

Session Safety and Courtesy

- **SAFETY** is the first consideration so everyone is able to enjoy the session
- **Right of way** is given to skaters who are:
 - doing their solo with music in a lesson
 - doing solos with music
 - in a lesson with a professional coach
 - Spinning: they may change position or pull out suddenly, so give space
 - **Jumping**: they may have a long take off, multiple jumps or long landings, so try not to cut them off
- **Program music**
 - Maximum of 2 times per session per skater, take turns
 - Coaches have priority for music
 - **Ear buds** are not permitted.
- **Courtesy**
 - Be **AWARE** of other skaters, keep your head up and look before you skate, especially in the area near the music and rest areas
 - **Skate** in a predictable manner: Drifting, zig zags, sudden stops and abrupt change of direction may cause a collision
 - Look behind you when skating **BACKWARDS**
 - Visiting, resting and “coaching” your friends is to be done at the boards
 - Use the entire ice surface and move regularly to avoid “hogging” one area
 - If you fall, get up quickly as other skaters may not see you on the ground
 - Tell a coach if you have concerns, are injured or are leaving the ice

HAPPY SKATING