

# Ice Code of Conduct

Skating depends on good sportsmanship and common courtesy since most early practice sessions are pretty unstructured and afternoon and evening public sessions have a large mixture of skill levels, with a predominance of beginning skaters. It is important for all skaters to observe basic rules for everyone's safety.

To ensure the effective use of ice time rink management and/or club usually post set of rules. It is your responsibility to know and follow them. This article outlines basic concepts, which are in common use.

## **Courtesy**

It is essential to be constantly aware of skaters who are in your immediate area on the ice and to anticipate where other skaters will be to avoid potential collisions! It is essential that you respect the rights of other skaters and be especially careful if the session has skaters with significantly greater or lesser skills!

## **"Program Priority" has Right of Way**

The skater(s) whose music is playing has the right of way. All other skaters, including those who are having a lesson, are expected to give way and provide them with maneuvering room.

To increase their visibility, the skater with priority will wear a bright vest or belt. Coaches should attempt to coach from the side of the barrier so they don't become an obstacle.

## **Favorite Corners**

Skaters tend to cluster specific jumps in favorite places. An example is placing the Lutz jump in a corner very close to the barrier. The entries into these jumps are very predictable and telegraphed.

These Lutz corners can be identified by the unusually large number of holes in the ice from the taps. A similar situation is the place of the flip jump in the hockey box. Strive to avoid exclusive practicing in one spot. Judges do not reward an extended approach to a Lutz jump and you are not likely to see someone who in avertedly is in your way.

## **Dangerous Moves**

Practicing free skating elements like camel spins and back spirals are especially dangerous because the skater has blind spots and the free leg's skate blade poses a major hazard to other skaters.

Recognize that once you've started the element it will be hard for you to see those around you. Take a good look at the anticipated "space" before you start the element, and abort it if it looks like you could cause a problem.

MITF elements that are skated diagonally across the ice are equally dangerous because the skater has blind spots.

## **Watch out for Couple Skaters**

Pair and dance teams that practice on a free skating session take up more room than individual skaters and they can't react as quickly to avoid an accident. Single skaters must be especially careful when teams are doing lifts.

Once a lift is started the team cannot change the direction they are traveling, and anyone entering or crossing that path can cause a very serious fall to the team and anyone else involved.

## **Ending positions of Programs**

Some programs are choreographed to end in a split on the ice, a slide, or bent over position. Do not hold these position any longer than necessary as other skaters will be less likely to see you.

## **Falls and Injuries**

If you fall and are not injured, get up quickly. Other skaters will not be expecting someone to be lying on the ice. Other skaters will be less likely to see someone on the ice.

While falling, try not to outstretch your hands since someone may accidentally skate over you fingers with their blades. It is very important for beginners to learn to fall properly so that you can protect your head as much as possible. Learn to keep "loose" when you fall and this will help you to avoid serious injuries.

## **Responding to Serious Injury**

Have a coach or other adult determine that someone is seriously hurt and how to proceed. As a skater, your best response is:

- Alert other skaters to avoid collisions
- Get a qualified adult to come and help them.
- Locate a blanket, warm-up jacket, sweatshirt, etc. to cover the skater to keep them warmer while waiting for qualified help to arrive.

**Predictability**

Counter clockwise skaters tend to do "expectable" or "predictable" things, so with experience, you can guess where somebody else is going to do, based on the normal approaches to each jump or spin.

If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Their approaches to Lutz jumps is more difficult to anticipate until you are a more experienced skater.

**Common Sense**

If you're standing near the boards, don't enter the flow of skaters without checking to make sure you're not going to get into someone else's way.

**Don't Stand Around**

Refrain from standing around and conversing with your friends on the ice. Besides wasting your practice time, you pose a hazard that other skaters must avoid.