

## **ROCHESTER FIGURE SKATING CLUB**

### *“SAFETY ON ICE”*

Each Member of the Rochester Figure Skating Club is asked to follow these safety and courtesy rules and guidelines. Failure to follow these rules and guidelines may result in any of the following actions:

1. Immediate removal from the ice by any club professional.
2. Repeated warnings by the Ice & Rules Committee may result in a change of ice level assignment or removal from sessions.
3. The skater may be asked to repeat the safety seminar at their expense.

### **SAFETY ENTERING AND EXITING THE ICE**

1. Always check in (sign your name) on the clipboard before skating, preferably when arriving at the rink. Accurate attendance helps control the number of skaters on the ice.
2. Wait for the Zamboni gates to close or the last group of skaters to exit the ice before entering the session.
3. When entering the ice, follow the direction of the skaters who are warming up (usually to the right).
4. When your session is over, promptly exit the ice. Never remain on the ice when the Zamboni is resurfacing.
5. To make-up an ice session, you must call the office and get permission for each added session. The office must verify that the skater is eligible for the session and that there is space available (all sessions have a maximum number of skaters permitted to skate based on the Ice and Rules safety guidelines).
6. Skaters may not flex their time over two sessions. For example, they may not skate a half-hour of one session and fifteen minutes on a different session.
7. Skaters skating morning Rec. Ice may flex their starting time only in fifteen minute increments. They must skate at least 45 minutes in a row. Starting times must be at 5:30, 5:45, 6:00, 6:15, 6:30, or 6:45; not 6:25, or 6:35. Having starting times not on the 15 minute intervals is disruptive to skaters on the previous session.

### **SAFETY ON THE ICE**

1. When stretching on the ice, do not kick your foot up backward or kick it up onto the boards, because it is dangerous to you and to other skaters. Carefully place your foot on the boards.
2. Respect the work areas of the rink. The corners and ends for jumping, the axis's for moves, and the middle for spins. All levels of skaters should be using the work areas appropriately.
3. During freestyle, dance, and MIF sessions, all skaters should be working. If it is necessary to talk, please leave the ice. This will avoid distractions and possible safety concerns on the ice.
4. Never lay or sit on the ice. All skaters fall, but for everyone's safety, get up quickly.
5. Skaters and Pros should respect areas where other Pros and skaters are training or conducting lessons.
6. 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.
7. 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. If a skater is doing a program, try to avoid doing a spin in the path of the other skater's program.
8. Do not skate into the path of a jumper. It is your responsibility to change direction.
9. When doing backward spirals, always look first and watch out for other skaters. On crowded ice backward spirals may not be safe.
10. A skater doing a program has priority on the ice. Therefore, other skaters and Pros must avoid the program. Everyone should become familiar with each skater's music and program, so you can move out of their way. However, the skater doing the program must avoid the harness
11. Look both ways when leaving the boards and when entering the ice.
12. Avoid the harness area when a pro is working with a skater on the harness.
13. No jumps or spins are allowed on MIF or dance ice sessions.
14. Do not kick holes in the ice. It is a safety hazard as well as disrespectful.
15. No food, gum or pop is allowed on the ice or boards. Water in plastic containers is permitted.

### PLAYING PROGRAM MUSIC

1. Place your CD in line by the CD player when you first get on the ice. All skaters must make every attempt to play their music in fair turns.
2. It is recommended that skaters wear the orange belt when skating their program.
3. Do not hang around the CD player waiting to play your music.
4. Control the volume (not too loud) of your music.
5. When working on a program, a skater may repeat one section of the music, but not the entire program.
6. Skaters who are scheduled to test or compete in the next few days may be granted priority to play their music.

### SKATERS COURTESY

1. As RFSC members, we ask each skater to observe appropriate behavior standards at all times. This includes not using foul language or physical aggression.
2. Skating is a challenging sport and sometimes can bring you to the point of complete frustration. Please be cautious in how you display your frustration and do not take it out on other skaters or coaches. It may be helpful to take a short break to calm yourself or to refocus your concentration.
3. All skaters and coaches should be treated with respect at all times. The golden rule “treat others as you would like to be treated” is a general rule of courtesy of the RFSC.
4. Skaters just entering a higher skating level need time to adjust to that level. Please give them the same respect and courtesy as an experienced skater on that level. Keep in mind that everyone is a “new skater” to a level of ice at some point, and patience is important.
5. Positive attitudes bring positive results. When in doubt, try it out! Sometimes there are problems that can easily be solved with tactful positive communications. We encourage all skaters to create and maintain this type of helpful, positive environment on and off the ice.
6. Please keep the locker room clean and maintained. Use the wastebaskets and take your belongings home or put them away. Keep all valuables stored in your locked locker to ensure their safety.

The RFSC 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 skating environment.