



## Chicago Edge Skating Academy Ice Etiquette and Safety Rules

**All skaters and coaches are expected to follow these rules. Rules of behavior: Please respect the rights of others and please respect the Darien Sportsplex property and the property of others. Specific Rules governing Freestyle sessions:**

- Skaters at level Basic 3 and higher are permitted to practice independently on freestyle ice. Skaters below Basic 3 levels are only permitted to practice if accompanied by a coach the entire length of the session and in a private lesson.
- The above level breakdown for Freestyle ice is subject to change at the Program Directors' discretion if changes are needed to ensure safety for all.
- If a skater causes an unsafe skating environment, their ability to skate independently may be reevaluated, regardless of the skater's level.
- All Skaters must check in prior to their scheduled sessions at the Front Table and be pre-registered to skate online BEFORE taking the ice. Walk-ons and on-site registration will be available if the session is not filled.
- Please pick up your belongings (including dirty tissues and be sure your tissue makes it to the trash can) at the end of the session. Do not leave your belongings at the wall during resurfaces as the Zamboni can knock off items on rail.
- Parents, skaters not on the session or other spectators are not permitted to loiter at the rail, in the ice doorway or sit in the player's bench area. This is unsafe and interferes with a constructive training session.
- Coaching by parents from bleachers, benches or railing is not allowed at any time. Parents will be asked to leave the rink if this happens.
- The benches by the ice are to be used by the coaches and skaters only.
- If skaters must talk to someone off the ice, even for a brief time, they need to get off the ice to do so or the skater will be asked to leave the ice.

It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern. Do not stand or practice small drills in the lutz corners and spins should be practiced in the center of the rink.

- If you are a less experienced skater, please be extra careful to stay aware of other skaters. Please look ahead when you are skating to see what others are doing or about to do. When skating backwards be sure to turn your head and watch where you are going.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember- you were new to freestyle at one time too.
- Keep moving. Standing, stopping and talking in groups anywhere but at the barrier is not permitted.

Please be understanding if someone gets in your way. Remember to look both ways before leaving the railing or crossing the ice. Keep moving while on the ice, as it is dangerous for both

you and the other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners. **Spins in the middle, jumps on the ends. No standing in LUTZ corner.**

### **Right of Way**

- The skater doing their program to music has the right of way. A colored sash is provided to help identify the skater doing the routine. **All skaters are required to wear the sash while doing their program.** Please stay aware of which skater is doing their program and do your best to stay clear of that skater and his or her pattern. Please wear the sash when you play your music to help other skaters know you are doing your program. If you are performing a dance pattern, please wear a sash.
- Skaters in the jump harness also have the right of way. Please be aware of skaters and coaches using the harness areas and execute caution.

### **Partner Work**

- No partner work is permitted on freestyle sessions including ice dance, pair skating or synchro skating. At the discretion of and with advanced approval from the Skating Director, partner work may be allowed at non-prime, low attendance sessions to ensure a safe skating environment for all.

### **Music**

- Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches.
- After a skater's music has been played, their music or another program may be put at the end of line to re-enter the rotation. Dance music can take the place of program music.
- Not everyone will be able to play their music on full sessions due to the length of programs.
- Coaches may put the music of the student they are teaching ahead of other skaters. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line. **One cut per lesson, per student.**
- Please do not stop and restart your music if others are waiting in line.
- Please handle music equipment with extreme care.

***Prohibited Behaviors: Chicago Edge Skating Academy expects all skaters to respect all personnel at the facility including managers, front office staff, coaches, maintenance staff and each other. All skaters and coaches are expected to display good sportsmanship while participating on freestyle ice.***

- Kicking, dragging your feet in anger, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.

- Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately. This includes eye rolling and angry arm gesturing.
- Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately and for an indefinite period of time.
- Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated.

**Disciplinary Process:**

Action will be taken towards skaters and coaches that do not follow the Ice Etiquette and Safety rules as follows:

1. A verbal warning
2. A written warning
3. Not allowed to participate on freestyle ice time at the discretion of the Program Director.

We have a ZERO TOLERANCE policy.

**Clearing the ice**

When the Zamboni doors open, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating, turn off your music and clear the ice no exceptions. The last skater off must shut the ice door behind them. NO SKATERS ALLOWED ON THE ICE UNTIL THE ZAMBONI DOORS HAVE BEEN CLOSED.

## Ice Etiquette and Safety Rules: Waiver and Release of All Claims and Assumption of Risk

Please read this form carefully and be aware that in signing up and participating in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Chicago Edge Skating Academy, including its officials, agents, volunteers and employees (hereinafter collectively referred as "CESA"). I do hereby fully release and forever discharge the CESA from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity. I understand that photos and videos are periodically taken of people participating in CESA programs and activities and I agree that any photograph or videotape taken by CESA of me or my minor child/ward while participating in a CESA program or activity may be used by the park district for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional prior notice, permission or compensation to the participant. I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims as well as the general registration policies. If registering via fax, my facsimile signature shall substitute for and have the same legal effect as an original form signature.

Emergency Contact 1:

Relation: \_\_\_\_\_ Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Emergency Contact 2:

Relation: \_\_\_\_\_ Name: \_\_\_\_\_ Phone: \_\_\_\_\_

I HAVE READ AND UNDERSTAND THESE RULES AND AGREE TO ABIDE BY THEM:

\_\_\_\_\_  
SKATER / DATE

\_\_\_\_\_  
PARENT / DATE