

Connaught Skating Club

On & Off the Ice Etiquette & Safety Guidelines

On Ice

Skating is basically an individual sport, and activities during most practice sessions are pretty unstructured. Some basic rules must be observed for safety and to ensure that everyone has a quality training environment and can make effective use of their ice time. Make sure to know and follow them. These rules will help everyone have a satisfying and safe time while on the ice.

Courtesy

First and foremost is courtesy. 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! Do not interrupt coaches when they are giving lessons.

Priority and Right of Way

The skater whose music is playing has the right of way at all times. Other skaters are expected to give them free manoeuvring room. However, the skater performing the program **must also** keep an alert eye open to avoid collisions. **Second in priority are those skaters who are currently in lessons with their coach.** Always yield to these skaters as well.

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. Other skaters are expected to give the skater free manoeuvring room once performing such an element. Be especially careful when extending your free leg after landing a jump or finishing an element. Numerous injuries have occurred where skaters hit another skater's extended free leg.

Lutz Corners

Due to the nature of the Lutz jump, it is most commonly performed in opposite corners of the rink. These corners are informally called the "Lutz Corners". Strive to avoid long-term practice activities in these corners and be especially aware of your surroundings when you are in them. The approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.

Falls and Injuries

If you fall, get up quickly. 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, keep your fingers away from your blades. 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 breaking things.

If you see someone else is that has fallen and may be injured, don't just 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.

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 pretty much 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). 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.

General Expectations

- Be aware of other skaters' positions at all times, especially before entering the ice or starting from a stopped position.
- Look in the direction of travel when skating backwards.
- 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 not push, pull, grab or purposely bump into other skaters. Skaters cannot make or throw snowballs. Kicking or digging holes in the ice, except as a normal consequence of toe jumps, is forbidden.
- No food or drink on the ice.
- No large hair barrettes, hair baubles, or jewellery.
- Ice patching may be required at the end of a session. If the ice man places the ice bucket at the doors, *everyone* is expected to patch holes.

In addition to the Skaters' and Parents' Codes of Conduct posted on the club website and agreed to at the time of registration, with which all club members and parents should be familiar, below are some important reminders about behaviour as we start off the new skating year.

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Off-Ice Reminders for both Parents and Skaters

- Competitive skating attracts competitive people - both parents and skaters. Sometimes this can lead to some unpleasant social situations.
- First of all, please try to keep skating in perspective. In its simplest form, it is a kids' sport, an extracurricular activity that we do by choice. Yes, it can become very competitive, but it still needs to be kept in perspective.
- Treat others the way you want to be treated yourself.
- Respect club property, members and volunteers.
- When others succeed, be happy. If they can do it, so can you. The success of others does not, in any way, lessen the chances of you succeeding. If anything, it should motivate you to keep pushing forward. Everyone develops at different rates.
- Try to speak positively and support others in their achievements. Parents - please do not speak negatively at the rink or at home in front of the kids - they repeat it in the change rooms. If you hear your child doing so, please remind them to be positive and supportive.

- Try to contribute to keeping the club atmosphere positive. If you have constructive criticism to give, give it privately to the person and do not hold discussions about it in public. The negativity and hostility amongst some parents over the past year has been *negatively* affecting the skaters and other parents. There are innocent bystanders who SEE, HEAR everything and are IMPACTED by this behaviour from adults at the rink.
- Please refrain from gossip, or repeating what someone else said about or did to someone else. It never ends in adding anything positive to the club's social environment.
- Rumours are just another form of gossip. If you have questions, go to the source of the issue and ask.
- Think before you post, Tweet, email, Snapchat, Instagram, or Facebook, etc. These materials can be perceived as hurtful, derogatory, and negative - even if you don't intend it to be. There should be no expectation of privacy. Don't put anything out there that you wouldn't say or do in front of everyone in the club. Be inclusive and positive.
- You don't have to be friends with anyone at the club. You do have to be polite and respectful. If you can't do that, please remove yourself until you can calm down. Remember, we're here for the kids and need to make it the best environment possible for them.
- Finally, remember there is a difference between being **competitive** and being **unsportsmanlike**.

Competitive - is doing your best to do all your planned program components as well as you can.

Sportsmanlike - is cheering for, congratulating and celebrating another's success, no matter how you personally skated. Be happy for others who do well even when you don't - disappointment happens to all skaters. There will always be ups and downs - at any level of sport.

Unsportsmanlike - is saying negative things to your teammates (or any others, for that matter) in an effort to throw off their best efforts, or "psych them out" or otherwise anger or hurt them. For instance, saying something like "I will squish you like a bug" or "I don't have anything to worry about, competing against you", to someone you're competing against is unsportsmanlike.

The Coaches and Board feel that reminding all club members and parents about these points is important, as our social environment has been under stress lately .