



Dress Code and Ice Etiquette Policy (Effective: August 1, 2022)



In order to maintain the highest standard of safety on the ice and to ensure adequate working conditions for all skaters, it is expected that all Board Members, Coaches, Parents and skaters will abide by the following policy. This policy will be enforced as applicable. Any infraction may warrant an initial warning. Any serious infraction will result in disciplinary action.

The following Dress Code and Ice Etiquette Policy applies to all Board Members, Coaches, Parents and skaters. Please take the time to read this policy and familiarize yourself with it. Rules are put into place for the safety and protection of all our members.

Dress Code

1. Skates must be worn on the ice. Coaches, skaters and parents are not permitted to walk on the ice wearing shoes of any kind.
2. Proper skating attire must be worn by Coaches and skaters. Proper attire includes appropriate athletic wear, skating dresses/skirts, tights and/or leggings, figure skating pants, properly fitting tops/sweaters. Skirts or pants can be worn over bodysuits. Pyjamas, track pants with elasticized ankles, jeans or other denim-cut pants are not permitted unless worn as part of a costume or for a special event such as Pyjama Day, Hallowe'en, etc. Clothing must be in good repair. Long hair is tied back and hair must be kept off the face.
3. No clothing with offensive language or images will be allowed.

Ice Etiquette for Coaches and Skaters

1. No food, drinks, gum or candy are allowed on the ice surface. Water bottles may be left at the boards.
2. First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful! Strive to avoid collisions!
3. For safety reasons (so you can hear Coaches and/or skaters coming up behind you or during emergency situations such as a fire alarm), ear phones or ear buds are **not permitted** while skating. If you must listen to music to support learning a routine, please do so at the boards and then remove the ear phones or ear buds prior to going on the ice surface.

4. **Right of Way**

a. Right of way goes to the skater who doesn't see the potential for a collision: We all try to give way to skaters performing programs or taking lessons, but safety is the most important factor. Just because your music is playing doesn't give you the right to put anyone in danger.

b. Lessons: Skaters are often looking at their coach when they would otherwise be looking around the ice. Attention is divided.

c. Programs: Complicated choreography and fatigue make it more difficult to avoid collisions. Learn to listen to the music and know which music goes with which skater. After some time, it's also possible to learn some of the patterns in others' programs, e.g. a straight line diagonal footwork sequence goes with the boom/boom/boom part of the music, etc.

d. Spins: You can't see anything when you're spinning. Never skate close to a spinning skater, even if your music is playing. Always give spinners enough space to change positions into a camel spin (e.g. don't skate close to a sit spin because it may not be a sit spin anymore when you get there).

e. Competitions/Test Days: During the week prior to a competition or test session, skaters competing or testing will have priority over those not competing or testing.

5. **Know where skaters are likely to jump**

Avoid standing, spinning or teaching in the Lutz corners or near the boards where edge jumps will take place. The Lutz corners refer to the 2:00, 4:00, 8:00 and 10:00. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

6. **Falls and Injuries**

If you should fall get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to.

If you see someone else is that has fallen and may be injured, don't just drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is,

a) Have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and

b) Get a qualified adult to come and help them. A blanket or warm-up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

7. **Don't try to run or hide**

Trying to "outrun" a faster skater won't help you get out of the way. Skate in a direction other than their path of travel while keeping them in your line of sight. And, hiding doesn't work. Trying to stay out of the way by only skating at the end of the rink or near a corner is not effective. The most "out of the way" place on the ice is on the red dot smack in the center. Skating only at one end along the hockey lines or in the corner makes it difficult for others to jump.

8. **Don't Stand Around**

Keep moving at all times. Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

9. Coaches requesting music have first priority. Please don't abuse the privilege.
10. The skater whose music is being played has the right of way. Be aware of what is going on around you whether it is your music or not.
11. No foul language or inappropriate behaviour on the ice will be tolerated by skaters, parents or coaches.
12. Coaching of skaters takes place on the ice only by coaching professionals. Parents are discouraged from standing at the boards during sessions unless permission is granted by the coach.
13. Guest skaters must pay their guest fees prior to stepping on the ice. Failure to do so will result in immediate removal from the rink.
14. Skaters are not permitted to go on the ice until a Coach is on the ice or Board Member is present.
15. Door at the boards leading to the ice surface are to be kept closed and latched.
16. All skaters and Coaches will leave the ice as soon as the zamboni passes the arena doors. Please pay attention to the end time of your session and leave the ice surface promptly to ensure that all sessions before and after are kept on time.

Off-Ice

1. Defacing of club/arena property is prohibited and will result in loss of skating privileges.

2. Please help keep the viewing area, dressing rooms and washrooms clean.
3. Only designated music operators (including senior skaters), board members and professional coaches are permitted to use the music equipment.
4. Please make sure that skate guards are worn off the ice at all times.
5. ***COMMUNICATION CHANNELS:*** The best person to talk to about your child's progress is your Coach. He/she will know what skills your child is working on and/or striving to achieve. Please ask your Coach questions pertaining to your child's progress during the skating season. Please do not confer with your Coach or Program Assistants during on-ice instruction time. Please direct questions concerning the Club's activities and Skate Canada programs to the Board of Directors. Each program group has a Board liaison appointed by the Board of Directors to help answer questions and/or direct your questions to a more informed source. Most likely the skating parent sitting next to you is just as unfamiliar with the world of figure skating and has the same questions as yourself.