

# The North Skating Club

## Club Rules

### SAFETY RULES

The following safety rules are zero tolerance. These safety rules and courtesy suggestions are subject to change as the need arises. If there are any questions please discuss them with your primary coach or a member of the coaching staff. Failure to follow rules can result in expulsion from freestyle sessions.

1. All skaters are entitled to equal use of the ice.
2. No one is allowed on the ice without skates.
3. Skaters and coaches must be courteous and respectful at all times to other skaters and coaches. Accidents happen, please use friendly and courteous language, such as, "Excuse me..." if someone is in your path of travel. Apologize if you accidentally interfere with another skater's practice.
4. Skaters and coaches must remain both cautious and alert at all times. Respect each other's space by not skating too close to another person.
5. Skaters must keep moving unless receiving instruction from a coach. If a skater falls, they must get up immediately if able to do so. DO NOT sit on the ice. If you must stop – do so only at the boards.
6. Skaters should not stand around in groups talking or playing. All conversation is to be held at the wall or off the ice, unless a coach/skater is demonstrating something.
7. Always be aware of what is happening around you. Be mindful of skater's practice patterns; Be mindful of high level skaters passing near you at high speeds. Do not change direction without checking behind you.
8. 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.
9. Be aware of skaters setting up for jumps or spins and DO NOT cross their path.
10. In general, jumps are to be performed in either end of the ice and spins in the middle. Skaters practicing their program to music may use any area.
11. After jumping, please check jump area for holes and repair large holes using ice shavings and water.
12. Parents are not allowed to "coach" on the Freestyle from the doors of the ice, through the glass, from the hockey boxes/benches, or from the boards. It distracts the skater and is dangerous.

### MUSIC

- Music is played in the order noted on the Proctor Sheet. A rotating system is used so that a different contracted skater is first each week.
- All CDs should be clearly marked with the skater's name.
- Only a coach or a skater in lesson with a coach may request their music be held. When the coach/skater, requests to take the music off hold, the music will be played after the skater(s) who were recently called and any other coach/skater who has requested to

remove music from a hold. EXCEPTION: Skaters who are competing or testing in the next week, are allowed to request a music hold.

- A skater who is called to skate their program must put on an orange vest/belt. The exception to this is for high freestyle sessions only.
- A skater should be aware of when his/her music will be played (knowing who he/she follows based on the proctor announcements) and should be **ready** with vest/belt on when his/her name is called. This minimizes delays and allows the maximum opportunity for skaters to skate to their music.
- Coaches using boomboxes or Bluetooth speakers must maintain a volume level that does not interfere with the overhead sound system.
- No one may stop another skater's music without permission from that skater.

## RIGHT-OF-WAY AND JUMP HARNESS

- All skaters should try to give the right of way to skaters performing programs or taking lessons, while also creating a safe environment.
- Jump harness use is limited to XX minutes per student per session when it is needed by more than one coach.
- Skaters must take care to avoid interference with users of the jump harness.
- Please do not get on the ice until the Zamboni doors are shut.
- It is the responsibility of all skaters to keep the ice arena clean. Remove all belongings (tissue, water bottles, gloves, skate guards, sweaters, etc.) before leaving the ice.
- Skaters must leave the ice in a timely manner at the end of the session by the end of the session so that the ice can be resurfaced timely and the next session can start on time.
- Close all doors prior to leaving the ice.

## YELLING, PROFANITY, BULLYING, AND OTHER UNSPORTSMANLIKE CONDUCT

Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, yelling, harassment, intimidation, and bullying at all times. This encompasses the ice, the lobby, and the parking lot areas. Failure to abide by this may result in being asked to leave the property. Any skater who is a victim of bullying should inform their parent(s) and coach immediately.

**More advanced skaters are expected to act as exemplary role models for younger skaters, both on and off the ice.**

## WALKING ON SESSIONS

Skaters may "walk on" to any session, space permitting.

- Skaters should check in at the proctor booth prior to the start of the session
- The walk-on fee is higher than the contracted rate and is published on our schedule.
- Payment may be made by check, cash, or credit card.
- When multiple skaters are waiting to walk-on, priority is given to home club skaters and to those who are competing or testing in the next week.
- On fully contracted sessions, permanently waitlisted skaters will be allowed to skate after five minutes and walk-on skaters will be allowed to skate after ten minutes.

# COVID 19 Prevention General Practices

Please do not come to the rink if you suspect you or any family members are experiencing any of the published COVID-19 symptoms associated with infection.

If you have been outside of Massachusetts in the past 14 days, you are requested to self-quarantine at home and to not return to the Club until the 14-day period is over. This is in keeping with the Governor's guidelines for all residents. This request is only in effect for as long as the state's guideline is in effect.

## Skaters & Parent/Guardian

Skaters are asked to arrive no more than 15 minutes before their session begins.

All skaters are asked to warm-up outside the building, weather permitting.

Skaters are limited to having ONE adult parent/guardian in the rink with them. Best practice is for the adult to exit the rink once their skater has taken the ice. If the parent needs to remain, there will be a designated seating area in the stands with markers that are 6 feet apart.

Members are required to bring their own mask. Parent/Guardians must wear a mask at all times inside the rink. Skaters must wear a mask entering and exiting the building. Skater should wear a mask on ice when they cannot maintain a 6-foot distance from others.

Skater should limit personal belongings to their gloves, a water bottle, inhaler if needed and skate guards. Items need to be spaced out if placed on boards so skaters maintain 6 feet distance. If possible, you should label your water bottle.

Practice social distancing minimums of 6 feet of separation at all times in and outside of the rink.

Upon entering and exiting the rink members are required to wash their hands or use hand sanitizer which will be provided.

With respect to entering and exiting the building please follow all Burbank Arena guidelines, the staff will have signage as to the direction/flow of participant traffic (one way in, one way out). Areas for skaters and parents to sit and put skates on will be marked 6 feet apart.

The music booth will remain CLOSED for the immediate future.

The harness will be unavailable for the immediate future.

## Coaches

Coaches are required to wear masks at all times they are in the rink, including while coaching.

Coaches are asked to keep a distance between them and their skater while coaching, and to keep any close interactions with their skater to a minimum.

Coaches should wash their hands/use hand sanitizer after working with an individual skater, especially if they have had any close contact with the skater.

Coaches should remind skaters to wash their hands before and after their lesson.