



# Freestyle Session Etiquette



For the benefit and safety of all skaters, we ask that parents, skaters, and coaches observe the following guidelines so that freestyle sessions can be a positive experience for all. Prior to your first visit to any Freestyle session, a parent or coach must review the safety rules with the skater.

## Safety Rules

- 🛼 All Skaters are entitled to equal use of ice.
- 🛼 Skaters who are “on program” (whose music is playing) have the right of way at all times. Skaters in lesson with a pro are second in priority.
- 🛼 Skaters and coaches must be respectful to other skaters and coaches. Say “excuse me” if you see another skater that doesn’t see you coming. Say “I’m sorry” when you accidentally get in someone’s way.
- 🛼 Jumps are to be performed on either end of the ice and spins in the middle (please see flow chart on back).
- 🛼 No more than 3 skaters can be connected together as a group.
- 🛼 Stay moving! Standing around means someone has to maneuver around you. Do not stand in the traffic flow of the ice – go to the boards or exit the ice surface.
- 🛼 If you fall, get up quickly.
- 🛼 When leaving the boards, look both directions and be aware of skaters moving around you.
- 🛼 Parents are not permitted to “coach” on the Freestyle session from the doors of the ice, through the glass, from hockey boxes/benches, or from the stands. It distracts the skater and it is DANGEROUS. Please save discussions for off the ice.
- 🛼 Only coaches approved by City Ice Pavilion are allowed to teach on Freestyle Sessions. No more than 2 skaters are allowed in a lesson at one time. Academy style teaching is not permitted on Freestyle Sessions.
- 🛼 Parents are not permitted in hockey boxes.

## Music

- 🛼 Skaters in lesson have music priority.
- 🛼 There will be NO restarting of a program with other programs waiting to be played.
- 🛼 No one may stop another skater’s music without permission from that skater.
- 🛼 When programs are not being played, skaters may play inspirational practice music. However, volume, content, and repetition must not be offensive to other skaters or coaches. Profanities are prohibited.
- 🛼 Skating with headphones or other electronic devices is not permitted.

## Before and After Freestyle Sessions

- 🛼 Skaters and guest coaches must pay before stepping on the ice.
- 🛼 Skaters may not enter the ice until Zamboni doors are shut.
- 🛼 Please do not litter or leave anything on the ice. Be sure to keep track of your used tissues, tissue boxes, and guards. Items left on ice may damage Zamboni, and it is inconsiderate to others to leave litter along the boards.

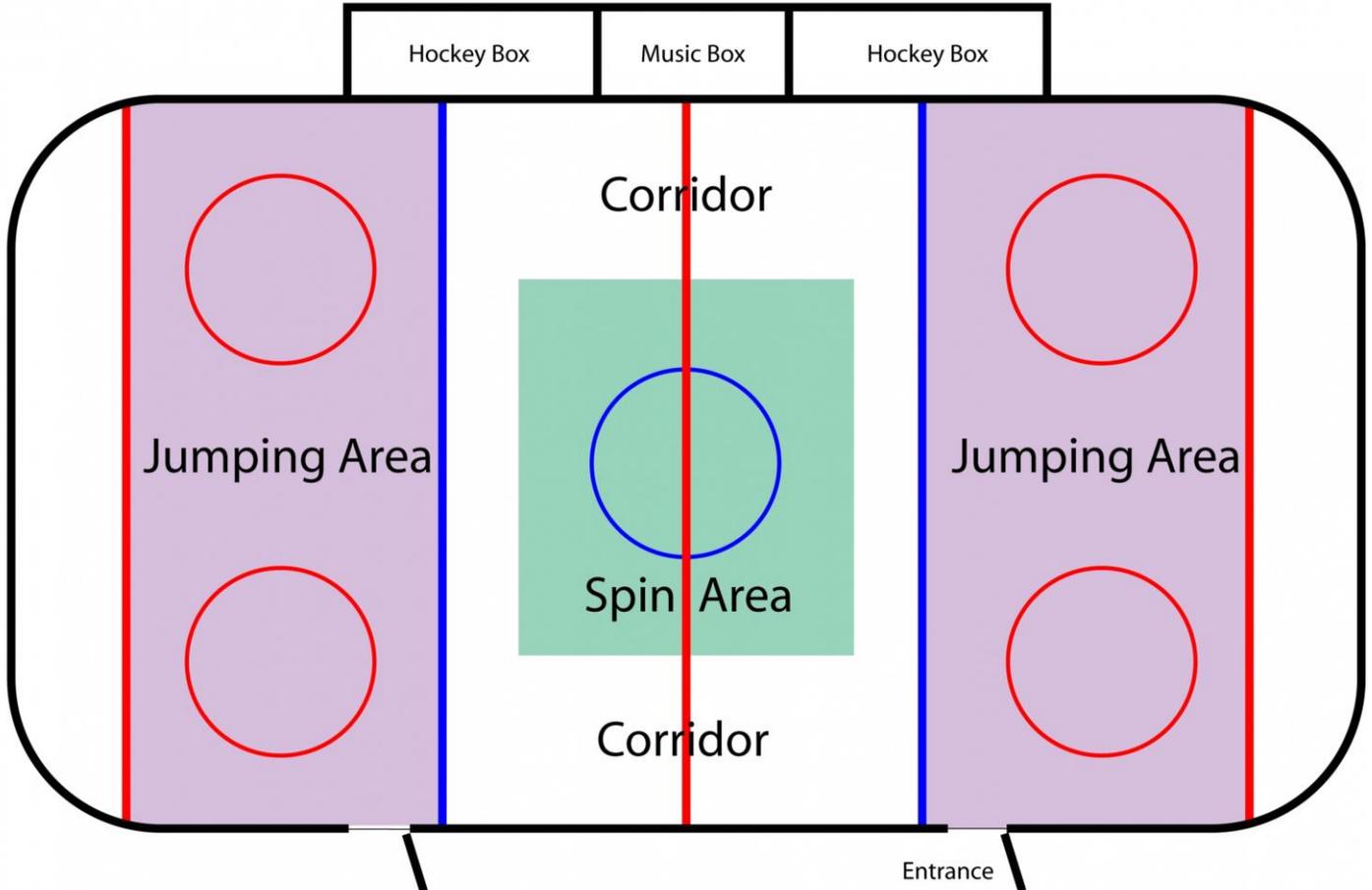
## Sportsmanship

- 🛼 Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, yelling, harassment, intimidation, and bullying at all times. This encompasses the ice, lobby, and parking lot areas. Failure to abide by this policy will result in verbal or written warnings and, if necessary, expulsion from the arena.

**Rules are to be enforced by coaches ONLY.** All coaches are responsible for monitoring rules and safety on Freestyle Sessions, whether or not it’s the skater’s own coach. All suggestions and reprimands are to be met with sincere respect and courtesy.

# Freestyle Session Traffic Flow Chart

## Jumping and Spinning Zones



<revised 2/14/11>