metal bottle (shatterproof)  
(that can be distinguished as yours) – no glass containers!
- Tissues
- Program music
- Rulebook if you have one
- You should have everything with you so that, once on the ice, you can STAY on the ice for the entire session.

### **What should you not have when on the ice?**

- No food or drink other than water should be on the ice at any time.
- No gum.
- No I-Pods, cell phones, or other electronics should be brought on the ice.

### **Be Courteous!**

- Do not use inappropriate language or conduct when in the rink.
- All skaters and coaches must respect each other both on and off the ice.
- Remember everyone is equal on the ice.
- If someone is in your way, simply asking them to move is the quickest, safest and friendliest way to make space on the ice.
- If you fall and are not hurt, get up immediately.
- Any problems or complaints should be directed to a pro or board member who is at the rink at that time.
- Do not ever kick the ice or the boards!!!

*Any skater not abiding by the above guidelines may receive a warning from a professional staff member, board member or the parent volunteer ice monitor on duty. Skaters who receive multiple warnings for improper behavior will be removed from the ice.*

**I have read, understand and agree to follow the above ice etiquette guidelines while skating during 2016-2017 Cortland Figure Skating Club ice time.**

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Skater's name

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Skater's signature

Date

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Parent's name (if skater is under 18)

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Parent's signature (if skater is under 18)

Date

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Coach's name

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Coach's signature

Date