



Freestyle Skating Safety Guidelines

- Sessions are open to Figure Skaters who have passed Basic Skills Level 4 (or have passed Level 2 but only when in a lesson with a Coach).
- All skaters must be conscious and considerate of other skaters and coaches:
 - Skaters are to limit running their music to 4 times per session unless in a coached lesson.
 - During busy sessions, music should be played in order with no one skater dominating the music box. Skaters in private lessons have priority to the music box. Music should be played at an acceptable volume.
 - Skaters should not congregate at the music station or at center ice. Talking should be done along the boards or off ice.
 - Use the benches or the side boards for rest.
 - Games or contests involving dips or “shoot the ducks”, tag, racing, are prohibited.
- All skaters need to be aware of standard Skating Skills and Ice Dance patterns. Skaters in a lesson and/or with their music running have **RIGHT OF WAY!** (ROW) for skaters is 1) Music 2) Lesson 3) Active Patterns
- Ear buds of any kind are always prohibited as they impede the skater from being aware of their surroundings potentially creating an unsafe environment.
- At the conclusion of the sessions, please patch holes prior to ice resurfacing.
- Skaters must leave the ice immediately when the Olympia comes out to resurface.