

# Freestyle Ice Etiquette Policy



The following basic guidelines must be observed for safety, and to ensure that everyone can make effective use of their ice time. Remember you are not out there alone, and each person is responsible for everyone's safety. Each skater pays the same rate for their ice time, so no skater is entitled to any differential or special treatment based on their skill level.

## Freestyle Eligibility

Freestyle is for competitive figure skaters who are training. Skaters must bring their own skates and be tested through ISI or USFS at level Freestyle 1/Pre-Preliminary or higher to participate in these sessions. Freestyle is not public ice time.

Skaters may also work one-on-one with a private coach during these sessions. Private lessons must be booked with the coach beforehand and are paid separately/directly to the coach per their own personal contracts.

## Check-in

Skaters must pay for freestyle in advance and are required to check-in at the cashier booth and sign their name on the Freestyle sheet. If skaters plan to stay for multiple sessions, sessions must be paid for before the session begins.

All personal belongings must be taken into the arena with you. They can be placed along the exterior side boards. No personal belongings should be left in the lobby during your skate. No breakable containers are allowed rink side. Drinks with lids are allowed on or below the railing, but food is not permitted. All belongings must be picked up and placed in the proper receptacles at the end of each session (including tissues, water cups, bottles, etc).

## 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!

Courtesy also includes respecting your rink and rink employees. Always pick up after yourself, put trash into the proper receptacle, take belongings into the ice arena with you (do not leave personal items in the lobby), and always be friendly to all staff members and all coaches. Without a rink and without coaches, we do not get to skate. Take pride in your facility.

# Right of Way Guidelines

Right of way goes to the **skater who doesn't see the potential for a collision**: We all try to give way to skaters performing programs or taking lessons, but safety is the most important factor. Just because your music is playing doesn't give you the right to put anyone in danger or cause a collision.

**Lessons**: Skaters are often looking at their coach when they would otherwise be looking around the ice. Attention is divided, so be aware of which skaters are in lessons.

**Programs**: Complicated choreography and fatigue make it more difficult to avoid collisions. Learn to listen to the music and know which music goes with which skater. After some time, it's also possible to learn some of the patterns in other skaters' programs, so you know what to expect next and where they may be headed.

**Spins**: You can't see anything when you're spinning. Never skate close to a spinning skater, even if your music is playing. Always give spinners enough space to change positions into a new position, especially a camel spin. For example, don't skate close to a sit spin because it may not be a sit spin anymore when you get to the same area of the ice.

**Competitions/Test Days**: During the week prior to and the day of a competition or test, skaters competing or testing will have priority over those not competing or testing.

## 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 must. If you see someone else 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 warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for a qualified person help to arrive.

