



***Mackenzie Figure Skating Club***  
***Skating Rules***  
***For FunSkaters, Juniors and Seniors***



**GENERAL RULES** to ensure a *productive, successful, fun and totally awesome skating season!*

*Set daily, monthly, and yearly goals and then plan what to do to reach these goals. Progress and successes come from careful planning which lead to positive results. The biggest reward is feeling good and having fun skating.*

- Only registered skaters will be allowed on the ice surface. Spectators are asked to remain seated quietly in the bleachers. Excessive noise in the stands distracts and disrupts the skaters and can be dangerous.
- Sitting or climbing on sideboards or glass around the rink is not permitted.
- Appropriate use of language and display of positive behavior is expected at all times. All skaters and parents are encouraged to use common courtesy, good manners and respect fellow skaters, coaches, executive members, recreation centre staff and parents.
- The upstairs music room will be used for the coaches, music players, required meetings and registration only. Use rink level change rooms or stands to change into skating gear.
- If locked storage is available, high school students will be allowed to keep skating bags in music room.
- Wear warm appropriate skating attire. (Tights & skating dress or stretch pants, sweater, gloves, hat - if very cold). No jeans or pyjama pants.
- Long hair must be tied back from face. Shorter hair must be kept out of the face with a headband or hair clips.
- It is your responsibility to always pick up after yourself. Please keep your belongings together and put all trash in the garbage cans.
- Ensure you have eaten breakfast and lunch at least a ½ hour or more before skating, and have a small healthy snack ((fruit, carrot sticks, granola bar, cheese & crackers, ...NO junk food) after school to ensure a good energy level for afternoon practices.
- Have a water bottle (with water only) at the side of boards when skating to insure proper hydration during skating sessions. Take only sips not gulps.
- No foodstuffs (i.e. gum, candies, etc.) will be allowed on the ice during any session.
- All doors to the ice surface **MUST** remain closed at all times. The last skater on the ice **MUST** close the door.

## MUSIC

- Respect & Listen to the Coach and the Music Player at all times.
- Always ask politely for your music requests or help from the coach and skating parents. Remember to say “thank you” with eye contact and a smile. *The **Music Player** is the person that volunteers to play all required music for the different sessions including individual solo, interpretive, and/or showcase programs.*
- Your SOLO will always be played first unless you notify the music player at the beginning of the session. No changes once the music has been started. Your Interpretive or Showcase will be played on the next round.

## ON ICE ETIQUETTE

- The coach is not to be interrupted while coaching private lessons unless there is an emergency.
- Be **ON TIME for skating sessions**. We recommend skaters to be at the arena 15 minutes prior to the skating session to stretch and to get ready for your ice session.
- **If late**, (which will rarely happen), step on the ice and remain at the door to get permission from the coach to join the session.
- The skater whose music is being played and the coach & skater(s) in a lesson have the **right of way**.
- Cheer on your skating mates to create a fun & **positive skating environment**. The **positive energy** will help you too!
- **Use all of your ice time**. Skaters will leave the ice together at the end of the session.
- The coach will notify skaters and their parents if they are not using their practice time effectively. The coach will work with the skater off ice (at their expense) to improve this situation before the next practice or the skater’s lessons will be cancelled. If you don’t practice, you don’t need a lesson.
- Please do not interrupt or distract a skater that is practicing. The time to chat is off ice before and after the skating session. A friendly word of encouragement is permitted on and off ice.
- The **Coach Pro Liaison** is the person **you** and **your parents** need to talk to if there are problems/issues/conflicts that cannot be resolved together with the coach. If you require information or have questions regarding your goals, schedule lessons, competitions, ice show, ...you need to talk directly to the coach. **Remember**, some questions are better answered **off ice!**