



ICE ETIQUETTE

Club Ice time is for members with mixed ability and therefore it is important to be aware of other skaters at all times.

All members skate at their own risk, however, following these rules will help to reduce the risks to you and others.

- Be mindful of other skaters around you
- Look out for skaters that may not be aware of you. For example, skaters entering or exiting a spin or jump.
- Watch out for skaters especially on entering the ice, or from moving away from the barriers.
- Always look in the direction of travel when skating backwards.
- Do not play chasing games or cut across the flow of skaters, unless being directed by an ice skating coach.
- Do not stand around chatting in the middle of the ice. If necessary, move to the barrier.
- If you fall, get up quickly for your own safety and that of others.
- Do not sit or lie on the ice, nor spray or throw ice, nor build ice mounds. All of these can be dangerous.
- Long hair should be tied back. Please wear suitable clothing. No scarves or loose clothing should be worn as these may get caught in a skate blade. Check your clothing and accessories for safety before getting on the ice.
- Make sure your laces are tied properly and if you need to re-tie them, do so off ice.
- Food (including gum) and drink are not allowed on the ice, except for water bottles.
- Please refrain from bad behaviour, such as kicking the ice or barrier, yelling at other skaters or using bad language. Skaters who behave this manner will be asked to leave the ice and a Committee member will be informed.
- Make sure you have fun but be mindful of others.
- **REMEMBER THAT SAFETY COMES FIRST.**