



General Rules

1. The doors to the ice must be kept closed when entering or exiting the ice surface.
2. Guest Skate: The guest skate fee is \$20. Permission to guest skate must be obtained from a Board Member or designate and the Guest Skate Fee paid before going on the ice.
3. Guest skaters will be allowed on a session if the session is not full. Guest skaters will skate on the session appropriate to their test level.
4. Skating up or down: Anyone is allowed to skate up or down for a lesson only. This would include a 5 minute warm up and a 15 minute lesson if the session is not full.
5. Dressing rooms must be kept neat and clean. Do not leave anything of value in the dressing rooms. Skate Amherstburg is NOT responsible for stolen or lost items.
6. NO FOOD, GUM, CANDY OR BEVERAGES of any kind is to be consumed on the ice by skaters. Water in plastic or metal bottles may be kept and consumed at the boards. Skaters should wear appropriate skating attire. Please avoid wearing anything which could fall on the ice (scarves, hairpins, loose headbands). All items must be removed from the boards before every flood.
7. Skaters will refrain from comments, gestures, or behaviors which are disrespectful, offensive, abusive, racist, or sexist. Skaters will refrain from discussing subjects or use of improper language, which may be inappropriate for mixed age groups in the dressing room. Displays of anger, foul language, or intimidation will not be tolerated. NO MALES OR FEMALES IN EACH OTHERS DRESSING ROOMS.
8. Skaters will treat all other skaters, coaches, rink attendants, board members, and parents with respect.
9. All skaters should stay clear of anyone having a lesson. Ice courtesy will be observed by all persons on the ice at all times. Serious issues or concerns must be addressed to the board of directors in writing.
10. If a skater falls on the ice, they should get up as quickly as possible. If a skater is injured, they are to stay there until a qualified person (usually a coach) attend to them. LYING ON THE ICE FOR ANY OTHER REASON OTHER THAN INJURY CREATES A SERIOUS SAFETY HAZARD AND WILL NOT BE TOLERATED.

Ice Courtesy

Good ice courtesy is a MUST for all skaters and coaches. Skaters may be asked to leave if previously warned about improper behavior. Ice courtesy is the art of sharing the ice. This practice allows skaters to get the maximum benefit from their time on the ice with the least interference and frustration for all.

1. When a new piece of music starts, all persons on the ice should look around to see whose music is playing and make a practice of staying out of their path.
2. Common sense should guide the "right of way" however; skaters getting a private lesson have the "right of way" over those not getting a lesson.
3. All skaters should keep their heads up and be aware of the skaters around them. Skaters approaching each other from opposite directions should alter their paths

slightly so that each knows where the other is going. Done properly, no one has to slow down or lose time restarting a jump.

4. All those on the ice should avoid lingering in the “Lutz” corners. This is the longest jump to set up, and the skater cannot look behind him/her immediately before the jump.
5. Do not skate close to Spins. It is unfair to expect a person performing a spin to avoid a collision. The person who skates too close might be surprised by the spinning person choosing that moment to exit their spin, causing a collision or contact with a skate blade.

While on the ice, skaters are expected to keep moving. There is to be no standing in the middle of the ice talking with other skaters. Please move to the side of the boards or step off the ice

Absolutely no electronics allowed on ice. Including phones and headphones/ear buds of any kind.

If the desire is to record a particular skill for review, the device must be placed safely at the boards while recording and reviewed at the boards or off the ice. Video recordings are not to be done for the purpose of social media. Coaches may use electronic devices for instances such as recording a lesson, etc. and Board Members may also use devices for purposes of publicity.

No food/gum allowed at or on the ice, only water.

Junior session breakdown:

Warm up & Cool down with the pre-star skaters.

Ten minute group Skills lesson

Ten minute group Dance lesson

Private lesson/free time for practice

Intermediate session breakdown:

Ten minute group Stroking lesson (warm up)

Ten minute group Skills lesson

Ten minute group Dance lesson

Private lesson/free time for practice

Senior session breakdown:

Ten minute group Stroking lesson (warm up)

Ten minute Skills lesson

Private lesson/free time for practice