



Summit FSC & Greensboro Ice House Freestyle Session Etiquette:

1. Treat all coaches and skaters with respect. All coaches will be monitoring Club ice, freestyle and public sessions and have the responsibility and authority to address inappropriate behavior displayed by any skater.
2. Before entering the ice, skaters must sign-in and pay or “punch” for their session/s at the snack bar counter. Skaters must pay the Club ice monitor (**not the snack bar attendant**) for Club ice sessions.
3. Skaters may not “warm-up” or enter the ice early before their designated session. Skaters will be charged full price for any partially used sessions (Club, freestyle or public).
4. All skaters must wait to enter the ice until the Zamboni driver closes the doors.
5. Look both ways before entering and crossing the ice.
6. Freestyle sessions are for concentrated practice – no horse playing or idle conversation. No headset, iPod or other personal music system permitted. When not skating, exit the ice.
7. For safety reasons, no back spirals or charlottes unless supervised by your instructor during a lesson or a spotter is used during non-lesson times. Coaches and spotters should call out these moves to alert other skaters and extreme caution must be taken even with these guidelines.
8. No sitting on the ice for a prolonged period after a fall; *unless injured*.
9. No playing, shadow or group skating.
10. No profanity, stomping or kicking of the ice.
11. A polite “excuse me” (or similar phrase) may be used to alert inattentive skaters of an upcoming jump or set pattern while that skater is in lesson and/or while their program is played.
12. All skaters and coaches must follow music playing rules and right-of-way etiquette.
13. Spins and spin lessons should be primarily done near center ice and should be placed so as to not interfere with moves in the field, dance or jump patterns.
13. Coaches and skaters must take special care to keep the corners and ends of the rink clear for jumps, mandatory moves or dance patters as well as program choreography.
14. All skaters must exit the ice promptly when the Zamboni begins to back out making sure to collect all belongings. All tissues, water bottles and other rubbish should be properly disposed of in a trash can.
15. Video taping is permissible of immediate family members only. Video may be taken at ice rink level from an unoccupied hockey box. No other rink location is acceptable to help ensure that the privacy rights of all athletes be respected.

Right-of-way priority:

1. A skater with their program playing has first priority
2. A skater in lesson has second priority
3. A skater on a harness lesson

Keep in mind: **A skater in a spin or jump cannot yield to a program skater or a skater in lesson, as it is impossible for them to see what is coming.**

Coaches should make every effort to do most of their teaching from the barrier. If necessary, coaches may shadow skate with younger and/or new students and during moves or choreography lessons.