New Ulm Figure Skating Club

Skater Rules to Safety and Etiquette

Each member of the New Ulm Figure Skating Club or guest skater is asked to follow these safety and courtesy rules. Failure to follow these rules may result in any of the following actions being taken:

1. Immediate removal from the ice by any club professional.
2. A warning may be given by the board, including required corrective measures.
3. The skater may be asked to repeat the safety seminar at their expense.

SAFETY ENTERING/EXITING THE ICE

1. Do not enter the ice until the last group of skaters has exited the ice or the zamboni doors are closed.
2. Always check-in with the ice monitor or mark yourself present on the sign-in sheet if there is no one there. This helps control the number of skaters on the ice for safety.
3. To make-up an ice session, you must get permission from the ice monitor before entering the ice.
4. When entering the ice, skate to the right and follow the direction of the other skaters.
5. When your session is over, promptly exit the ice. Never remain on the ice with the zamboni.

SAFETY ON ICE

1. The Work Areas of the rink are not a hard and fast rule but a general suggestion, ends for jumping, middle for spinning. See diagrams below. The corners are prime areas for lutzes/axles, and larger jumps. Skaters in their program have priority, everyone else should find a spot to practice that is out of the way of other skaters that are practicing and should rotate that practice location. Skaters practicing Moves in the Field will be taking up the entire ice and must do their best to avoid other skaters as well as other skaters giving them a few moments to pass.
2. Do not “park yourself” to work on a spin or particular skill. Vary your locations depending on the flow of the session. If you are struggling with a jump and practicing it in the same pattern as your program repetitively, try to flip the pattern to vary the ends of the arena that you are using. This will help with flow of the session and also help you complete the program in different arenas without getting confused.
3. When two skaters are skating toward each other, pass on the right. As a general rule, when everyone passes on the right it will avoid confusion and collisions. When passing slower skaters, always pass to the outside of the skater.
4. A skater in a spin cannot move to avoid a collision. The skater moving toward a skater in a spin is responsible for changing direction to avoid a collision even if they are in their program.
5. Do not skate into the path of a jumper. It is your responsibility to change directions.
6. Avoid the harness area when a coach is working with a skater on the harness.

7. A skater doing a program has first priority on the ice-**regardless of their skating level**. The skater should be wearing a yellow vest. Other skaters must move out of the way. Do not stand and watch where they are going or what they are doing. If you want to watch, please stand by the boards or in the hockey box.

   Do not restart programs because of a fall or frustration with someone in your way. This not only limits the number of skaters who can do a program on a session, but it also cheats you of the opportunity to learn to “pick up” after a mistake.

