



Freestyle Figure Skating Session Etiquette and Guidelines

Right-of-Way Protocols

- Prioritize safety above all else. Always stay attentive and aware of your surroundings.
- The primary right-of-way belongs to skaters who may not see potential hazards. All skaters should yield to those performing programs or taking lessons whenever possible, with safety remaining the top priority.
- Having music playing does not grant priority over safety considerations.
- Maintain constant awareness of other skaters around you and respect their rights on the ice.
- Skaters participating in lessons have the right-of-way over those not in lessons.
- Skaters with their program music playing (either freestyle or dance) have the right-of-way over other skaters, unless the other skater is also in a lesson.
- When using a harness, both skater and coach should yield priority to skaters performing their routines.
- Coaches and skaters involved in lessons should be aware of ongoing programs and attempt to avoid interference when feasible.
- A safety sash is available for skaters performing programs to increase visibility and awareness among others.
- Be mindful of skaters who are spinning; they may not see nearby skaters and cannot move out of the way promptly.

Positioning on the Ice

- Arrive on time and exit the ice promptly at the end of your session.
- The standard skating direction is counterclockwise.
- Spins should be performed in the center of the rink unless you are executing a routine. Jumps should be performed outside the blue lines.
- Avoid skating near a spinning skater, as they may not see other skaters in close proximity and cannot respond accordingly.
- Allow ample space around spinning skaters to accommodate potential changes in their movements, such as transitioning from a scratch spin to a camel spin.
- When possible, refrain from skating between a coach and their student during lessons.
- Do not stand and socialize in the middle of the ice.
- Coaches utilizing training tools (such as bands, sticks, stuffed animals, hockey pucks, etc.) should remain attentive to other skaters on the ice.
- For safety, re-tie your skates in the designated hockey box or off the ice.

Music Play and Requests

- Skaters in lessons have priority for music playback. Following this, music requests will be honored on a first-come, first-served basis.
- During a 15-minute lesson, a skater's music may be played once upon request. During a 30-minute lesson, it may be played twice. Coaches may request additional plays of the music during a lesson, but these requests do not take priority over other music requests.
- If a skater or coach no longer requires their music, they should indicate this by waving it off.

Attire Guidelines

- Wear "fitted" clothing suitable for skating on the ice; avoid loose garments.
- Do not wear jeans or non-stretch pants.
- Keep your hair secured and out of your face to maintain clear vision of others.
- Avoid headbands or bobby pins that could become loose or fly off during skating.
- Refrain from wearing bulky jackets or winter coats; instead, opt for lightweight sweatshirts or jackets that facilitate movement.
- Appropriate skating attire includes tights, close-fitting stretch pants, skating dresses, skirts, shorts, sweatshirts, lightweight jackets, and gloves.

Essential Items to Bring

- A water bottle made of plastic or metal (shatterproof and clearly identifiable as yours). No glass containers.
- Tissues (please dispose in the trash can)
- Program music
- Rulebook
- Ensure you bring everything needed to stay on the ice for the duration of your session.

Prohibited Items and Conduct

- No food or drink, except water, should be on the ice
- Gum is not permitted on the ice
- Use respectful language and conduct within the facility
- Be courteous and respectful of all skaters and coaches, both on and off the ice
- Remember that everyone is equal on the ice
- If someone is in your way, politely ask them to move — this is often the quickest and safest way to create space
- Immediately get up if you fall and are unharmed
- Report any concerns or issues to the Skating Director
- Refrain from kicking the ice or the boards under any circumstances