



## **Ice Etiquette and Safety Policy**

The Niagara-on-the-Lake Skating Club strives to provide a safe environment for our skaters on the ice. Skating is an individual sport, and the activities during most practice sessions are fairly unstructured. It is important to know that some basic rules must be observed for the safety of skaters and coaches. **Coaches and board members have the right and responsibility to enforce these rules.**

Proper skating attire is essential for skaters and coaches. Beverages at ice level must be in non-breakable containers. Remember to keep all doors leading to ice surface closed to avoid injuries.

### **Courtesy**

It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of greater or lesser skills, be especially careful. Do your best to avoid collisions. Be courteous and respectful on and off the ice. **Inappropriate language is unacceptable and disruptive behavior will not be tolerated.**

### **Ice Priorities**

1. The skater whose music is playing has the right of way. Other skaters and coaches are expected to give them the space they need.
2. A skater who is in a lesson with their coach is also given priority.

### **Spinning in Corners**

When practicing elements, like the camel spin and back spirals, be aware of the danger your exposed blades can cause to other skaters. Spinning or standing in corners is to be avoided if at all possible.

### **Falls and Injuries**

If you should fall, get up as quickly as possible. Remember that other skaters will have a much harder time seeing you when you are down low on the ice. If you have seen that someone has fallen and is injured, get a coach to come help.