



### **NBSC Ice Safety Rules and Music Policy**

Welcome to another season of skating. North Bay Skating Club would like parents to review our Ice Safety Rules/Code of Conduct and Music Policy with their athlete(s). These rules will help to ensure that we have a great flow on the ice to maintain a safe environment for our athletes and coaches. Coaches may remind skaters of these rules during sessions but we ask they be reviewed in advance.

#### **Ice Safety Rules**

##### **Parents/Guardians Responsibilities include:**

- A1. Parents/Guardians shall remain at the rink at all times for athletes under the age of 10.
- A2. Bring your athlete to all sessions on time. Please advise your athlete's coach if you are going to be late or absent.
- A3. Please do not stand on the edge of the ice or sit in the hockey boxes. Spectators, including parents/guardians of skaters, may watch quietly from the stands or seating area.
- A4. Please refrain from coaching or offering instructions to your athlete(s) during practices. Athletes and Coaches find this distracting and this distraction effects the ice flow and may cause injury to your, or other athlete(s).
- A5. Please speak to your athlete's coach after a session if you have any concerns.

##### **Athlete Responsibilities Include:**

- B1. All Coaches are always in charge on the ice. Failure to follow and listen to this may lead to the athlete being asked to leave the ice.
- B2. All athletes must remain alert to their surroundings. Please be aware of other athletes around you.

\*Watch for athletes coming in an opposite direction, doing jumps and spins, working on footwork, moves and dance patterns and avoid blocking them.

\*In general, spins should be practiced between the two blue lines. This allows room at the ends of the rink for jumps and for other athletes to move around the spinning skaters.

\*When practicing routines, athletes must learn to move around the other athletes and still perform their routines successfully. \*Athletes give right away to whoever is performing to music and to those who are in a lesson with a coach.

- B3. **Experienced/Older Athletes:** Please be thoughtful to other less experienced athletes as they do not have the experience or skill to always know when or how to get out of the way.



**Less Experienced/Younger Athletes:** In order to help out the more advanced athletes, please keep moving during your practice time. Ensure to watch where you are going, keep your head up and eyes forward.

B4. Please do not stand and talk on the ice. However, if necessary, please speak by the boards and not in the middle of the ice surface or at the corners.

B5. Chasing, following, or pushing of any kind will not be tolerated.

B6. Athletes must quickly get up after falling unless injured, so as to not endanger others on the ice.

B7. All athletes must quickly leave the ice and remove all personal items from the arena at the end of the session.

#### **Music Policy**

D1. MP3 & USB music formats are available for skater music to be played during sessions. Skaters/coaches will manage the music from ice level, via the NBSC music tablet.

D2. A sign-up list for music will be available and managed by coaches/skaters on the ice. As a skater's music is played, they will cross their name off the list.

D3. Skaters who refuse their music when they are next in line, will then be placed at the end of the rotation order.

D4. All coaches' requests for music in lessons or group instruction will move to the top of the rotation order. Therefore, any skaters in a lesson, by any coach, will have priority in the rotation order.

We thank you for your cooperation and look forward to a fun and successful season.

North Bay Skating Club Board of Directors

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