

# **FREESTYLE SESSION RULES AND POLICIES**

- **It is the coach's responsibility to ensure that their skaters are fully informed of all the rules and regulations.**
- **It is the coach's responsibility to ensure that their skaters are fully informed of the training patterns.**
- **It is the coach's responsibility to ensure that their skaters are reminded that their skaters need to watch for patterns, programs and elements as they are training.**
- **It is both the coach and skaters' responsibility to keep safe on all sessions.**
- Freestyle sessions are only for teaching and training purposes for figure skaters with approved coaching staff.
- The Director of Skating approves staff and reserves the right to monitor the level of skating on each freestyle session and make appropriate changes if needed and when deemed necessary.
- **ALL SKATERS AND GUEST COACHES** are required to check in at the front desk upon entry. Skaters and guest coaches are required to sign in for each session, and payment is required upon check-in.
- If payment is not made upon check-in, skaters & guest coaches will not be permitted on the ice.
- Sessions are paid for by the designated hour assigned by the arena. Freestyle sessions may not be split

between two sessions or surfaces to accommodate lesson times.

- Our sessions are scheduled as per our calendar: [www.FlemingtonIce.com](http://www.FlemingtonIce.com).
- Freestyle is \$20.00 per session. If the session runs from 3pm-4pm, skaters cannot pay for a session from 3:15pm-4:15pm. Skaters are not permitted to create their own session times.
- Skaters/coaches are not permitted on the ice for any session before the scheduled time that is paid for.
- Equally, all skaters/coaches must exit the ice promptly once the session is over that they paid for.
- Please exit the ice promptly before the ice resurface. Zamboni doors must be closed prior to skaters entering the ice.
- Unlimited skaters can freely step on the ice during any given session time however, skaters must be mindful of the current flow of the session.
- Those that are tots and/or beginners that cannot skate a freestyle session on their own are the only ones able to have the 30-min option of purchase for ice time AND must be in a lesson. They cannot stay and practice. Once their lesson is complete, they are to exit the ice. This includes hockey players.
- All freestyle skaters wanting to skate an extra 30-min, may be able to do so only if a full hour of a session is purchased first. That fee will be \$30.00.
- Hockey players are not permitted on any freestyle session without approval and must have a scheduled

private lesson as they are guests on a figure skating session. Hockey players are not permitted to practice beforehand or afterwards.

- For the skaters' safety, skaters are not permitted to wear personal headsets of any kind while skating on a freestyle session.
- Skaters in a lesson or a skater doing their program always have right of way.
- Skaters/coaches must be cautious and aware of other skaters and their jumping patterns.
- Skaters/coaches can play their own music. Abusive or obscene language/music will not be tolerated.
- Early morning freestyle – music volume cannot be loud before 8am as we have ordinances that need to be adhered to with housing complexes across the street.
- Early morning freestyle – skaters can be more flexible with time before school hours only when paying for an hour session. For example, 6:30am-7:30am vs 6am-7am or 7am-8am. This is only applicable during school days. Not when kids are off from school or summer hours.
- All skaters and coaches must pick up tissues, garbage, water bottles, etc. on rink boards and players' bench after their session.
- All session times are subject to change. Reasonable notice of changes will be posted whenever possible.
- Food or drinks are not permitted on the ice except for water.

- Parents must view freestyle sessions from the bleacher area or lobby area.
- Parents and spectators are not permitted in the players' bench or music box area.
- Parents and spectators are NOT permitted to coach from the bleacher or lobby area. You will be asked to leave.
- Parents and spectators - Do not block entrance gates to ice surface.
- Flemington Ice Arena expects skaters, coaches, parents and spectators to be courteous and always show good sportsmanship.
- All skaters, coaches, parents and spectators must adhere to our code of conduct during all our sessions.
- Skaters should not be standing or stopping on the ice as other skaters are training. Please move to the boards.
- Skaters must wear a sash when they are skating their program.
- Other skaters need to acknowledge who is wearing a sash and be aware of moving out of their way.
- Skaters in a lesson will have priority to play their music program. The skaters may play their music twice per session or until all skaters have had their music played. All programs will be played all the way through.
- When playing programs, please be respectful and follow the simple rules of rotations: Coach, skater, coach.

- The center is designated for spinning.
- The corners and ends are designed for jumps.
- Moves in the field and dance will utilize the whole rink for patterns.
- Coaches in lessons will utilize the whole rink for training.
- Skaters must be aware of their surroundings and understand the patterns.
- Please refer to the practice pattern layout on our website: [www.FlemingtonIce.com/figureskating](http://www.FlemingtonIce.com/figureskating).
- Semi-private lessons (2 skaters), partnering and shadowing are permitted if our rules are followed.
- Group lessons of 3 or more must be approved by the director of skating. Guest coaches are not permitted to teach group lessons.
- When using a jump harness, please do not interfere with other skaters and are to be used at the discretion of the skating director.

## **GUEST COACH POLICY**

- As a private facility, Flemington Ice Arena and its Skating Department reserves the right to approve or deny any guest coach who seeks the opportunity to coach/instruct at Flemington Ice Arena.
- Any coach not affiliated with the Flemington Ice Arena, seeking the opportunity to guest coach/instruct within

our figure skating sessions, must contact:  
[Skate@FlemingtonIce.com](mailto:Skate@FlemingtonIce.com)

- Upon approval and prior to their first ice session, a guest coach must stop at the main office, submit a current copy of their liability insurance, USFSA coaching card and commission fee.
- Once in the facility, the guest coach agrees to follow the Flemington Ice Arena freestyle rules and regulations as stated above and listed below.
- Failure to comply will result in the loss of guest coach privileges.
- Failure to comply with any/all the above may result in loss of ice use privileges for current and/or future sessions.
- Group lessons of 3 or more are not permitted.
- Off-ice classes / off-ice training will not be permitted on our premises.
- Guest coaches are not permitted to teach on any Learn to Skate, Rising Stars or Public sessions.
- Guest coaches are only permitted to teach on our designated freestyle sessions upon approval.