



MRSC Ice Etiquette

Welcome skaters and parents to a new season at the Maple Ridge Skating Club. We have many things to look forward to! For this season, the coaching staff and Board of Directors would like to remind you of ice etiquette so that our sessions run smoother and safer. **Parents, please go over this newsletter *in detail* with your skaters prior to the start of the session.**

Starting a Session

Skaters will have a dressing room assigned to them by the Planet Ice staff which will be posted on the TV screens in the lobby. Please use the dressing rooms, rather than the lobby, to prepare for a session. Skaters will need to enter the ice from the players benches and will be expected to bring with them everything that they need for the session and leave it at the side of the boards where it is easily accessible. This includes water bottles and Kleenex. Their music *must* be dropped off with the music player at the *beginning* of the session. Skaters should not have to leave the ice during a session. All doors to the ice surface need to be kept closed at *all* times for safety reasons.

Skaters are also reminded to wear proper attire on the ice. Skaters are expected to wear tight fitting skating tights, (no sweat pants or loose pants at the ankles – these are a safety hazard as they can catch toe picks), hair properly secured back, and clothing should be clean, tidy and form fitting. Skaters who are improperly dressed will not be permitted to participate on the session.

Skaters are also reminded of the following ice etiquette.

Courtesy and Respect

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 significantly greater or lesser skills, be especially careful! Strive to avoid collisions! Be polite to fellow skaters on the ice. If you have the “right of way” (detailed in next paragraph), say “excuse me” *politely* to warn other skaters who may not see you. Apologize if you disrupt a skater in the “right of way.” Do not yell, intimidate, or bully another skater out of your way for any reason. We also expect that skaters be respectful of one another off the ice, including in the lobby, change rooms, at school, etc.



Skaters must also listen and respect their coaches at all times. Any disrespect from skaters towards their coaches will not be tolerated and those skaters will be asked to leave the ice for the remainder of the session.

Right of way: Harness, “On Program,” and “In Lesson” Get Priority

In most rinks, the skater who is "on program" (who's music is playing) has the right of way at all times, and other skaters are expected to give them free maneuvering room. Second in priority is the harness and third are those skaters who are currently in lessons with their coach. Always yield to these skaters as well. This does not mean that the skater in the “right of way” does not need to be aware and look out for others. Work together to be safe!

Don't Stand Around!

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid. Skaters should utilize the entire ice surface during the practice and refrain from practicing in one area of the rink.

Music rotation

All skaters are expected to perform their solos a minimum of once per session. Those skaters with more than one program are expected to perform all programs at least once during the session. Additionally skaters are not permitted to get off the ice to play their own music or another skaters music at *any* time because it is a safety risk, disrupts the flow of a session, and wastes valuable ice time. Volunteers are expected to play music on *every* session (including development).

Parent Conduct

Parents cannot coach from the boards or even draw attention from skaters who are on the ice. Skaters need to pay attention to what is occurring on the session and should not be looking up into the stands.

Lutz Corners

Because of the nature of the Lutz jump, it is most commonly performed in the 2:00 and 8:00 corners of the rink (unless you have a lot of clockwise jumpers in your club). These corners are informally called the "Lutz Corners," and can usually be identified by the unusually large concentration of divots in the ice. Strive to avoid long-term practice activities in these corners,



and try to be especially aware of your surroundings when you are in them. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses 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 your expected "space" before you start the element, and abort it if it looks like you could cause a problem. This is also the same for jumps. Skaters should be aware of what is occurring in the space that wish to perform the jump before arriving in that space – during the preparation phase.

Watch out for Pair Skaters

Be aware that two skaters moving together take up more room than one, and generally can't react as nimbly or quickly as a single skater. Dance teams tend to stick to their "path", and that getting into that path can be dangerous for both you and them.

Falls and Injuries

If you should fall, get up quickly. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Don't stay there any longer than you have to. While falling, remember to keep your fingers away from your blades. And 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 injury. If you see someone else that has fallen and may be injured, don't drag them off without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, the best thing to do is, 1) have someone stand "guard" over them to make sure that other skaters avoid collisions with them, and 2) get a qualified adult to come and help them. A blanket or warm up jacket/sweatshirt laid over them might help to keep them warmer while waiting for qualified help to arrive.

Predictability

As you skate more, you'll get to the point where you'll recognize that a practice session has a certain "rhythm" to it. People tend to do pretty "expectable" or "predictable" things, and you can usually guess where somebody else is going, based on what they're doing when you see them (the normal approaches to each jump or spin are pretty recognizable). If you're a "wrong way" skater (clockwise jumper) be aware that other skaters will probably guess wrong about your



intentions pretty often. If you have clockwise jumpers in your rink, try to recognize them and adjust your expectations accordingly. Try not to skate or behave in a way that would surprise

other skaters. 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.

We are really looking forward to having a great season with all of you and Good Luck with your progress.

Sincerely,

MRSC Coaches and BOD