



Freestyle Policies & Etiquette



Welcome to Freestyle at Hagerstown Ice & Sports Complex! We're glad you've chosen to skate with us! For the safety and enjoyment of all skaters, Hagerstown Ice & Sports Complex requires all skaters, coaches, and parents, to follow the freestyle policies below.

GENERAL POLICIES

- Be kind and respectful to coaches, skaters, and parents always!
- Skaters, coaches, and parents are to refrain from unsportsmanlike conduct, profanity, bullying, and mistreatment of others at all times, including on the ice, in the lobby, and anywhere on the grounds of Hagerstown Ice & Sports Complex.
- All skaters must have passed at least Basic 5 to skate on a freestyle session. Lower level skaters are permitted to skate on freestyle only while in private lessons. Any exceptions to this rule must be approved by the Skate Director.
- Parents and friends of skaters are not permitted in the player boxes, music box, or to stand in the doorways. Parents may watch from the bleachers or the balcony.
- Parents are not allowed to coach/ advise skaters from the boards or rink side. If you need to speak to your skater, please ask them to exit the ice.
- At no time are hockey sticks or hockey pucks permitted on freestyle ice. Cones and other learning materials may be used on less busy sessions for a short time. Skaters in programs and practicing skating skills or ice dance patterns should have right of way.
- No more than 2 students may be in a private lesson at the same time, unless a special program has been approved by the Skate Director.
- No food or gum is permitted on the ice or in the player boxes.
- Skaters and coaches are permitted to bring drinks to the ice, however, all drinks must be in non-breakable containers that close fully and tightly. (No open soda cans, no glass bottles, and no to-go cups with lids that aren't secure, etc.)

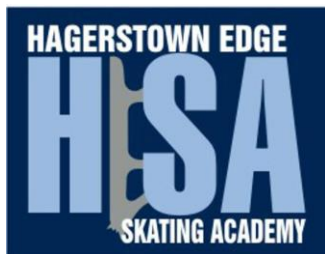
ENTERING & EXITING THE ICE

- All skaters must sign in and pay at the front desk **PRIOR** to skating. No exceptions.
- Skaters are on the honor system to leave the ice after using the amount of ice time purchased.
- Skaters must leave the ice in a timely manner at the end of the session to allow for the ice cut.
- Skaters are asked to remove all items from the boards and close all doors prior to leaving the ice.

RIGHT OF WAY

For the safety of all skaters, please follow the 'right of way' rules below:

- Skater in a lesson performing their program/ ice dance to music, as designated by the orange sash.
- Skater not in a lesson skating their program/ ice dance to music, as designated by the orange sash.
- Skater in a private lesson.
- Skater performing a program, ice dance or skating skills pattern, not to music and not in a lesson.
- Skater in preparatory phase of a jump or spin.



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SAFETY

- Skaters should keep moving! Avoid lying down or standing around in the middle of the ice.
- Follow the normal rules of traffic flow: Spins should be practiced in the center and jumps should be practiced at either end of the ice, unless the skater is skating a program.
- To avoid injuries, skaters should avoid practicing back spirals unless the spiral is choreographed into their program or is part of a pattern from a skating skills test. Use caution at all times.
- Headphones or earbuds are only permitted to be worn in 1 ear at a volume low enough to easily hear other skaters skating nearby. A skater wearing 2 earbuds is a safety hazard and will be advised 1 time only to remove the 2nd ear bud. A 2nd violation of this policy will result in the skater's removal from the ice without a refund of ice time purchased. Policy subject to change if abused.
- Skaters must wear the orange sash to indicate to others that they are skating a program to music.

MUSIC POLICIES

- Music is played via phones connected to Bluetooth. Promptly disconnect from Bluetooth once your music has played to allow others to connect.
- Students in a lesson take priority in the music queue.
- Skater may play their music 2 times per 30 minute freestyle session. If no other skater is waiting to play their program music, a skater may then play their music more than 2 times.
- If no one is waiting to run a program, to avoid skating in silence, skaters and/ or coaches may play music over the Bluetooth system as long as they disconnect quickly to allow for program run-throughs. Music selections must be appropriate for all age groups. Skaters and coaches should rotate amongst each other so all who wish to have a chance to play music.

VISITING/ GUEST COACHES

Hagerstown Ice & Sports Complex (HISC) coaches will not be required to pay coaching fees, but will be required to commit to instructing at least 1 hour of Learn to Skate classes per week. Any coach that does not commit to the Learn to Skate requirement will be considered a visiting/ guest coach.

- Coaches seeking permission to coach at HISC should contact the Skate Director at least 48 hours in advance. No coaches are permitted to coach prior to receiving approval by the Skate Director. Approval is provided for specific dates/ sessions of freestyle, not for the season or the year.
- Guest coaches must be at least 18 years of age and appear on the USFS Coach Compliance list for USFS membership, NCIS background check and Safesport.
- Guest coaches must provide a copy of liability insurance to HISC to be kept on file for the season.
- Guest coaches are only permitted to coach on freestyle session, not on public sessions.
- Guest coaches should sign in at the front desk and pay the guest coaching fee **PRIOR** to taking the ice.

QUESTIONS/ VISITING COACH REQUESTS?

Contact Delsie McCoy at skatedirector@hagerstownice.org.