

FREESTYLE SESSION RULES AND SAFETY POLICIES

General Rules

1. **Session Capacity:** Each freestyle session allows a maximum of 25 skaters. Skaters must be in Freestyle 1 (LTS USA or ISI) or above or have permission from the Skating Director and be in a lesson. *Skaters must sign in and pay before stepping on the ice.* Those who fail to do so will be asked to leave. Sessions cannot overlap; skaters staying 5 minutes past their session will be charged for an additional session. **The Skating Director reserves the right to determine skater eligibility for any freestyle session.**
2. **Rental Skates:** Rental skates are not permitted on any freestyle session. Participants are required to use their own personal skates.
3. **Group Lessons:** Limited to four skaters. Larger groups may only practice for ice shows or competitions with special permission.
4. **Hockey Lessons:** Allowed on open freestyles (max 2 players per lesson). Coaches must educate hockey players on freestyle ice rules. No cones, pucks, sticks, or equipment are allowed.
5. **Virtual Lessons:** Permitted on all freestyle sessions. Remote coaches must be US Figure Skating-compliant for the current season as well as submit their proof of compliance and insurance and pay current commission rates.
6. **Rink Gates:** Must remain closed during sessions. Exit the ice and close gates before the resurfacer enters the ice.
7. **Ice Maintenance:** Help patch holes in the ice. Use snow to fill holes and add water if no patch bucket is available. The patch bucket is usually located in the resurfacer room.
8. **Spectators:** Parents may watch from designated viewing areas (lobby, upstairs warm room, bleachers, plexiglas). They are not allowed on the players' bench side and may only enter the hockey box in emergencies to assist skaters.
9. **Behavior:** Disruptive behavior (e.g., kicking the ice/boards, excessive speed, shouting, foul language) will not be tolerated. Violators will be asked to leave the session.

General Safety

1. **Warm-Up:** Perform an off-ice warm-up before stepping onto the ice to reduce injury risk.
2. **Safe Entry and Exit:** Use designated entry/exit points to prevent collisions. Always check for oncoming skaters before stepping onto or off the ice.
3. **Awareness:** Skaters must be aware of their surroundings. Look both ways before starting a program, spin, or jump.
4. **Falling:** Skaters must get up quickly and safely if they fall to avoid collisions. Others should be cautious and give space to those who have fallen.
5. **Props:** The use of props on the ice is discouraged. If necessary, they must be small, safe, and approved by the manager on duty.

Right-of-Way

1. **Program Priority:** Skaters running a program to music played over the rink sound system have the second priority. Colorful belts will identify these skaters—please give them space. Program music can be played up to twice per 30-minute session (once per 15 minutes).
2. **Portable Harness:** Skaters on the harness have the first priority. Allow them extra space as their motion is restricted by the harness and operator.
3. **Lessons:** Skaters in lessons have the third priority.
4. **Pairs and Ice Dance Couples:** They have the fourth priority.

5. **General Etiquette:** Avoid following other skaters, especially during their programs or moves patterns. Do not congregate by the boards in groups of two or more. Maintain awareness of others on the ice, and coaches must be mindful of all skaters' patterns, not just their students.
6. **Spins and Jumps:** Practice spins in the middle of the ice between the blue lines, leaving space for jump passes.

Music

1. **Order of Programs:** A dry erase board is provided to write the order of skater programs. Skaters currently in a lesson have priority over other skaters.
2. **Program Music:** Must be played through the rink's sound system, and skater must wear a colored belt for identification. Personal audio devices for program music playback are only allowed at low volume for safety.
3. **Volume:** Music should be played at a level that allows all coaches to safely communicate with their skaters.
4. **Double Run-Throughs:** Allowed once per session with prior communication to coaches.
5. **Earbuds:** Only one earbud may be used, and only with prior approval for specific training purposes.

Conduct and Etiquette

1. **Respect:** Skaters must treat each other with respect and courtesy. Bullying, aggressive behavior, or inappropriate conduct will not be tolerated.
2. **Coaching Restrictions:** Only designated coaches are allowed to give instruction during freestyle sessions. Parents and non-coaching individuals must stay off the ice.
3. **Peer Responsibility:** Skaters are responsible for looking out for one another. If a rule is being broken, kindly remind fellow skaters of the safety policies.
4. **Conflict Resolution:** Report any disputes or concerns to the manager on duty for resolution.

Emergency Procedures

1. **Injury:** In the event of an injury, the nearest skater or coach should assess the situation and call for medical assistance from the manager on duty if necessary. Skaters should stay clear of the injured individual until help arrives.
2. **Evacuation:** If an evacuation is necessary (e.g., fire alarm), skaters must follow the manager on duty's instructions and exit the rink in an orderly manner.

Coaches on Sessions

1. **Awareness:** Coaches must be aware of their surroundings, especially when moving backward. Teach skaters proper etiquette and awareness. If not in motion, remain near the boards or in the hockey box.
2. **Conduct:** Bring positive energy, enthusiasm, and professionalism to each session. Educate athletes on rules and etiquette.
3. **Coaching From the Boards:** Coaches should remain at the boards unless working on choreography, with beginners, or setting skating skills patterns. Avoid continuously following skaters around the rink or standing in one place in the middle of the ice. Do not sit on the boards.
4. **Guest Coaches:** Must submit coaching contract and compliance items including current liability insurance to learntoskate@iceandfield.com as well as pay current commission rates.

Zoom/Virtual Lessons

1. **Approval Required:** Virtual lessons must be approved by management.
2. **Equipment and Environment:** Ensure equipment is functioning, and conduct lessons in a safe manner, paying attention to surroundings. Younger skaters should have a parent or guardian present to assist in maintaining clear communication between skater and coach.