



## On-Ice Expectations and Rules

- Skaters will be prepared to skate and train hard while on the ice
- Proper attire should be worn and **hair must be tied back**
  - Headbands alone are not considered tied or clipped back
  - **STARSkate and Prelim Prep skaters may not wear loose-legged pants during their ice time for safety reasons.** They may, however, wear them to PA or for any Learn-to-Skate program ice function.
  - Coaches will immediately ask skaters to leave the ice and rectify any attire situations before they continue on that session.
- Kleenex and water bottles should be kept along the sides of the boards. Getting off to blow noses or to get a drink takes away from ice time. **Water is the only drink allowed on the ice,** water bottles but be able to be sealed.
- No gum, candy or food will be allowed on the ice surface. **Please snack either before or after ice time.**
  
- Skaters **must** advise a coach before getting off the ice for any reason.
- Skate guards **must** be worn at all times, when not on the ice, to protect your blades.
- Skates **must** attempt to attend all stroking sessions for conditioning purposes unless they have permission from their coach or parents to miss certain sessions. **If a skater is not on the ice for the start of stroking they will be asked to stay off the ice for that session time** in order that they are not interrupting or in the way of skaters who are stroking.
- Skaters **will not play in the middle** of the ice or **visit along the side of the boards** as this presents a danger to those skaters who are working.
- Skaters will **get up immediately after a fall** unless they can't due to an injury, in which case they will immediately call for a coach to assist them.
- Skaters **must be on time** for their skating session and **may not leave the ice early** unless there has been an arrangement made between parent and coach.
- Skaters **will not disturb their coach if the coach is in a lesson** with another skater. You will either wait till your coach is free or talk to another coach.
  
- **Parents and friends will be asked to observe from the stands or lobby,** not along the rink side as this creates a distraction for the skaters.
- Any use of ridiculing, profane or inappropriate language or behaviour will result in the skater being automatically suspended for a period to be determined by the board.
- **Skaters will show respect for all coaches and parents,** and cooperate with requests made by coaches and parents. **Skaters will also show respect for their fellow skaters.**

### **Ice Priority**

1. Skaters whose music is playing
2. Skaters in a lesson
3. Everyone else

Coaches may request that a skater either **sit in the box for up to 15 minutes** or leave the ice for that day after **3 warnings** for breaking rules.