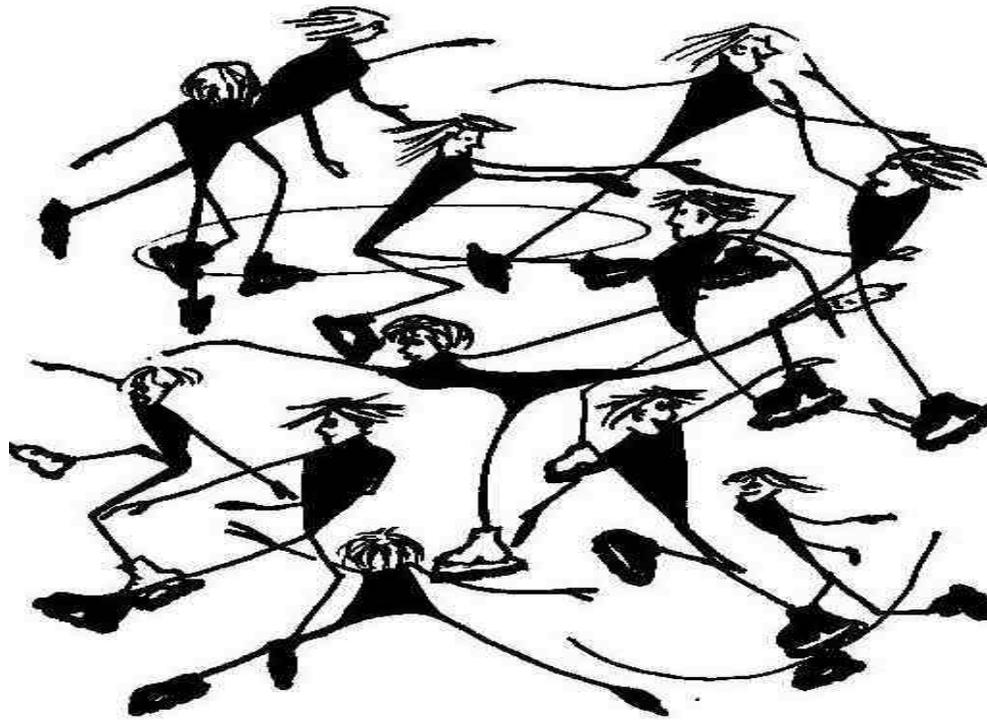
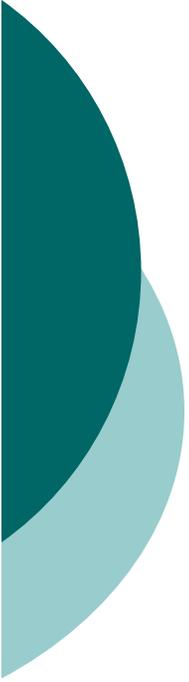




Freestyle Rules & Ice Etiquette

Let's face it...our ice is an active space!





...**First things first**

It is very important that every skater learns the safety rules and ice etiquette before stepping out on to a freestyle session.

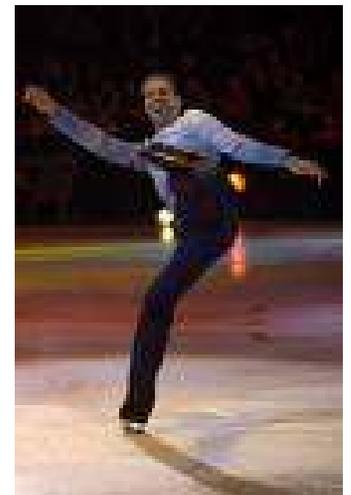
First and foremost is courtesy. It is essential to respect the rights of other skaters and be constantly aware of who is around you. If you seem to be surrounded by skaters of significantly greater or lesser skills, be especially careful!

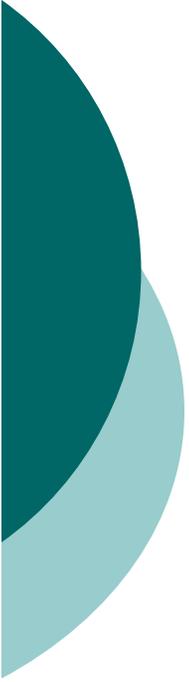
Backward or “blind” Moves



Backward Spirals
Y-positions &
Backward blade grabs

Are not
allowed without a spotter



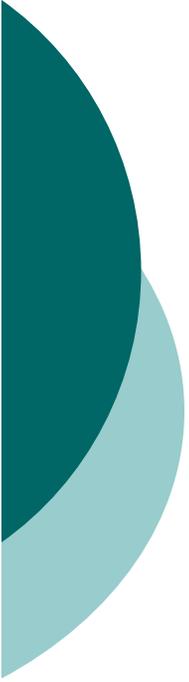


Heads Up!

Strive to avoid collisions!

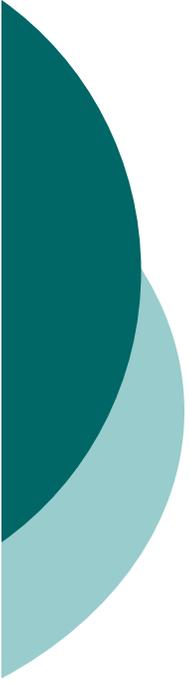
Respect other's space. DO NOT skate or jump too close to another skater or coach. DO NOT skate too close to a skater who is spinning.

If you fall...get up quickly



Be Aware

DO NOT practice spins and crossovers in the jump corners. These can be all 4 corners of the rink. **Ask your coach to show you where jump/lutz corners are located.



Right of Way

- The skater performing their program to music has the ultimate right of way. Please take a moment when program music is being played to identify the skater it belongs to.
- Any skater in a private lesson has the right of way secondary to any skater performing their program.



Help keep the peace out on the ice

- If you make large holes with your toe pick, please patch it up.
- Don't play your music over...and over...and over...and over.
- Apologize if you get in someone's way.
- Clean up after yourself.
- Socialize off ice – do not cluster in groups to talk.



Are you ready?

Basic skills skaters
Should always be
with a coach
When skating on a
freestyle session.





Let's Review

- Safety & Courtesy are first and foremost!
- Be aware of everyone around you.
- Utilize a spotter on “blind” moves.
- Stay clear of jump corners.
- Give right of way to programs & lessons.
- If you have a question or concern, talk to your coach.