



# Canterbury Olympic Ice Rink

## Rules for Private Figure Practice Sessions

Rules are in place to support coaches, skaters & patrons to improve on-ice safety and to maintain a pleasant, productive and harmonious atmosphere.

- Please **respect** your fellow coaches, skaters, patrons and rink staff at all times. **Respect is earned by modelling appropriate behaviour at all times.**
- All patrons, irrespective of their skating discipline, must be treated fairly, free from harassment, discrimination or bullying
- **There will be absolutely no tolerance of any rink patron who deliberately intimidates or harasses, either physically or verbally, any other skater, coach, rink patron or rink staff member.**

### ON ICE SAFETY AND BEHAVIOUR:

- **It is completely unacceptable to verbally berate another skater – it is NOT acceptable coaching behaviour**
- If an issue occurs, the matter should be dealt with professionally, coach to coach, without raised voices and ideally, not in the presence of skaters. A coach should be able to accept that their skater may have unintentionally caused an issue – and apologise on the spot. This behaviour can go a long way in avoiding a full confrontation and will model respectful behaviour.
- Skaters are required to wear the specified armband or safety vest when their program music is being played. (if armbands or vests are not at the barrier, please ask a staff member). Skaters wearing the armband/vest have right-of-way on the ice during program run-throughs and other skaters and coaches are required to move out of the way.
- Skaters must exercise due caution to avoid accidents and stay alert at all times whilst on the ice. **Coaches must instil this mentality with their skaters as expected behaviours, and to uphold rink policy during practice sessions**
- All skaters have equal rights to the use of the music player and use music sheets if the session warrants such use.
- All skaters and coaches must clear the ice at the designated end of the practice session.
- Coaches/skaters must not start a new music program if the session is due to finish so as not to delay the commencement of the ice resurface

- Skaters must not place bottles, bags etc on music playing barrier shelf

As many coaches and skaters use the ice at various times, the following guidelines are applicable to maintain rink safety and etiquette requirements:

- All levels: Skaters may practice singles/dance/pair elements, and individual synchronized skills - Group lessons may also be conducted during some sessions as approved by the Rink Manager. Singles, dance, pair and synchronized skaters may use figure practice session ice at the same time but all must be aware of and apply courteous and safe practices whilst on the ice. Rink management reserves the right to limit the number and type of skaters using the ice at the same time if there are concerns regarding safety or behaviour.
- All skaters using private Figure Practice ice must wear Figure Skates in these sessions
- “No hold” step sequences may be practised by Dance and Pairs skaters
- Lifts may be practised by Dance couples and Pairs (dependent upon total numbers on the ice)
- Linked movements and lifts by synchronized skaters requiring more than two skaters are not to be practised in regular figure sessions but may be practised in synchronized sessions.
- The use of harness equipment is not permitted in Skate School at any time.
- “group” lessons may be conducted in certain sessions as approved by rink management. (group lessons are approved on Saturday mornings 5.30am – 7.30am session and Thursday afternoons 2.45pm – 5.00pm session as these sessions are deemed quiet and to be suitable for group lessons). No further group lessons will be permitted at this time unless approved by rink management.
  - Groups must contain no more than 6 skaters (singles), and 4 skaters (synchronised)

## **OFF-ICE BEHAVIOUR:**

- Family members or other persons who have entered the rink as supporters must not undertake any activities that may be interpreted as coaching and must not approach the barrier while a session is in progress for extended periods of time. (Coaches are to support this during Figure Practice sessions by discouraging parents to approach the barrier)
- Coaches and skaters are not permitted to sit on, or climb over the barrier.
- Prior to an ice resurface, the last coach or skater to leave the ice must close the barrier gates behind them.
- No items are permitted on the rink barrier at any time during the ice resurface and the barrier tray where music players are used (this includes drink bottles, items of clothing, skate guards, tissues etc). This is not applicable to private discipline specific sessions.
- Skate type bags must not be taken and left in the Canteen
- Any issues arising during a figure session should be reported to the Shift Supervisor on duty or to the Rink Manager.
- All off ice stretching and warm up activities must be undertaken on the mezzanine level.