

# Ice Etiquette, Rink Rules and Safety Guidelines

It is so exciting that our club sessions are getting so popular! It is growth for the club and for the sport! But with more skaters and coaches using the ice, there needs to be more regulations to keep skaters safe and to share the ice time as best we can.

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. It is important to know though, that some basic rules must be observed for safety, and to ensure that everyone can make effective use of their ice time.

## Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions! Heads up! **Use your words! A simple “excuse me” and “thank you” or “sorry” go a long way to keep the peace on the ice.** Know that music and the ice surface can be loud so skaters may use these words using an “outdoor voice”. Please give grace with louder voice levels. The hope is that the loud volume is being used to communicate from a safe distance and not in a mean or rude manner.

## "On Program" and "In Lesson" Get Priority

**Like most rinks, the skater who is "on program" (who's music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. We now have a bright vest for each skater to wear while in program.**

**This is new to us as of November 2023 so we will continue to work out the kinks. All skaters on a session of 5 or more skaters must use the vest while in program. Skaters will end their program and return immediately to the music playing area to hand their vest off to the next skater.** Coaches please work with one another to share the playing of the music while skaters are in lessons at the same time. We don't want skaters paying to wait in line for music. Communicate and work together to get as many skaters through their programs as possible. A good rule of thumb, is for skaters in lesson to run their program overhead no more than two times. The board will continue to monitor the use and sharing of music playing. Second in priority are those skaters who are currently in lessons with their pro. Always yield to these skaters as well. .

We have been able to take advantage of portable speakers so help choreograph programs for skaters. As of right now, handheld speakers have been helpful and a minimal distraction. **Coaches may use a mobile speaker to set programs for skaters. They can follow skaters with the speaker. This DOES NOT allow them the right of way.** Skaters and coaches using mobile speakers need to allow right of way to other skaters and other lessons. Coaches need to also be mindful of the volume of the speaker so as not to cover the overhead music.

## Steed Arena Policy

Due to the overhead music system at Steed Arena, HFSC is allowed Bluetooth access to the overhead system via a club ipad. The arena allows the connection of ONE device for the user group. Skaters and coaches email their music files to the custodian of the ipad for upload. The ipad holds all current music and a playlist that runs on shuffle when not being used by a skater to play a specific song. To minimize timely trips to press play and/or have a music player we set up “practice program cuts”. After coaches finalize their skaters’ music they add 10 seconds of silence and 5 second preview clip of the song to the beginning of the program. This file gets uploaded to the ipad. Coaches still use the traditional cut for competition uploads and ice show music submission. Please allow 24 hours for programs to be uploaded to the ipad. Due to the nature of the itunes software all music must be transferred though the corresponding itunes account on a laptop.

## **Lutz Corners**

Because of the nature of the Lutz jump, it is most commonly performed in the corners of the rink (unless you have a lot of clockwise jumpers in your club). These corners are informally called the "Lutz Corners", and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

## **Dangerous Singles Moves**

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at your expected "space" before you start the element, and abort it if it looks like you could cause a problem. Watch out for Pairs and Dance Skaters If you've got pairs and dance skaters at your rink, and they are practicing on the same session as you, be aware that two skaters moving together take up more room than one, and generally can't react as nimbly or quickly as a single skater.

## **Falls and Injuries**

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid breaking things. If you see someone else is that has fallen and may be injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warmup jacket/ sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

## **Predictability**

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually pretty much guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise other skaters. If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

## **Don't Stand Around**

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

## **Facility and Session Rules**

Steed Arena does not allow headphones in both ears/covering both ears. We are to comply with this policy we will update on club ice if needed.

Rules for the facility are posted throughout the rink. Rules may change from time to time based on circumstances that arise. Skaters and coaches are expected to follow the rules at all times.