



## Skater Guidelines

**Being a figure skater is a privilege.** Skaters must be aware that certain behavior is expected at an ice rink. Skaters become role models to younger skaters and it is important to behave as if everyone is watching, because chances are, they are!

**Be on time and don't waste ice time.** Ice time is very expensive. It is important to be on time for practice and lessons. Plan to arrive 15-20 minutes prior to scheduled ice time in order to warm up and put skates on. It is important that skaters are focused while on the ice to make the best use of the coach's time, the parent's money, and the ice itself. Please be respectful of other skater's time and keep chatter to a minimum. Standing around talking in the middle of the ice will not be tolerated. Conversations can be taken off the ice. Please work hard while you are on the ice.

**No cell phones allowed on the ice.** Please leave your cell phones in your skate bag. Coaches may film their skaters but skaters themselves should not have their phones out. Filming of themselves should be done on open skate and not private ice.

**Be tidy.** Make sure your child understands that it is essential to keep the area where he or she gets ready to skate neat. Our rink is our home as well as others and we need to respect it at all times. We are not the only ones to use the rink or locker rooms. It is NOT the rink staff's job to clean up after you.

**Don't kick the ice or have tantrums on the ice.** There are days when most figure skaters do get frustrated. Kicking the ice, hitting the boards, swearing, and throwing fits or attitude of any kind is strictly prohibited. You will be kicked off the ice. Be a positive role model and fellow skater at all times!

**Freestyle Session Etiquette.** Freestyle sessions are busy at all times. Please be aware of your surroundings. Perform a lutz jump in the corners, watch for spirals and leg lifts, spin in the center, give the right of way to skaters with coaches and skaters skating in a program. Do not yell at others and do say sorry if you are in someone's way. We need to share the ice at all times no matter what level you are.

**Be nice on and off the ice.** Figure skating can be stressful and competitive. Make friends, support each other, and always wish the best for everyone. Skating can be a fun tight knit family and NUFSC strives to be that way. No one is above anyone and that kind of attitude is not tolerated on or off the ice. Please be everyone's biggest fan and help others if needed. Bullying of any kind will lead to be kicked off the ice.

**Respect all coaches.** Skating coaches work very hard. In a short period of time, a coach must cover a lot of ground with a student. It is important that all skaters and parents respect ALL coaches.

**No matter what level of skater a coach is teaching, a skater must treat all coaches with respect.**

**Safety.** If you fall, get up off the ice as soon as possible for your safety and the safety of others skating around you. No headphones on the ice as you are not able to hear a skater coming. If someone is injured, quickly get a coach to assess the injured skater. We strive to provide a safe environment for its members and allows them to participate in the sport in an atmosphere that is free of bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct. If you have any questions or concerns, please bring them to the attention of a responsible adult or coach.