



# Freestyle Rules

*How to get the most out of your training time*

**We want all skaters to enjoy their time on Aerodrome Freestyle Ice. Please read the rules below so that all skaters can practice in a safe manner. Should you have any concerns or questions contact : Mark Poole (mpoole@aerodrome.com).**

- ◆ All skaters must have paid for the freestyle before going onto the ice. (via Daysmart App)
- ◆ Do not get onto the ice early. *Getting onto the ice five minutes early for a warm up is not allowed.*
- ◆ Get off the ice at the end of your paid freestyle. Do not stay on the ice for an extra few minutes! *If you want to skate longer you must pay for sessions that you use.*
- ◆ Skaters must have passed at least Basic 6 to practice on freestyle ice. (Does not include skaters who are taking a private lesson during the freestyle).
- ◆ No Rental Skates allowed on Freestyles. Clothing must be appropriate for figure skating and sport. No jeans or baggy sweaters are allowed. Long hair must be tied back and neatly presented.
- ◆ Parents are not allowed to talk to skaters, teach, or interfere from the doorways to the rink. The doorways should be clear and whenever possible closed. Parents are not allowed in the hockey boxes.
- ◆ Sports drinks and water in closed containers only (*No Starbucks, Cokes etc.*) No food to be taken on the ice during sessions.
- ◆ No using of cell a phone during sessions. (Except playing program music and video analysis, or an emergency use.)
- ◆ No Zoom/Facetime type lessons or usage allowed.
- ◆ No wearing personal earphones or the use of personal blue-tooth music devices.
- ◆ Music sign-up procedure: If you are not in lesson, sign your name on the clipboard in a "skater" spot. Do not sign up again until your music has been played from the first request. Make your music run-throughs count! The music order of will be: *Coach> Coach> Skater.*
- ◆ Skaters may play their music a maximum three times per session when not in lesson. Once a skaters music starts a they cannot restart their music.
- ◆ The skater whose music is being played has the right-of-way (only if wearing a pink or orange sash). Skaters in lesson have the second right-of-way. That means if so-and-so is doing a jump in YOUR spot, but he/she is in a lesson, YOU have to move.
- ◆ The skater whose music is being played must wear the orange or pink sash to signify they have first right-of-way on the ice.
- ◆ Background music may be played between program run-throughs however such music should be pleasing for all skaters attending the session and should not contain excessive swearing or be generally unsuitable for young audiences.
- ◆ Skaters or coaches that deliberately kick the boards or the ice, swear, shout, or generally interfere with other skaters or coaches during training sessions will be asked tone down their behavior and might be asked to leave the ice for that day.
- ◆ Skaters or coaches are not allowed to sit on the boards.
- ◆ Do not use the freestyle as a social meeting place. Minimize talking, take a drink at the boards and get back to skating.
- ◆ Use proper jumping and spinning patterns. Spins should be practiced in the middle and jumps on or around the two hockey circles at the ends of the rink. Coaches should teach from the sideboards whenever practical.
- ◆ If there is a collision of any kind between skaters, both parties are to do the following, no matter who is at fault:
  1. Skate over to the other person involved.
  2. Ask him/her if she is okay
  3. Apologize for the collision
- ◆ A skater that has a severe fall, concussion, or injury should leave the ice (if safe to do so) and seek professional medical assistance. The manager on duty must be notified immediately.
- ◆ Injured skaters must contact the manager on duty and if necessary file a incident report.