

## Appropriate Behavior for Figure Skaters



**Being a figure skater is a privilege.** Skaters must be aware that certain behavior is expected at an ice rink. As skaters improve, younger skaters will look at him or her as an example. Certain ways to behave are expected both on and off the ice.

**Be on time and don't waste ice time.** Ice time is very expensive. It is important to be on time for practice and lessons. Plan to arrive 15-20 minutes prior to scheduled ice time. The skater should use the restroom before a practice session and bring a water bottle on the ice, so that precious practice minutes do not go to waste. It is the skater's and parent's responsibility (not the coaches) to ensure the skater is utilizing their assigned practice time to their advantage in order to progress through the Basic Skills elements.

**No cell phones allowed on the ice.** Please leave your cell phones in your vehicle or skate bag.

**Be tidy.** Children can be messy. Make sure your child understands that it is essential to keep neat the area where he or she gets ready to skate. If your child brings a snack to the rink, make sure he or she does not leave trash or food for the rink's personnel to clean up. Tell your child to neatly put away skate guards, rags, **shoes/boots** and personal belongings (inside a skate bag) before stepping on the ice. This will help avoid tripping hazards.

**Don't kick the ice or have tantrums on the ice.** There are days when most figure skaters do get frustrated. If your child has a bad day, don't allow your child to have a tantrum on the ice or to kick the ice. Explain to your child to try to keep out of other skaters' way and to not get angry if someone does get in his or her way.

**Freestyle Session Etiquette.** Freestyle sessions can be crowded, and only Junior Champs and above are allowed on the ice at this time. As your child advances, he or she must learn to be aware of other skaters and understand that a skater doing a program to music has the right of way. Also, your child should try to not get in the way of skaters having lessons. Freestyle sessions are not public sessions and that means that standing in the middle of the ice and talking is not acceptable. A guideline to follow on freestyles is to keep moving with the flow of the other skaters. Be aware of the Lutz Corner. If a skater must stop, he or she should go to the rink wall.

**Be nice on and off the ice.** Figure skating can be stressful and competitive. Every skater must learn to be nice. Smile when you go to the rink. Compliment other skaters. Make friends with those you see at the rink. Don't participate in gossip about other skaters or coaches. Try to keep all things you say about other skaters and coaches positive. Do not participate or listen to gossip about others. If this occurs, you will be asked to leave the ice or the rink.

**Respect all coaches.** Skating coaches work very hard. In a short period of time, a coach must cover a lot of ground with a student. It is important that all skaters and parents respect ALL coaches. **No matter what level of skater a coach is teaching, a skater must treat all coaches with respect.**

**Wear appropriate attire.** No jeans allowed. Hats and helmets are encouraged, but not required. Please don't skate with a hood pulled up due to decreased visibility.

**Safety.** Hard skate guards must be worn on your blades when off the ice. This will protect your blades and fellow skaters. If you fall, get up off the ice as soon as possible for your safety and the safety of others skating around you. If someone is injured, quickly get a coach to assess the injured skater.

**SafeSport Initiative.** NFSC strives to provide a safe environment for its members and allows them to participate in the sport in an atmosphere that is free of bullying, harassment, hazing, emotional misconduct, physical misconduct and sexual misconduct. If you have any questions or concerns, please bring them to the attention of a responsible adult, Rink Coordinator, Coach, or Board Member.

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Skaters Signature

Date

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Parent's Signature (if less than age 18)

Date