

## GENERAL PRACTICE SESSION RULES & TRAFFIC PATTERNS

*\*Remember to check with your rink management for additional rules and policies regarding to their freestyle practice sessions.\**

- Dress in attire that is appropriate for skating practice. Warm, fitted clothing is preferred, and most rinks prohibit jeans and street clothing. Hoodies are discouraged, but if worn the hood must remain unused.
- Sign in and pay for each session before entering the ice. Skaters should also remain on the ice for the duration of the session.
- No chewing gum or food is allowed on practice sessions. Only water and sports drinks should be brought onto the ice for practice.
- Look both ways before skating away from the barrier
- Skaters should always be courteous and respectful of others. Use common courtesies such as “excuse me,” “thanks” and “heads up.””
- When passing slower skaters (traveling in the same direction), always pass to the outside of the skater
- When skating toward another skater, and when in doubt, skate to the right
- Skaters should place used tissues, empty water bottles, etc. into the appropriate trash/recycling container before, during and after practice.
- Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.

## PROGRAMS & MUSIC

- Individual program music is generally played on a rotational basis. Skaters in lessons and coaches are generally given priority in the rotation; however, this may vary from rink to rink.
- Check with rink management to ensure you understand the music rotation and equipment use policies in use.
- In general, be ready to skate your routine when it is your turn. Loitering and unpreparedness leads to frustration and may cause delays, affecting other skater’s practice.
- Understand that if the session is fully attended, not everyone will be able to play their music, simply due to the lack of time.

## PRACTICE PATTERNS

Please note the Rink Safety Diagram to understand the flow of traffic on freestyle practice sessions.

- Spins are best practiced at center ice. Standstill jump practice is best placed on the goal lines in the corners opposite the Lutz corners. Edge jumps are generally practiced on a continuum just outside of center ice.
- Practicing the Lutz presents particular safety issues. Try to be especially aware of your surroundings when you are in the Lutz corners. Remember that the approach to a Lutz is long and blind. The skater doing the Lutz is not likely to see you.
- Remember, skaters may jump and spin in either direction. Take note of these skaters and again, be particularly mindful of both Lutz corners.
- Dance and moves in the field patterns utilize the perimeter of the rink (using the continuous/perimeter axis). These patterns vary and, depending on the level of the skater, may fully utilize the ice surface.