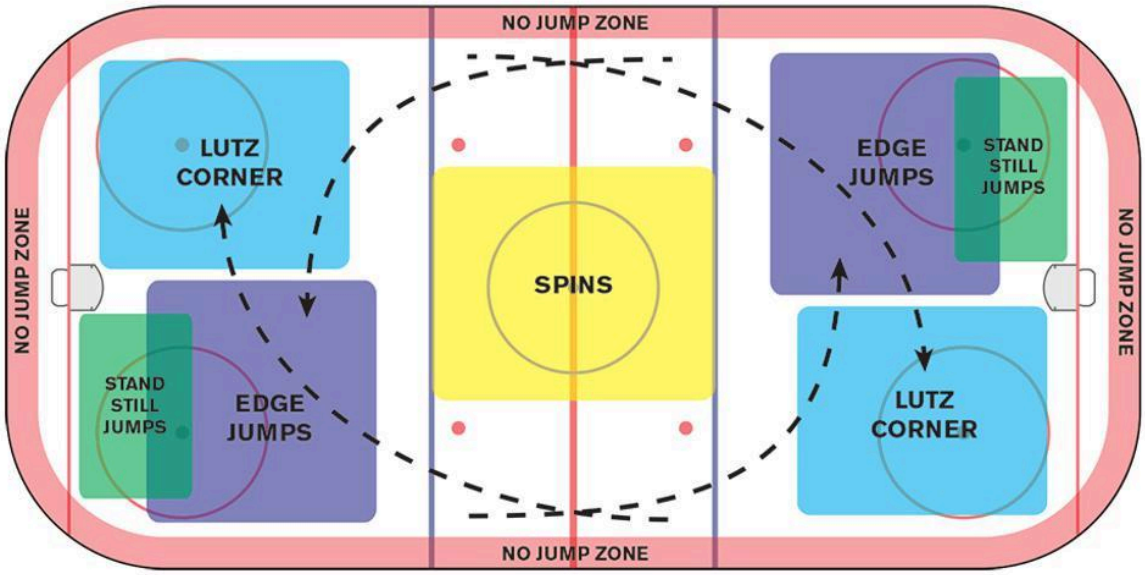
8. Lessons have the second priority to the right of way. Remember that your fellow skaters, while in a lesson, have limited time with their coach to work on skills. Be considerate of them by not doing repetitive patterns into their lesson area and by working to space your practice around them. Coaches and skaters should be aware if another skater and/or coach are working in a particular area and do not move close to that area to work on something. You will appreciate it when they do the same in return.
9. Seniority has the third right-of-way and the responsibility to avoid collisions. Seniority means older, stronger and more skilled skaters. “This doesn’t mean that a FS6 skater should hijack the session over FS2 and FS3 skaters just because they are the highest-level skater on the ice at that time. Instead, they should take the responsibility to model a “heads-up awareness” and the ability to get a good, safe practice in around others. This means avoiding demonstrations of frustration when a younger skater accidently skates into their path. By quickly avoiding the collision, smiling and setting up another attempt with good humor they are modeling a courteous and considerate behavior to the younger skater. A genuine “Excuse me, thanks” with a smile will go a long way.
10. During private ice sessions, all skaters should be working. If it is necessary to talk, please leave the ice. This will avoid distraction and possible safety concerns on the ice.
11. Never lay or sit on the ice. All skaters fall, but for everyone's safety, get up quickly.
12. When stretching on the ice, do not kick your foot up backwards and do not kick it up onto the boards. Both are dangerous to you and other skaters. Carefully place your foot on the boards.
13. When doing backward spirals, always look first and watch for other skaters. On crowded ice, backward spirals may not be safe.
14. Look both ways when leaving the boards.
15. Do not kick holes in the ice; it is a safety hazard. It is a poor choice for entertainment and venting frustrations.
16. Do not sit on the boards. If you need to take a break, step inside the hockey box or exit the ice.
17. No food, gum, or beverages on the ice or boards. Water in plastic containers is fine.
18. Cell phones are not allowed on the ice. Skaters should leave their cell phone in their skate bag. Coaches may film their skaters for lesson purposes from the boards. Skaters can also use their phones for virtual lessons. Phones must stay on the boards in a virtual lesson.
19. Headphones are not allowed on the ice. A single earbud, if it will stay in your ear safely, may be used. We recommend not using white earbuds.
20. Parents/Spectators are asked to remain in the stands, not the hockey box, and not interrupt the skater’s lesson.

SKATER COURTESY

As NUFSC members, we ask each skater to observe appropriate behavior standards at all times. This includes no using foul language or physical aggression.

1. 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!
2. Be on time and don't waste ice time. Ice time is 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.
3. Be tidy. Make sure your child understands that it is essential to keep the area where they get 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.
4. Be nice on and off the ice. Figure skating can be stressful and competitive. Please be cautious how you display your frustration, and do not take out your frustration on other skaters or coaches. It may be helpful to take a short break to calm yourself or to re-focus your concentration. Be mindful of how you react physically as well; no kicking or hitting the ice or dasher boards, no swearing or throwing fits or attitude of any kind.
5. 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 being kicked off the ice. The golden rule "treat others as you would like to be treated" is a general rule of courtesy at NUFSC.
6. 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.
7. If someone is injured, quickly get a coach to assess the injured skater.
8. We strive to provide a safe environment for its members and allow them to skate 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.

In closing, NUFSC wishes to foster a safe and positive learning environment for all its members. We are proud of our skaters and wish to support them whether their goals are competitive or recreational in nature. We are also proud of our talented coaching staff and our wonderful group of family volunteers. Together, we create a strong figure skating environment!

Work Areas of the Rink

This is a general guideline of where to practice and not a hard and fast rule. Moves in the Field skaters will be covering the entire ice. Left-handed skaters will use the opposite sides for jumping. Use a heads-up awareness approach to skating and do your best to avoid collisions. Accidents happen; nobody is perfect. Be respectful!