

# Basic Ice Usage and Free Skating Etiquette Safety Rules

(reference: US Figure Skating Website/Modified to XIC)

## Basic rules governing all behavior

- Please respect the rights of others.
- Please respect the arena's property and the property of others.

## SPECIFIC RULES GOVERNING FREE SKATE SESSIONS

- Place sticker on the FS Log Sheet / pay for each session before stepping on to the ice.
- No breakable containers are allowed rink side. Drinks are allowed on or below the railing. Food is not permitted near the rail or on the ice.
- Please pick up all belongings (including dirty tissues, water cups, bottles, etc.) at the end of the session.
- Parents, skaters not in the session or other spectators should not loiter at the rail or benches. This is unsafe and it interferes with a constructive training session.
- Coaching by parents from the bleachers, benches or railing is **not** allowed at any time. Parents will be asked to leave the arena if this happens. The benches by the ice are to be used by the skaters and coaches only.
- If skaters must talk to someone **off** the ice, even if for a brief time, they need to get off the ice to do so or the skater will be asked to leave the ice.
- It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern.
- If you are a less experienced skater, please be extra careful to stay aware of other skaters and to look ahead of where you are skating to see what others are doing or are about to do.
- If you are an experienced skater, please be patient with the less experienced skaters. !!!Remember – you were new to freestyles at one time, too. Please be understanding if someone gets in your way.
- Remember to look both ways before leaving the railing or skating across the ice.
- Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners (coaches & skaters alike).
- No ear phones/buds or skaters skating with electronic devices.

## Right of Way

- The skater doing a routine to music has the right of way. Colorful belts are provided to help identify the skater whose music is being played. Please stay aware of which skater is doing his or her routine and do your best to stay clear of his or her pattern. Please wear the vest or belt when you play your music to help other skaters know you are skating your routine.
- Skaters taking a lesson have the right of way over general skaters in the session.
- Skaters on the harness also have the right away. Please be careful of the harness area.

## Music

1. Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches. Skaters name must be written on the board. Once the program is played – cross through the name in order to keep track of whose music has been played.
2. Only full run throughs on primetime sessions. Partial run throughs may only be done when the program list has been cleared and all full programs have been played. Be ready to play your music, put on the belt & set up your phone so you don't delay the line up!!!
3. After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation. Dance music can take the place of program music.
4. Not everyone will be able to play their music on full sessions due to lengths of programs.
5. To the best of our ability, XIC will plan in the following order: Coach / Coach / Skater.  
If there are readiness issues, please have a quick discussion or request to move along as needed.
6. Please do not stop and restart your music if others are waiting in line.
7. Please handle the music equipment with extreme care.

## PROHIBITED BEHAVIOR

\_ Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.

\_ Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.

\_ Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately for an indefinite period of time.

\_ Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the arena for an indefinite period of time.

## ENTERING / CLEARING the Ice:

**DO NOT ENTER THE SESSION PRIOR TO YOUR DESIGNATED START TIME!**

**EXIT PROMPTLY AT THE CONCLUSION OF YOUR SESSION**

**Be respectful if a COACH/STAFF PERSON/ADULT seeks you out to correct the situation.**

**When the ice-resurfacers horn sounds, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off music and clear the ice – no exceptions.**