



Mackenzie Figure Skating Club *Canskate Rules*



Please read through with your child and be sure he or she understands.

- 1.** 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.
- 2.** Sitting or climbing on sideboards or glass around the rink is not permitted.
- 3.** 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.
- 4.** Skaters are expected to be on time for ALL sessions and may not leave the ice before the end of a lesson without the coach's permission.
- 5.** No foodstuffs (i.e. gum, candies, etc.) will be allowed on the ice during any session.
- 6.** Skating attire:
 - Skates
 - Properly fitted and adjusted CSA-approved helmet
 - Warm mitts and clothing (snow pants and warm sweater to start.
 - If they are too warm, then sweat suits, stretch pants, sweater and mittens are ok
 - Skating dresses for the girls are permitted, but warm tights, mittens and a sweater should still be worn.
 - Skate Guards need to be worn off-ice
 - Blue jeans and sloppy clothing are not permitted.
 - Hair must be pulled back off the face.
- 7.** Have Fun!!!