



## **Greensboro Ice House & Summit FSC Freestyle Session Etiquette & Safety Rules:**

1. Please treat all coaches and skaters with respect. All coaches will be monitoring freestyle and Club ice sessions and have the responsibility, as well as the authority, to address inappropriate behavior displayed by any skater.
2. Please respect the arena's property and the property of others.
3. Before entering the ice, skaters must sign-in and pay or "punch" for their session/s at the front desk during morning sessions and at the snack bar during afternoon sessions. Skaters must pay the Summit FSC ice monitor (**not the front desk or snack bar attendant**) for Club ice sessions. Lesson payments are to be paid to the rink for lessons given during freestyle sessions. Lessons are paid directly to coaches during Club ice sessions. A maximum of 25 skaters are permitted on a session.
4. Skaters may not "warm-up" or enter the ice early before their designated session. Skaters will be charged full price for any partially used sessions (Club, freestyle or public).
5. All skaters must wait to enter the ice until the Olympia driver closes the doors.
6. Skaters must look both ways before leaving the railing or skating across the ice.
7. Freestyle sessions are for concentrated practice; no socializing, horseplay or idle conversation. When not skating, exit the ice.
8. No profanity, stomping, scraping or kicking of the ice or boards. No digging holes and no intentional sliding.
9. No headset, iPod or other personal music system permitted.
10. Unless skating with a partner, skaters are to practice individually. No shadow or group skating permitted.
11. For safety reasons, no back spirals or charlottes unless supervised by your instructor during a lesson or by a spotter during non-lesson times. Coaches and spotters should call out these moves to alert other skaters and extreme caution must be taken even with these guidelines.
12. No sitting on the ice for a prolonged period after a fall, unless injured and if injured, make it known!
13. Keep moving while on the ice as it is dangerous for both you and the other skaters to be idle during a session. It is especially important to not stop in the middle of the ice or in any of the jumping corners.
14. It is important for everyone's safety that all skaters and coaches stay aware of other skaters on the ice and exercise care. Please make every effort to anticipate other skater's patterns as you decide your own pattern.
15. If you are a less experienced skater, please be extra careful to stay aware of other skaters and look ahead of where you are skating to see what others are doing or are about to do. If you are an experienced skater, please be patient with less experienced skaters and remember – you were once new to freestyle sessions. All skaters must exercise understanding if someone gets in the way.
16. Respect each other's space – do not skate, jump or spin too close to another skater or coach.
17. A polite "excuse me" (or similar phrase) may be used to alert inattentive skaters of an upcoming jump or set pattern *while that skater is in lesson and/or while their program is played*.
18. Be aware of skaters setting up for jumps and spins (especially in the Lutz corners) and do not cross their path.
19. Spins and spin lessons should be primarily conducted near center ice and should be placed so as to not interfere with Moves in the Field, Dance or jump patterns.
20. Parents may not position themselves at ice entry locations, at rink sidelines or in hockey boxes to "coach" their skater. Parents may not pull their skater on and off the ice to "coach" during freestyle or Club ice sessions. Parents will be asked to leave the arena if this happens.
21. All skaters and coaches must exit the ice promptly when the Olympia begins to back out. If skating your program, please stop skating immediately, turn off the music and clear the ice – no exceptions. Please also make sure to collect all belongings. All tissues, water bottles and other trash should be properly disposed of in a garbage can.
22. Videoing of anyone other than immediate family members is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the arena for an indefinite period of time. Video of immediate family members may be taken at ice rink level from an unoccupied hockey box and the videographer must immediately exit the hockey box at the conclusion of the filming. No other rink location is acceptable to ensure that the privacy rights of all athletes be respected.
23. Appropriate, athletic attire is required. Bare midriffs are not permitted.
24. All skaters and coaches must follow Music Playing Rules and Right-of-Way Etiquette.
25. Failure to follow Freestyle Session Etiquette & Safety Rules, including reconciling any outstanding payments within 7 days, may result in expulsion from sessions and/or loss of freestyle and/or Club ice privileges.