

RLFSC Ice Policy

March 2013

This document's main purpose is to make skaters and parents aware of how to provide a safe environment for all members.

Skating is a competitive and individualized sport that 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. Senior skaters should take the opportunity to mentor and act as role models to new/young skaters in the club.

- Due to insurance requirements, only registered **Skate Canada members** are permitted on the ice, except in a medical emergency. Skaters can only enter the ice when a certified coach or Executive member is present.
- Proper skating attire and hair tied back for safety- No bobby pins (safety issue if they fall onto ice).
- Food, drink, and gum are not permitted on the ice; plastic water bottles are acceptable, but must be left at the boards. NO glass bottles.
- **Spectators, including parents** of skaters, may watch quietly from the stands or seating area — **not by the boards** — and must refrain from conversing with or offering directions to skaters on the ice. (If a skater needs more direction, the coach should be consulted after the session, and a plan developed to help the skater become more independent.)
- 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 **clear the ice promptly** at the end of each session.
- 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 centre of the ice, between the blue lines and away from the boards, for practicing spins. This allows room at the ends and sides of the rink for preparations for jumps, and for other skaters to maneuver around the spinning skater.
- Foul language, yelling, and abusive, bullying or aggressive behaviour are prohibited. No kicking holes in the ice for safety concerns. These actions will result in disciplinary actions being taken. Please show RESPECT.

Priority for on ice: skaters must be aware at all times and take turns having their time. *Skaters will abide by the scheduled discipline (Stroking, Freeskate, and Skills/Dance), unless an exception applies and has been approved by coaches on the ice.*

1. Skater in a lesson with music with coach

2. Skater in a lesson with coach
3. Skater with music (no coach)

Priority Exceptions

- *Skaters in a lesson may practice a different discipline than scheduled (ex. dance/skills on Freeskate).*
- *Skaters having a lesson on a different piece of ice than their own for coaching reasons must have club permission, and it should pose no safety issues to the skaters that regularly skate on that session (i.e. dance lessons).*
- *During FREESKATE- spins, jumps, footwork, and field moves in appropriate places, and in keeping with the flow of the session, are acceptable. Solo programs are acceptable. Complete or partial skills or dance patterns are not allowed during Freeskate.*
- *During DANCE/SKILLS- skills exercises, footwork, and field moves are acceptable. Dance patterns and practice exercises are acceptable. Skaters who have completed Gold Skills/Dance tests may practice spins on Skills/Dance session. No Freeskate. No Jumping. No Flying Spins.*
- *During STROKING- skaters are expected to be prepared and prompt as to not disturb the group lesson. If late (missing over half of session), please wait to enter ice until stroking is finished.*

Rules will be monitored and enforced if necessary by the coaches on the ice, and should the need arise the board of directors in cooperation with the coaches will pursue resolving any incidents brought to the board in writing by a parent or skater (if over the age of 18).

Disciplinary Actions: *Skater conduct will be assessed taking into account the severity of the actions and if safety is compromised. Complaints will be evaluated by the Executives and Coaches and dealt with on a case-by-case basis.* 1st offence: Verbal warning from skater’s coach, parent informed of warning if skater is under 18. A copy of the Skater Conduct will be given to the skater to review again. 2nd Offence: Above plus a letter from President to the skater, or skater’s parent if skater is under 18. 3rd Offence: Suspension from all Club programs and events for 1 week (This includes all competitions) 4th Offence: Skater will be fined by the Club.

I have read and understand the rules stated above:

Skaters Name (please print): _____

Skater Signature: _____

Parent/Guardian Signature: _____ *(if skater is under 18)*

Date: _____