



# CABIN JOHN ICE RINK

## FIGURE SKATING ETIQUETTE



For the safety and enjoyment of all skaters, Cabin John Ice Rink requires skaters to follow our rules and etiquette on our sessions, which include Freestyle, Dance, Mixed Use, and Private Lesson Ice.

Pre-Requisite for a Freestyle Session is for the skater to have passed Free Skate 1.

The ice monitors will be enforcing these rules, as well as Managers-On-Duty and Management Staff

1. Parents, Guardians and Instructors are responsible for the conduct both on and off the ice of your child and/or student, as well as the applicable fees associated with ice time. Payment is due prior to the session. Skaters must sign-up for the session on the sign-in sheet and sign in on the private lesson sheet if taking a private lesson.
2. Enter the ice only after the zamboni door is closed and the session has begun or when announced by the ice monitor or Manager on Duty. **This means that you may enter and exit the ice at the specified time the session begins and ends and not before or after.**
3. **Check in with the monitor upon entering the ice.** Those who have not been highlighted for the session must show their 'Late Pass' and paid receipt to the monitor before they begin to skate.
4. Skaters who are signed up for a session are given a 5-minute grace period after which their slot may be forfeited to a skater waiting to pick up a session. Skaters on the waiting list to "pick up" a session, including those scheduled for a lesson should check in with a monitor and must wait five minutes to ensure that a slot is available.
5. **Yield to the skater whose program is being played.** All skaters "in program" must wear the designated belt. The program belt must be put on at the boards. While in program, it is only acceptable for the skater to say "PROGRAM" – no other words (e.g. move, out of my way, or excuse me) will be tolerated. Coaches may say "PROGRAM" if they are following the student (in a lesson) but not from other areas of the ice. Skaters in program have right of way over skaters in lessons, skaters using the harness and skaters performing dance or moves in the field patterns. Skaters in programs should yield to skaters already in spins, as they are "blind" and cannot safely get out of the way. Remember this is an IDEAL, not an ABSOLUTE. During mixed use or dance sessions one Dance Team at a time may perform their program with the music. Both skaters must wear belts.
6. Yield to skaters currently in lesson with their coach.
7. **Be aware and respectful of your fellow skaters.** Slower skaters must always look in the direction they are traveling and yield to those skating faster by taking the "inside" track. Faster skaters should always watch for slower skaters and take the "outside" track. Skaters who do not meet Freestyle requirements or are presenting a danger to themselves or others may be asked to leave the ice. New freestyle skaters should remain in private lessons until they are capable of following Figure Skating Etiquette on their own.
8. **Keep moving at all times.** This applies to coaches and skaters. If you fall, immediately get up. If you want to rest or chat, please leave the ice. Stagnant discussions between skaters and/or coaches should be had at the boards.
9. Spinning should be limited to the area between the two blue lines unless in a program or under the guidance of an instructor while in lesson. When entering camel spins, be aware of the danger your exposed blade poses to other skaters and plan accordingly. (The same is true for back spirals). Avoid entering a spin in the pathway of a skater in their program.
10. Do not coach from the music boxes. If you must conduct lessons in the four corners of the ice, yield to skaters setting up for their lutz jumps or rounding a corner for a moves-in-the-field or dance pattern. Speak with the coach or the monitor if a skater or a coach in the corner is posing a safety concern. **Share the ice!**
11. Skaters and Coaches who kick the ice, the boards, shout, use foul language or argue with other skaters or coaches will not be tolerated and will be asked to leave the ice.
12. It is the responsibility of each skater to keep the ice area clean. Please remove all belongings (tissues, water bottles, gloves, guards, etc.) before exiting the ice.
13. No pairs skating, or partner dancing will be permitted during a freestyle session unless session is designated as Dance or mixed use.
14. Please leave the ice immediately at the end of your session.
15. Use washable markers only on the ice.
16. Use of secondary items will be at the discretion of the Freestyle Monitor/MOD based on attendance of session and must be approved in advance.

**Those who do not comply with the above rules will be asked by the management to leave the ice and may lose their skating and coaching privileges.**