## Don't Try to Run or Hide

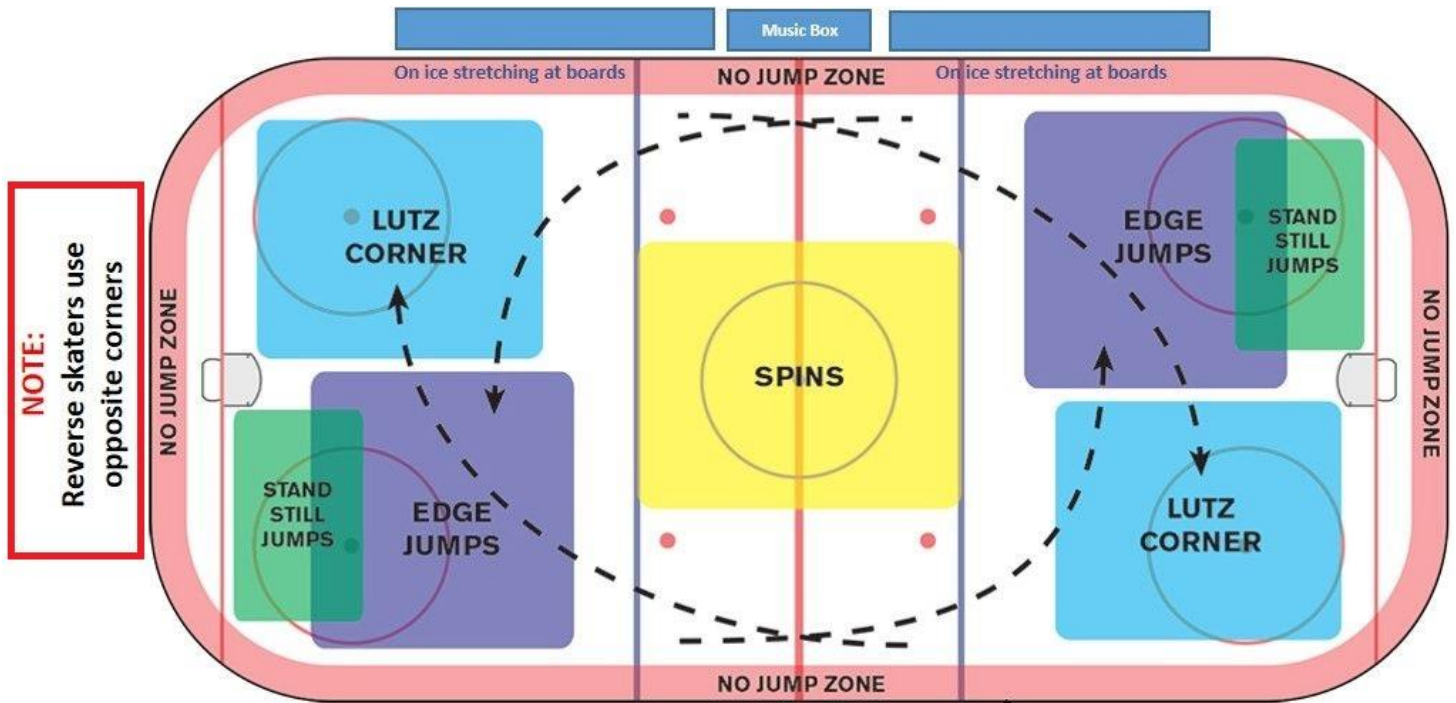
Trying to "outrun" a faster skater won't help you get out of the way. Skate in a direction other than their path of travel while keeping them in your line of sight. And, hiding doesn't work. Trying to stay out of the way by only skating at the end of the rink or near a corner is not effective. The most "out of the way" place on the ice is on the red dot smack in the center. Skating only at one end along the hockey lines or in the corner makes it difficult for others to jump.

## Don't Stand Around

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

# Know Where Jumps Occur

Avoid standing, spinning, or teaching in the Lutz corners or near the boards where edge jumps will take place. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you. Reminder that lefty skaters jump in opposite corners. Always look both ways as if crossing the street or driving a car.



## Patching Holes

Skaters who are working on toe jumps, or who create holes in the ice while skating need to patch holes at the end of their training. Skaters are responsible for filling the holes with water to allow it to freeze.

## Props

Props are to be kept near the boards unless the skater is actively performing their routine. Small props that may not be visible by all skaters must be accompanied by a coach at all times.

## Phones

Cell phones are only permitted on the ice to film yourself or, if you are a coach, your skater, play music, and take virtual lessons from our staff coaches. Any other use of cell phones on the ice is not permitted.

# Coaching

Coaching is permitted only by staff coaches that are trained, hired and currently employed by Vacaville Ice Sports and have provided all necessary training and insurance related documents. Parents or other skaters are not permitted to coach.

Virtual lessons are offered only from our full-time staff coaches. Virtual lessons hosted by an outside coach is not permitted and is to be reported to the General Manager immediately. Skaters who take virtual lessons from coaches not on our staff coach list will be asked to leave and will no longer be permitted to skate at Vacaville Ice Sports. We are unable to verify non-staff coaches' insurance and training documents, so this rule is for the safety of all skaters and coaches!

# Music

Program music will be played on a rotational basis. A line may be formed using the whiteboard for either scan cards for the Rink Music system or the aux chord/Bluetooth speakers (erase your name after you have skated). Please do not stop and restart your music if there are others waiting in line, and make sure to handle the music equipment and cords with extreme care.

Coaches are permitted to skip skaters in the music line, but coaches must let skaters go in-between (coach, skater, coach, skater, etc.). Coaches are also permitted to use Bluetooth speakers at a low volume if they are not in the official music line if it is not interfering with the main program music being played.

# Prohibited Behavior

Kicking, digging holes, scraping or stomping the ice with your blades, and kicking the railings are prohibited. Being verbally or physically abusive to anyone at the rink is prohibited and is a violation of U.S. Figure Skating's SkateSafe policies. Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Bullying or harassment of any kind is a violation of our policies. Any skater engaging in any of these behaviors will be asked to leave the session immediately without refund. We may take additional action by reporting behavior to U.S. Figure Skating's SkateSafe Program.

# Clearing the Ice

When the Zamboni doors open, all skaters and coaches must leave the ice immediately. If you are skating to your program music, please stop skating immediately, turn off the music and clear the ice. Take all belongings with you. No exceptions.