

ON ICE RULES- FREESTYLE

- Skaters must give way to anyone
 - Practising their program to music (fluorescent vest)
 - In a lesson
 - On jump harness
- Skaters and coaches must proceed to our "Stand Still" area on the ice while briefly pausing. Never stand still in the middle of the ice. Extended breaks need to be on the benches off the ice.
- Coaches are permitted to observe in "STAND STILL" zones. Do not stand in the way of other skaters while observing.
- Skaters must attempt their jump in the dedicated area and move on immediately.
- Skaters are not to delay standing up after a fall, unless seriously injured.
- Skater doing a routine to music has the right of way. Hi Vis vests are provided to help identify the skater whose music is being played.
- Headphones: **One ear pod only. NO 'over the ear' headphones**
 - Please ensure you are aware of your surroundings and can hear around you while skating.
- Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behaviour will be asked to leave the session immediately.
- If you are a less experienced skater, please be extra careful to stay aware of other skaters

CODE OF CONDUCT- FREESTYLE

- With a maximum of 30 skaters in each session, **all skaters must purchase entry online prior to arrival.**
- Offensive, discriminatory language or behaviour will not be tolerated.
- Coaches outside of iceHQ are not permitted to instruct at iceHQ, in person or via video unless granted by iceHQ.
- All coaches, skaters & parents must respect each other and iceHQ property & equipment.
- Staff reserve the right to ask anyone to leave iceHQ due to improper behaviour and/or breach of Code of Conduct. A refund will not be arranged.
- Do not put any belongings on the rail. Water bottles allowed, however, **MUST** be removed before the zamboni enters the ice. **No coffee cups of any kind on the rail.**
- Please clear away any of your rubbish.
- Benches are for **skaters and coaches only**. No spectators or parents on the benches.
- Coaching by parents from the benches or stands is not allowed at any time.
- Beginner students completing private lessons must leave the ice once their lesson is complete. Due to skill level, beginners are unable to stay on the ice after their lesson has concluded.
- Coaches must not coach more than 3 skaters at a time. Unless they have approval off iceHQ.

USE OF MUSIC SYSTEM- FREESTYLE

- Program music is played on a rotational basis. If music is already playing, you may join the queue to play your music.
- After a skater's music has been played they may put their music at the **back** of the queue to re-enter the rotation.
- **Consecutive run-throughs are not permitted.**
- Coaches may put the music of their student in a lesson ahead of other skaters not in a lesson.
- Do not stop and restart your music when there are other skaters in line for music.
- Please limit your program run-throughs to a maximum of 3 per session.

