



### 22-23 Club Ice Etiquette

1. All skaters must check in and pay the ice monitor before entering the ice.
2. Coaches may teach no more than 2 skaters in a lesson at any time.
3. Skaters must have passed Pre-Free skate, demonstrate safety, mental acuity as well as physical ability to skate without a coach on Club Ice Freestyle Sessions.
4. All skaters are to remain alert while skating. Looking both ways before leaving the boards and keeping eyes up. Ear buds, headphones or ear plugs are not permitted to be worn on the ice.
5. Skaters will yield the right of way as follows: skaters (and coaches) should yield to whomever is skating to the music and wearing a vest/belt. Skaters who are not in a lesson should yield to those who are in a lesson. Pay attention to skaters with limited visibility (ex. certain moves-in-the-field, free-skating moves or dances). Out of lessons, skaters who are higher level have the right of way. Skaters on our ice will be doing single, double, and triple jumps. For the safety of all, please make yourself familiar with the jump setups, moves and dance patterns.
6. It's the privilege and the responsibility for all members to keep the Club Room clean and sanitary.
7. Skaters are responsible for keeping track of their time on the ice. When the session ends, skaters are expected to promptly leave the ice. The club and its members are not liable for any lost items. If any items are found, please return them to the Lost and Found box in the clubroom.
8. No one is permitted to stand in the rink doorway or sit in the hockey boxes. No one may be on the ice without skates on.
9. Food / gum is not permitted on the ice. Skaters may keep water or sports drinks on the boards. NO glass containers.
10. All FSC members are expected to set a positive example for new or prospective members and guests of our rink. Please be friendly, welcoming, and kindly assist those who may be unfamiliar with our facility and policies.
11. We have zero tolerance for verbal or physical abuse or property destruction, which will result in disciplinary review which may result in membership dismissal with no refunds.

12. Skaters are not permitted to congregate, chase, follow, coach, butt spin, sit, penguin slide, push, or horseplay. Parents, please go over ice rules often to avoid injuries.

13. All recording must be done from the boards.

14. Music will be played in the order in which it is requested 1 song per discipline (anything you can test) every 15 minutes. Skaters in a lesson will have priority. Coaches may request music but should not abuse this privilege!

15. Parents/Guardians/Skaters will not coach skaters. **Removed "from the boards"**

16. At skating competitions and events, please remember that you are representing Forestwood Skating Club, and it's important that your conduct reflects positively on your club. As a Club, we are a team and we must strive to support all our members and other competitors.

17. Double run-throughs will be permitted once daily for IJS/Qualifying Freestyle or Juvenile and higher Freestyle testing skaters. They must be requested by your coach and performed while in a lesson.

18. The Ice Monitor(s) are Safesport certified and have full authority over the club sessions at all times.

19. Guardians/skaters/coaches have received a copy of the ice pattern usage diagram and understand that it is their responsibility to make sure that skater(s) fully understand the proper location for jumps, spins, edge moves and safety on the ice.

20. **Virtual testing on club ice is not permitted if there are 8 or more skaters present on the ice, in accordance with USFSA virtual testing rules.**

All skaters/ guardians/ coaches must read a copy of Forestwood Skating Club Ice Etiquette and Safesport Guidelines and Parents Code of Conduct and have received an Ice Pattern Usage Diagram and agree to follow these guidelines. It is the responsibility of Parents/Coaches to make sure that their skater(s) fully understands and abides by these guidelines.

Dangerous or negligent behavior in any Forestwood session or class, at any time and not adhering to the Ice Etiquette rules, Safesport Guidelines and Parents Code of Conduct may result in up to 1 warning followed by suspension, Safesport committee meeting, re-learning the ice etiquette, Safesport Guidelines and Parents Code of Conduct and/ or a dismissal of membership with no reimbursement of membership, ice, or any other fees of any kind:

