

## Bay Country Figure Skating Club Freestyle Guidelines for Skaters, Parents and Coaches

Safety is a priority at the BCFSC. To minimize the chance of accidents occurring, a series of rules have been established. Please take a moment to review SafeSport compliance guidelines and discuss them with your skater(s). **All skaters, regardless of whether they are home club, associate, non members or guest skaters must follow and uphold the tenets of USFS Skaters Code of Conduct regarding behavior on and off the ice. Everyone is expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents of skaters, USFS officials and guests.** If you have any questions, do not hesitate to ask one of our coaches or our SafeSport Compliance Officer. Accident forms will be kept at the sign in desk for all incidents occurring during Bay Country freestyle sessions.

### Safety---Figure Skating Sessions can be dangerous – blades are sharp and skaters move and high speeds. Let's make it a safe session for everyone.

1. Remain alert at all times while skating. It is the skater's responsibility to be aware of other skaters around them.
2. The only time a skater has SOLE right of way is when they are skating their program to music wearing the NEON belt. When you see a skater wearing the NEON belt and hear their music, extend that person the courtesy and move out of their way momentarily. This only takes a moment and you will enjoy the same courtesy while you are performing your program.
3. No standing around talking or staying in the same spot on the ice. **Keep moving.** If you want to have a conversation, please move off the ice.
4. Ipods, mp3 players, etc, are allowed but ONLY ONE EARPIECE may be worn. This allows you to stay aware of others skating while wearing them.
5. Avoid skating or standing in the corners of the rink for extended periods of time. Corners are used for jumping and this can be dangerous for those skaters jumping reverse.
6. If you fall, get up right away. If you're really hurt, wait until a coach comes to you.
7. When the zamboni doors open at the end of the session, immediately leave the ice.
8. Wait until the zamboni doors are completely closed before entering the ice.
9. No gum, food, or drinks on the ice. Water bottles only! (Any other liquids must stay at least 10 feet away from the ice – outside the rink boards.)
10. At no time should you step on the ice with shoes on.

### Common Courtesy – the ice is often packed with coaches and skaters all various levels practicing different things. Let's make it a pleasant experience for everyone!

1. Be courteous and respectful to other skaters, coaches, and music monitor.
2. Be considerate of other skaters who also need a turn to skate to their music.
3. Do NOT interrupt another skaters' lesson.
4. No foul language. No arguing. Say, "I'm sorry," if you get in someone's way.
5. Advanced skaters are expected to exhibit patience toward beginner members of the club, you were an inexperienced skater once.
6. **Coaches and BCFSC board members have the right to remove a skater from the ice during club freestyle session if that skater poses a danger to oneself or other skaters.**

### Music on Freestyle

1. Our audio system is very sensitive. Skaters shall refrain from pulling cords in and out of the audio box or playing with the volumes.
2. The music monitor will be in charge to run the flow of music on the ice during freestyle.
3. Music Priority.
  - Skaters in Lesson. Coaches in lesson should try to allow at least 2 skaters not in lesson to play their music, unless lesson time is limited
  - If there is more than one skater in a lesson or practicing programs, music order will be put in a queue.
  - Music may not be played repeatedly, everyone will have a turn. Skaters who have not gotten to practice yet will be put in line before someone that has already played their music.

### DIAGRAM OF ICE AND ELEMENT ZONE

