

## **HHSC Skater Code of Conduct**

Skating is a competitive and individualized sport which requires safe and courteous behaviour from all participants on and off the ice. Skaters need to be aware of each other and react predictably to ensure their own and others safety. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below.



Due to insurance requirements, only registered Skate Canada members are permitted on the ice, except in a medical emergency.

### **On Ice and Dryland Rules**

- Food, drink, and gum are not permitted: plastic water bottles are acceptable but must be left at the boards. Glass bottles are prohibited.
- Foul language, yelling, and abusive or aggressive behavior, are prohibited, and will result in loss of privileges.
- Skaters will not use technology or social media to disrespect or exploit others.
- Skaters are not allowed to record another skater unless they have consent from the club.
- Skaters are not to use technology during any session unless given permission from the coaches or in the case of an emergency. The technology distracts the skater(s) from the session and becomes a hazard for all skaters attending the session.
- All skaters must ask permission from the coaches to leave the session to always ensure proper attendance.
- Sitting on the boards is not permitted.
- Skaters must clear the ice/dryland space promptly at the end of each session.

### **Spectator Rules**

Spectators, including parents of skaters, may watch quietly from the stands or seating areas, not by the boards, but must refrain from conversing with or offering directions to the skaters on the ice. (If a skater needs more direction, the coach should be consulted after the session, and a plan developed to help the skater become more independent.)

### **On Ice Etiquette**

- Skaters must always look both ways when leaving the boards.
- Skaters are expected to be skating at all times while on the ice, and to get up promptly after a fall in order to keep pathways clear for other skaters.
- The ice surface should be used for practice, not for conversation. (Working in small groups with coach's approval is acceptable.)
- When practicing routines, skaters must learn to maneuver around other skaters and still do elements successfully. The skater whose music is playing has the right of way. Calling out "Excuse me!" or "Heads up!" or "Skater's name!" will alert other skaters to move out of the way.
- Skaters should use the center of the ice, between the blue lines and away from the boards, for practicing spins. This allows room at the ends of the rink for preparations for jumps, and for other skaters to maneuver around the spinning skater.