

## **RULES OF CONDUCT**

In order to make skating time as safe as possible for your child, please review The following rules with him/her. Even if you are veteran skaters, another look at these rules is always a good idea.

- Children in Kidskate and the first level of Canskate are required to wear helmets
- Parents are not allowed on the ice during lesson time unless registered in their own skating program. They are not covered by Skate Canada insurance
- Blades should be sharp and protective guards worn on them when off the ice
- Boots should be laced correctly to support the ankles. Laces should be tucked in the top of the boot. Untied laces should be fixed immediately
- Watch out for other skaters, especially little ones. Look behind you before attempting a forward spiral. Look in the direction of travel when skating backwards to perform a backward spiral. Look for an open space before jumping or spinning. Spins are usually done in the middle of the ice
- Get up quickly after falling down
- No food or drink of any kind is allowed on the ice. Skaters should never be chewing gum
- Starts and stops should be done a safe distance from the boards
- Sharp objects should not be carried in pockets
- Combs or clips in the hair can cause injuries. Use soft accessories in hair. Long earrings or chunky jewelry should not be worn on the ice
- Keep balls, nets and other loose objects off the ice
- Figure skating time is for figure skating practice only. Please do not play games of chase, tag, crack-the-whip, etc. that would interfere with other skater's lessons or practice time
- Figure skating coaches or supervising parents reserve the right, after one warning, to ask a skater to leave the ice if continued unacceptable behavior interferes with a lesson
- Respect all coaches and program assistants. They are volunteering their time to help you learn to skate
- Enjoy yourself