

Diamond Edge Figure Skating

Little Rock, Arkansas

Club Rules and Etiquette

INTRODUCTION

Club Ice is not expected to be used as intensive practice time. It is hoped that the skaters will use it as a supplement to their skating sessions and a time to supplement individual instruction by participating in group workshops and as a chance to help others who are in the beginning stages of their skating development. The hospitality committee will enhance these sessions by providing refreshments.

GENERAL INFORMATION

Copies and changes of the most current bylaws and rules can be found on the Club website.

ETIQUETTE

Anyone practicing jumps or spins should be content with a few minutes practice on each jump or spin. A whole hour of one person using the same pattern and space continually is not good skating manners, especially if the Club session is well attended. Unless a skater is in a lesson, there are to be no backward spirals on Club ice.

When practicing your program without music, please expect to be interrupted. Not everyone knows your program layout or that you are going through it. Practicing short sections of your program at a time on crowded ice is more productive.

All persons attending DEFSC Club sessions and events are expected to conduct themselves in a manner becoming to ladies and gentlemen. The use of abusive language or uncontrolled temper will not be tolerated. Please review USFS SafeSport policies.

Conduct injurious to the welfare of DEFSC or U.S. Figure Skating by any member should be reported to the Board of Directors. The complaint shall set forth the facts and the witnesses. The Board shall convene as soon as possible to review the complaint and take action as necessary.

Please do not litter. Use waste receptacles and wipe any spills. We all spend a lot of time at the rink together and appreciate a clean environment.

When someone's music is playing, check with them first before putting in your own music whether in a lesson or not.

No one member shall dominate the playing of music for a skating program. Every Club member may have a guest on Club ice. However, a person can be a guest only once a year.

COMPETITOR'S ASSISTANCE

Competitor's assistance will be offered to skaters with full Club membership competing in U.S. Figure Skating events located outside of Little Rock pending Board approval.

CLUB ICE RULES

COACHES TEACHING ON CLUB ICE

Any coaching member of DEFSC wishing to coach on Club ice must be registered as a coach with U.S. Figure Skating and a member of the Professional Skater's Association.

ON ICE RULES

Practicing Spins—practice spins away from the boards, toward the central area of the rink.

Jumps—set up so that they end in a corner or at the rink's end unless in a program format.

Skating your Program—skaters doing a program to music shall alert others on the ice that they have the right-of-way

Talking—no congregating for prolonged discussion on the ice is safe, regardless of the topic. Move to the boards or off the ice.

Props—there will be no props allowed on the ice except when practicing for the club-sponsored ice show.

Group Skating—there will be no group shoot-the-duck, trains, group/precision dancing, or group show numbers allowed except when part of a planned show rehearsal or on-ice group seminar.

Sitting or Laying on the Ice—unless you are injured after a fall, you shall immediately get up onto your feet. Sitting or lying on the ice is dangerous and **is not allowed**.

RIGHT OF WAY

For the safety of everyone on the ice, these guidelines shall be followed:

A skater in a program with music, in a lesson will always have first right of way.

A skater in a lesson will have the next right of way regardless of level.

Skaters traveling backwards in dance, field moves, etc, will have the next right of way.

Lower level skaters will yield to higher level skaters.

Please be aware of skaters and activities around you. These guidelines will improve safety and decrease frustration when sharing ice time.

Collisions happen and near misses occur, but they are unintentional. Remember, courtesy of ALL skaters is a must.

MUSIC

The music shall be played at a level pleasant to all those in the arena. A variety of music shall be played during the session.

GENERAL SAFETY GUIDELINES

SAFETY

Safety should be each skater's top priority during Club and all sessions.

Pay attention to skaters around you!!

In most instances advanced skaters are in control and aware of beginning skaters. You will find that awareness and control come with time.

Hair ornaments, earrings, jewelry, dress trimmings, etc. should be firmly attached or not worn. Any skater seeing a foreign object on the ice should remove it immediately.

Clothing should not be left dangling from the barrier.

The harness should not be used during Club ice as there are too many skaters of varying levels on the ice.

No beverages, food or gum are allowed to be taken onto the ice.

Leave the ice during resurfacing.

Props used when practicing a skating program must be removed from the ice when the program is concluded.

INJURIES

The best way to help in the event of an emergency is to be prepared.

A First Aid kit is available in the pro shop if needed.

Know the location of the nearest phone and the appropriate emergency numbers to call.

In the event of a life-threatening emergency, call 911.

If a participant gets hurt, do not panic and do not let others panic.

Try to keep others from crowding around.

Stay with the injured person and tell someone else to call and get help.

Try to find out what is wrong with the injured person.

DO NOT move someone who is seriously injured until trained assistance arrives.

If the person is not seriously injured, and they wish to move, assist them to a place where they may rest for a time.

If the person has a neck, head, or spinal injury, it is recommended that you do not move the person at all until trained professionals arrive. They will know what to do. Please review USFS Concussion Policy.

In all situations, if you are unsure as to the injured person's condition, refer them to a medical professional.

In the event of any serious injury, you should always fill out an incident report.

Skater Code of Conduct

As a member of our club, all skaters must adhere to this Code of Conduct at all times.

General Guidelines:

DEFSC is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. This Skater Code of Conduct has been established to ensure the safety of all members using our ice to ensure quality practice time for all home club, associate, non-members and guests who participate in all club-related activities.

1. All skaters, regardless of whether they hold home club, associate, non-member or guest status, must follow and uphold the provisions in this Skater Code of Conduct regarding behavior on and off the ice. All club members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents/guardians of skaters, U.S. Figure Skating officials and guests.
2. DEFSC is committed to promoting a positive and friendly environment for all skaters. Remember 'The Golden Rule' — treat other people like you want to be treated — with respect.

Ice Etiquette and Safety:

1. While in lesson or practice, it is the skater's responsibility to always be conscientious and aware of other skaters around them.
2. Skaters must skate with the flow of other skaters and familiarize themselves with the most commonly used areas for jumps and spins.
3. The only time a skater has the SOLE right of way is when they are skating their program to music. When you hear another member's music, please extend that person the courtesy and move out of their path momentarily. This only takes a moment and you will enjoy the same courtesy while you are performing your program.
4. Advanced skaters are expected to exhibit patience toward beginner members of the club. Remember, you were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters.

Unsafe or Discourteous Behavior:

Unsafe or discourteous behavior of any kind will not be tolerated.

By registering and signing up for DEFSC membership you and your skater agree to the following:

"I have read and understand the DEFSC rules and Skater Code of Conduct as described and explained above and agree to abide by all of these rules as currently written or subsequently amended to the best of my ability as long as I remain a member."