

Ice Courtesy and Safety

Ice courtesy is the art of sharing the ice. This practice allows skaters to get the maximum benefit from their time on the ice with the least interference and frustration for all. And also help keep everyone safe. Here are some examples:

- Skaters must always **look both ways** when entering the ice surface and leaving the boards.
- Skaters are expected to be **skating at all times** while on the ice, and to get up promptly after a fall in order to keep pathways clear for other skaters.
- The ice surface should be used for practice, **not for conversation**. (Working in small groups with coach's approval is acceptable.)
- When practicing routines, skaters must learn to **manoeuvre around other skaters** and still do jumps, spins, and footwork successfully. **The skater whose music is playing** has the right of way. Calling out "Excuse me!" or "Heads up!" will alert other skaters to get out of the way.
- Spins should be done at the centre of the ice from blue line to blue line This allows room at the ends of the rink for preparations for jumps and for other skaters to manoeuvre around the spinning skater.
- Jumps are to be done at the ends of the ice (blue line to boards)
- All skaters should keep their heads up and be aware of the skaters around them. This should prevent skaters from interfering with others about to perform a jump or field move.
- When a new piece of music starts, all persons on the ice should look around to see which skaters music is playing and make a practice of staying out of their path.
- Hair should not be in skaters face. If your hair is long enough to be in your face it should be tied back with elastic.
- Avoid wearing loose fitting accessories (hats, headbands, mittens, scarves etc) as if these fall off of you onto the ice they become a fall hazard to the other skaters

The right of way is as follows:

1. A skater in a lesson with the Coach
2. Any Skater having their music played
3. Everyone else