

Skate Frederick's FREESTYLE ICE ETIQUETTE

For the safety and enjoyment of all skaters, Skate Frederick Ice Sports requires skaters, coaches and parents to follow our ice etiquette on all sessions.

- Skaters are required to pay for ice time in the Pro Shop, sign the freestyle log and put a copy of their paid receipt (with their name on it) in the envelope attached to the freestyle log book before stepping on the ice. Skaters, parents and coaches, please follow the direction of ICE MONITOR when one is on duty.
- Morning freestyle skaters must fill out the freestyle payment voucher for processing when the Pro Shop opens. Payment vouchers and log sheet will be on the table on the platform for Rink 1.
- Any skater (lesson or non-lesson) on the ice without paying for their ice time, will be asked to exit the ice and make payment.
- **FOOD and DRINKS are not permitted on the ice OR in hockey boxes at any time. This includes all coaches and skaters.** (exception-water bottles)
- **NO SHADOW SKATING Definition:** At **NO TIME** can any 2 or more skaters perform/practice skating elements/maneuvers at the same time side by side, connected or disconnected.
- **SPINS** are to be done in the **center of the ice** and **JUMPS** are to be done on the **ends and corners of the ice** unless you are in program or under the guidance of an instructor while in lesson.
- It's the responsibility of all skaters and coaches to keep the ice area and hockey boxes clean. Please remove all personal belongings, i.e. water bottles, jackets, gloves, tissues, etc. before exiting the ice.
- Skaters are expected to behave responsibly and to be considerate of other skaters and coaches at all times.
- **KEEP MOVING AT ALL TIMES!** The skating sessions are not a social event for skaters and coaches. If you want to rest or chat, please leave the ice. Skaters who stand along the boards, to socialize, are obstructing the ice surface for other skaters.
- ALL music **must** meet acceptable standards for language and content.
- **ALL individual, synchro and dance program** performance will be limited to partners (two at a time and one must wear orange sash), shadow skating is not permitted on the Freestyle sessions.
- All program and dance music will be limited to 2 plays per half hour (lesson or non-lesson)
- Freestyle, dance and synchro program music **must be** played through their entirety. **NO stopping and starting for any reason.** This ensures every skater receives adequate practice time. Stopping of music will count as 1 full play.
- Skaters are NOT permitted to have personal listening devices (ipods, cd players, etc.) on the ice as skaters need to be aware of surroundings at all times for the safety of all.
- **Kicking the ice, boards, shouting, foul language or arguing will not be tolerated and skaters will be asked to leave the ice. NO REFUNDS will be issued.**
- **DEATH SPIRALS and TENSION BANDS are not permitted on any FREESTYLE or MU Freestyle sessions unless in lesson. This is for the safety of every skater.**
- The "right of way" skaters **must wear** the designated **orange sash** so that all other skaters will recognize the skater "IN PROGRAM". The **RIGHT OF WAY** skater is skater in private lesson program, dance or synchro.
- Back spirals and camel spins can be dangerous to other skaters. Please be aware of your surroundings before executing.
- When session is over, please close all open doors behind you and return orange sash to the penalty box.
- PLEASE remember to pick up your CD from the CD player. Skate Frederick Ice Sports is NOT responsible for any lost, damaged or stolen CD's. CD player box is used for multiple reasons

**PARENTS ARE RESPONSIBLE FOR THE CONDUCT OF THEIR
SKATERS AND FOR ENSURING THAT
THEY KNOW AND ABIDE BY THESE RULES.**

*Thank You * Skate Frederick Staff*