

POLAR ICE HOUSE FIGURE SKATING RULES

RESPECT THE SPORT

- Participation in figure skating requires performing difficult skills on a potentially dangerous surface.
- All skaters, adults/children, more or less experienced, should watch out for all other skaters. It is imperative for your safety.
- Figure Skating Sessions are for the primary focus of skaters in the disciplines of figure skating, ice dancing and Moves in the Field. As a general rule: Basic 6 and above elements should be skated on Figure Skating Sessions.
- Hockey skaters working on skating skills are welcome, but must adhere to the freestyle session rules, and should be taking a lesson during their time on the ice.
- Public Sessions are for skaters in our “Learn to Skate” Program Basic 5 and below and “Camp Chillin/Cool Trackin Campers”.

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 House 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 skater’s level)
- All parents will abide by the “Parents Code of Conduct” issued by U.S. Figure Skating

RESPECT THE FACILITY

- Sealed beverage containers **ONLY** are permitted on the ice.
- Food and gum are restricted to the snack bar area.
- Kicking the ice or the boards is strictly prohibited, as is stomping feet. This behavior could result in damage to the ice and possible injury to yourself or others.
- Hostile behavior, verbal abuse, physical threats or attacks, profanity, yelling or any other behavior deemed inappropriate will result in immediate removal from the ice and possible revocation of Polar Ice House privileges pursuant to the three (3) strikes rule.
- Clean up at the end of the session: tissues, clothing, music, media player and sealed containers.

RESPECT THE SESSION

- Primary focus is figure skating elements of jumping, spinning and program practice
- Use the center ice for spins keeping the 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:
 - 1) Skater performing their program to music played over rink provided equipment
 - 2) Skater in a lesson
 - A) Compulsory program
 - B) Moves pattern
 - C) All other figure skating jump and spin elements
 - 3) 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.
- Music should only be played from the rink side equipment during all figure skating session. Personal media devices are permitted solely for the use of playing background music or program music, save texting and phone calls for the snack bar.
 - 1) The line of music to be played starts at the CD player and moves to the end of the table.
 - 2) A coach may cut in line **ONLY** twice during a lesson regardless of the lesson length.
 - 3) A skater may be bumped twice and then their program music must be played.
 - 4) All skaters and coaches are to monitor the volume of the music being played, adjust the CD player/iPod volume accordingly.
 - 5) Once the program music is complete, restart the background music that was playing previously.
- Pole Jump Harness provided by private coach or the On-Ice Harness
 - 1) May **ONLY** be used during Figure Skating Sessions and Clinic classes as applicable
 - 2) May **NOT** be used during Public Sessions or other specifically designated sessions
- 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.
- Skaters **MUST** monitor their entrance and exit punch times. Staying on the ice 5 minutes beyond the intended exit time will result in an additional 30 minute purchase cost. **Failure to sign in or out will result in a minimum 4 session purchase.**

Polar Ice House Skating Directors and Rink Management reserve the right to remove any skater or parent 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 24 hour period.

POLAR ICE HOUSE



Cary Ice House
1410 Buck Jones Rd.
Raleigh, NC 27606
919-460-2756

Wake Forest Ice House
1839-200 S. Main St.
Wake Forest, NC 27587
919-453-1500

Garner Ice House
103 New Rand Rd.
Garner, NC 27529
919-861-7465

U.S. Figure Skating Parents Code of Conduct

Codes of Conduct give everyone a guide to what is expected of us if we are part of an organization, participating in a sport, or as spectators at our child's events.

Preamble: The essential elements of character-building and ethics in sports are embodied in the concept of sportsmanship and six core principles: respect, responsibility, fairness, caring, trustworthiness and good citizenship. The highest potential of sports is achieved when competition reflects these “six pillars of character” (Arizona Sports Summit Accord)

By having my child attend Figure Skating sessions at a Polar Ice House facility I hereby agree that:

1. I will encourage good sportsmanship by demonstrating positive support for all skaters, coaches and officials at every practice session, competition and test session.
2. I will place the emotional and physical well being of my child ahead of my personal desire to win.
3. I will encourage my child to skate in a safe and healthy environment.
4. I will inform my child's coach of any physical disability or ailment that may affect the safety of my child or the safety of others.
5. I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the results of a competitive event.
6. I will never ridicule or yell at my child or other participant for making a mistake or blame my child's teammates for placement in a competition.
7. I will do my best to make skating fun and will remember that my child participates in sports for his/her own enjoyment and satisfaction not mine.
8. I will ask my child to treat other skaters, coaches, fans, and officials with respect, regardless of race, creed, color, sexual orientation or ability.
9. I will applaud a good effort in both victory and defeat emphasizing the positive accomplishments and learning from the mistakes.
10. I will teach my child to resolve conflicts without resorting to hostility or violence.
11. I will be a positive role model for my child and other skaters.
12. I will demand a figure skating environment for my child that is free of drug or alcohol abuse and agree that I will not use or provide to a third party any drug proscribed by applicable federal, state, or municipal law.
13. I will not assist or condone any competing athlete's use of a drug banned by the International Olympic Committee, International Skating Union, United States Olympic Committee, or U.S. Figure Skating, or, in case of athletes, to use such drugs or refuse to submit to properly conducted drug tests administered by one of these organizations.
14. I will not provide alcohol to, or condone the use of alcohol by minors, abuse alcohol in the presence of athlete members, or at U.S. Figure Skating activities or, in the case of athletes, consume alcoholic beverages while a minor.
15. I will encourage my child's coach to continue their education and training through programs offered by U.S. Figure Skating, the Professional Skaters Association and other accredited organizations.
16. I will respect my child's coach and refrain from coaching my child or other skaters during competitions and practices because it may conflict with the coach's plan or strategies.
17. I will respect the decisions of officials and their authority during competitions and test sessions and teach my child to do likewise.
18. I will show appreciation and recognize the importance of volunteers and club officials.
19. I will study the rules of the U.S. Figure Skating and teach my child accordingly so that we have an understanding and appreciation of the rules of competition and membership.
20. I will support all the opponents in my child's competition and respect the rights of all skaters to participate.