

# The North Skating Club

## Club Rules

### SAFETY RULES

The following safety rules are zero tolerance. These safety rules and courtesy suggestions are subject to change as the need arises. If there are any questions please discuss them with your primary coach or a member of the coaching staff. Failure to follow rules can result in expulsion from freestyle sessions.

1. All skaters are entitled to equal use of the ice.
2. No one is allowed on the ice without skates and no one is permitted on the ice until the Zamboni doors are shut.
3. It is the responsibility of all skaters to keep the ice arena clean. Remove all belongings (tissue, water bottles, gloves, skate guards, sweaters, etc.) before leaving the ice.
4. Skaters must leave the ice in a timely manner at the end of the session so that the ice can be resurfaced and the next session can start on time.
5. Doors should be shut once all skaters and coaches have exited.
6. Skaters and coaches must be courteous and respectful at all times to other skaters and coaches. Accidents happen, please use friendly and courteous language, such as, "Excuse me..." if someone is in your path of travel and apologize if you accidentally interfere with another skater's practice.
7. Skaters and coaches must remain both cautious and alert at all times. Respect each other's space by not skating too close to another person.
8. Skaters must keep moving unless receiving instruction from a coach. If a skater falls, they must get up immediately if able to do so. DO NOT sit on the ice. If you must stop – do so only at the boards.
9. Skaters should not stand around in groups talking or playing. All conversation is to be held at the wall or off the ice, unless a coach/skater is demonstrating something.
10. Always be aware of what is happening around you. Be mindful of skater's practice patterns; Be mindful of high-level skaters passing near you at high speeds. Do not change direction without checking behind you.
11. Respect other's space. DO NOT skate or jump too close to another skater or coach. DO NOT skate too close to a skater who is spinning.
12. Be aware of skaters setting up for jumps or spins and DO NOT cross their path.
13. In general, jumps are to be performed in either end of the ice and spins are allowed in any area of the ice with the exception of camel spins which we typically keep to the area past the blue line near the proctor booth.
14. After jumping, please check jump area for holes and repair large holes using ice shavings and water.
15. Parents are not allowed to "coach" from the doors of the ice, through the glass, from the hockey boxes/benches, or from the boards. It distracts the skater and is dangerous.

## MUSIC RULES

- Music is played in the order noted on the Proctor Sheet.
- The Club and volunteer proctors will do their best to use a rotating system so that a different contracted skater is first each week.
- Proctors can play skater's music from the Brennan sound system. Name your music with your first and last name. The Brennan only accepts mp3 format. Email your music to music@nsskating.net. iPhones can also be used while the music is being uploaded to the Brennan.
- Music may only be held for those with a lesson on that session. When the coach/skater, requests to take the music off hold, the music will be played after the skater(s) who were recently called and any other coach/skater who has requested to remove music from a hold. A coach may only hold two skaters during each session. EXCEPTION: Skaters who are competing or testing in the next week, are allowed to request a music hold.
- Coaches and competing/testing skaters may only ask to hold music in the first ten minutes of a session. Once a skater has been called to skate, that skater can not be placed on hold.
- A skater who is called to skate their program must put on an orange/green vest/belt. The exception to this is for high freestyle sessions only.
- Coaches using boomboxes or Bluetooth speakers must maintain a volume level that does not interfere with the overhead sound system.
- No one may stop another skater's music without permission from that skater.

## RIGHT-OF-WAY AND JUMP HARNESS RULES

- Skaters performing programs have the right of way.
- Skaters not in a lesson should yield to those in lesson while creating a safe environment.
- Skaters and coaches should be considerate of others and remember to share use of the harness.
- Skaters and coaches must take care to avoid interference with users of the jump harness.

## YELLING, PROFANITY, BULLYING, AND OTHER UNSPORTSMANLIKE CONDUCT

Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, yelling, harassment, intimidation, and bullying at all times. This encompasses the ice, the lobby, and the parking lot areas. Failure to abide by this may result in being asked to leave the property. Any skater who is a victim of bullying should inform their parent(s) and coach immediately.

**More advanced skaters are expected to act as exemplary role models for younger skaters, both on and off the ice.**