



Ice Rules Conduct - Regulations - Policies

The following are ice rules which CFSC skaters and professionals are expected to follow. These rules help to keep our ice sessions safe for all and to foster a productive atmosphere on the ice. Please review these rules with your skater.

In effort to keep our ice sessions safe for all, please adhere to the following rules.

- Coaches and Rink Monitors have the authority to enforce conduct during club sessions.
- First offense: The skater will receive one verbal warning.
- Second offense: The skater will be asked to leave the ice for the remainder of the session.
- If a skater is asked to leave the ice more than three times, the skater, one or both parents, the skater's coach or Pro Liaison and a Board Member will meet in a conference to determine how the situation will be handled.

Rules:

1. Kicking the ice is never tolerated. The resulting holes not only pose a safety hazard, but damage may also occur to the cooling coils lying beneath the ice surface.
2. Food, chewing gum, and drinks (except for water) are not allowed on the ice.
3. Tissues must be disposed of properly. If left on the boards, they fall to the ice and become embedded in the ice surface and pose a safety hazard. Use the garbage containers provided within the rink.
4. Foul language including swearing, street language and rude remarks are not tolerated.
5. Avoid non-essential talking on the ice. Visiting should be done off ice.
6. Skaters wearing a yellow belt have the right of way.
7. Be aware when the harness is in use and stay clear of the area.
8. All spins should be practiced in the center of the ice.
9. Avoid lutz corners unless working on program or moves.
10. If you are on the ice surface you must be in motion. This applies to skaters and coaches. If you stop for any reason (to rest, tie skates, or take instruction from a coach) you must be against the boards on the sides. Stay away from the curved sections of the boards as skaters use this area to set up for jumps. When you are ready to return to the ice, look both ways before moving out.
11. Sitting or lying on the ice is very dangerous to you and other skaters. If you fall get up quickly and resume skating, or leave the ice if you are hurt.
12. Skaters doing shoot the ducks, hydro-blades and other moves that are low to the ice should use extreme caution during busy sessions. Shoot the ducks should be practiced close to the dasher boards – running parallel to the wall.
13. Be courteous and considerate. Show respect toward every coach, rink monitor, and skater at all times.
14. Hockey boxes should not be used by spectators, parents, or friends during practices.
15. You must conduct yourself chemically free whenever participating in a club activity, skating session, competition, or exhibition.
16. Clear the ice when the door for the Zamboni opens.

I have reviewed these ice rules and agree to abide by them (encourage my skater to abide by them).

Skater

Parent