

# POLAR ICE FREESTYLE SESSION RULES



## RESPECT THE SPORT

- Participation in figure skating requires performing difficult skills on a potentially dangerous surface.
- All skaters should watch out for all other skaters. It is imperative for your safety
- Figure skating Sessions (Freestyle) are for the primary focus of skaters in the disciplines of figure skating, ice dancing, pairs skating, synchronized skating and moves in the Field. As a general rule:
  - Any skater working with a contracted coach from one of our facilities can access our freestyle sessions
  - Skaters in Basic 6 and under must be accompanied by a coach unless otherwise granted by a skating director at the facility
  - Skaters in Aspire 1 and/or of at least 12 years of age may skate unaccompanied (without a coach) for Freestyle sessions
  - No lesson may incorporate more than 2 students at one time.
  - At no time during any freestyle session may more than 2 skaters be linked/working together while skating. Only exception to this rule is that the coach may join as a third linked skater for instructional purposes only.
- Hockey skaters working on skating skills are welcome, but must adhere to the freestyle session rules and **MUST** be taking a lesson during their time on the ice with a Polar Ice contracted coach. Number of hockey lessons allowed on a session may be limited by the rink skating director's discretion.

## RESPECT THE COACHES

- Skaters should show courtesy and respect to all coaches on the ice on any given session. Rude, disrespectful behavior will not be tolerated and will be subject to disciplinary action.
- **ONLY** Polar Ice Independent Contractors with complete annual agreements will be able to coach skaters from the barrier or ice surface. All individuals will abide by ALL professional standards of the PSA and U.S. Figure Skating:
  - Full PSA Membership
  - Full US Figure Skating membership: independent or club member
  - Coaches Registration and Background Check
  - Coach Liability Insurance
  - Continuing Education Requirements (contingent on students' levels)

## PARENTS GUIDELINES

- All **PARENTS** will abide by the "Parents Code of Conduct" issued by U.S. Figure Skating
- Parents are not allowed to coach their skaters from the player boxes or the doors to the ice
- Parents are not allowed to sit in the player boxes during freestyle
  - Parents must watch skaters from the lobby or the bleacher seats

## RESPECT THE SESSION

- Only contracted Polar Ice Coaches may teach on freestyle
- Primary focus is figure skating elements of jumping, spinning, Moves in the Field, and program practice
- Skaters and coaches must be respectful of each other at all times.
- Use the center ice for spins, keeping corners free for jumping practice
- If you fall down, get up immediately. Do not lie down or sit on the ice. If injured, call for assistance.
- **RIGHT OF WAY RULES:**
  - a. Skater performing their program to music played over rink provided equipment
  - b. Skater in a lesson:
    - i. Skater in a program with music

- ii. Moves patterns
  - iii. All other figure skating jump and spin elements
- c. Look carefully in both directions anytime you return to the ice, particularly when you are on the boards conferring with your coach, etc
- All skaters and coaches need to be aware of the other skaters on the ice and acknowledge and apologize if in someone's path
- Socialization is to be enjoyed OFF the ice surface. Skaters may work together, however, as long as the activity is constructive. If group work becomes a distraction to others, skaters will be asked to STOP. Abuse of this policy may result in the loss of group work privileges entirely.
- The only tools that are allowed to be used on the ice during freestyle sessions are the rink provided harnesses, pole harnesses, exercises bands, hockey sticks (to be used solely for posture purposes to be held in both hands at chest level – cannot be used on the ice for hockey skating/drills). All other objects are prohibited from being used on the ice (this includes but is not limited to hockey pucks, tires, cones)
- **For Safety Reasons - Virtual lessons are not allowed on Polar Freestyle Sessions.**

#### **MUSIC PLAYING RULES:**

- Music should only be played from the rink side equipment during all figure skating sessions.
- Personal media devices are permitted solely for the use of playing background music or program music over a rink sound system (save texting and phone calls for the snack bar areas).
- **Skating with headphones/earpods on is NOT permitted on the ice (skaters also may not carry their phones while skating)**
- The line of music to be played starts at the music player and moves to the end of the table
- A coach may play a skater's program music only TWICE per lesson regardless of lesson length.
- A coach may cut in line ONLY twice during a lesson regardless of lesson length.
- A skater who is not in a lesson and awaiting to run their program may be bumped twice and then their program music must be played
  - A skater who is not in a lesson may only play their music twice per session.
- All skaters and coaches are to monitor the volume of the music being played, adjust the device volume accordingly. If a rink director/manager asks for the music volume to be lowered, it must be lowered and must remain at that volume.
- Once the program music is complete, restart the background music that was playing previously
- Songs cannot be played on repeat and must be turned off after one time through.
- **Profanity in background music is not allowed.**
  - If playing background music from your device, please be sure your device is set to a clean station only.
  - There will be a one strike and you're out policy with background music. If you are found to be playing inappropriate background music, your rights to play background music from your device will be permanently revoked.
- Where belts are provided, only 1 skater wearing the belt has right of way. Belts must be immediately removed after the program is completed.
- **In regards to synchro, pairs skating and ice dance skating** – The team must be skating together while wearing the belts for the program. Team skaters are not permitted to be skating separately while wearing belts. This is limited to two skaters skating together at a time.

#### **ON ICE HARNESS/POLE JUMP HARNESS (provided by private coach)**

- May ONLY be used during Figure Skating Sessions and Clinic classes as applicable
- May NOT be used during Public Sessions or other specifically designated sessions
- Skaters must be in a lesson with a coach to use the harness

#### **REGISTERING FOR FREESTYLE SESSIONS**

- Skaters must register online for their freestyle sessions in advance.
  - Registration portals can be found on all rink websites.
- If time needs to be added, the skater must come off the ice, register for the next session, and then return to the ice after checking in with the front desk.
- Skaters who are not registered for the session will not be allowed on the ice – no exceptions.

**Polar Ice Skating Directors and Rink management reserve the right to remove any skater, parent, or coach from the ice or building for violations not limited to: safety, rudeness and/or aggressive behavior.**

**1) Verbal warning**

**2) Written warning to parent/guardian**

**3) Removal from the ice for a time period to be determined by the skating director/rink management.**