

## Figure Skating – Freestyle Session Guidelines

*The following rules apply to all Figure Skating Ice sessions. The purpose is to provide a smooth running skating session that allows skaters the opportunity to progress toward their individual skating goals. Under special circumstances, some deviation may occur upon agreement of the professionals and management of a particular session.*

- All skaters will be expected to follow the rules at all times. Should a skater choose not to obey these guidelines, he/she will be asked to leave the ice for the remainder of the session with no refund. A warning may be given, but is not mandatory in all cases. Management and/or professionals have the authority to remove a skater from the ice.
- All skaters must check in with management at the start of each session. There will be no exceptions.
- No one is allowed on the ice until the Zamboni doors are closed. When the Zamboni comes out, all skaters, including anyone doing a program run through, must stop and exit the ice immediately.
- When entering the ice at any time, skaters and coaches should check for others and not interrupt the flow of skating.
- Program music will be played in a first come order. Coaches may cut in line for their private lesson, but then must relinquish the music to the next program in line. The order is: lesson, non-lesson, lesson, non-lesson....
- Skate may play their program music a maximum of 3 times per session. Skaters should not restart their music. Coaches may do so during a lesson.
- The skater doing his/her program has the right of way. It is requested that the performing skater say “excuse me” in a polite manner to skaters in the path of the program.
- Group programs are not allowed during Freestyle sessions, except during designated times. A group consists of 3 or more skaters.
- Continuous use of the same area of ice should be avoided especially in lutz corners.
- Skaters are to keep moving while on the ice. Please be aware of those around you at all times. Conversations/socializing and skate tightening should be done off ice.
- Skaters should not sit or stand around the boards.
- Parents are requested not to stand rink side, nor interrupt another skater’s lesson.
- Only coaches may use the jump harness. Harness time should be limited so all may take advantage of it. Those using the harness should yield the right of way to all others.
- All skaters must be appropriately dressed during ice sessions.
- No eating, drinking (other than water) or chewing gum on the ice.
- A Good Attitude must be brought to every session. No rudeness, temper tantrums or disrespect will be tolerated. No foul or abusive language will be tolerated. Kicking the ice or dragging a toe pick on the ice is cause for removal from the ice.
- Please remove all personal property from the boards when your session has ended. Tissues and other waste should be disposed of properly in a trash receptacle.
- At the end of the session, skaters should leave the ice promptly.