



# On-Ice Etiquette

## March 2016

The Nepean Skating Club (NSC) *On-Ice Etiquette* (formerly *On-Ice and Off-Ice Rules and Procedures*) ensures the safety of all skaters and coaches during our sessions.

Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency.

### Skaters:

- are not permitted on the ice before a coach or an adult aged 18 years or over, is present in the arena.
- are expected to be training at all times while on the ice.
- must get up quickly after falling and keep moving.
- should spin in the middle of the ice and jump at the ends, unless practicing an element in a section of their program.
- should pay special attention when practicing camel spins and back spirals.
- should allow sufficient maneuvering room around skaters who are performing combination spins and/or jumps.
- should inform their coach whenever they leave the ice.
- may work in small groups with a coach's approval.

### Coaches must:

- work together and coordinate their lessons to avoid unnecessary overlapping of practice areas.

### All skaters and coaches must:

- be aware of one another and pay special attention to reverse skaters.
- always look both ways when leaving the boards and in the direction of traveling forward and backward.
- make extra effort to stay out of the way of priority skaters. Right-of-way goes first to the soloist, a skater in a harness, a skater in a lesson, and then skaters in a group lesson.
- refrain from lingering in the areas designated for specific maneuvers (e.g. lutz corners).
- drink near the boards (no glass containers permitted) and not eat on the ice.
- Not sit on the boards or climb over them.
- ensure the doors along the rink are closed while a session is in progress.
- leave the ice promptly when the Zamboni is at the door and shall not return until it has left the ice surface and the Zamboni door is closed.