

Juneau Skating Club

FIGURE SKATING RULES

-----ON ICE RULES-----

1. SAFETY FIRST

You are responsible for the safety of yourself and those around you. You must pay attention at all times and look where you are going.

2. Use your time efficiently

Skating is supposed to be FUN, but you have very limited ice time. Do not hang out at the boards for an extended period of time. Do not stand in groups on the ice. If you are on the ice, you should be skating, not standing! Students can work together in small groups of no more than 3, as long as you are working hard and not getting in the way of other skaters.

3. Right of way

Skaters practicing their routine (wearing orange sashes) have the 1st right of way followed by those skaters in a private lesson (Green sashes). Be extra careful in the lutz corners!

4. Students must wear appropriate exercise or skating attire (i.e., NO JEANS!)

5. NO CHEWING GUM and do not carry anything in your pockets.

6. No Headphones or cell phones on the ice.

It is very difficult to hear if someone is skating near you and the chances of a collision are increased. We ask that if there is music you would like to skate to, that you request it be played over the speakers.

7. No Backward Spirals on Club Ice unless in a lesson.

-----LOCKER ROOM RULES-----

1. Leave nothing behind

Do not leave any of your belongings on the ice—if you do, they may fall onto the ice, get eaten by the Zamboni, break the Zamboni, and effectively shut down Treadwell Arena. Any belongings left on the ice will be left on the hockey benches. Any items left in the locker room will be placed in the lost and found at the rink.

2. Be respectful of others and one another's property.

Do not borrow anything from someone else without their permission (family members included!) Improper talking or behavior will not be tolerated. Keep your voices down please!

3. Only healthy food and snacks in the locker room.

Skating uses a lot of energy. Putting the right type of healthy fuel into your body is something you should practice all the time. Please eat junk food (chips, soda, etc.) elsewhere.

4. Unless otherwise designated, the locker room is for putting on and removing skates only—no changing clothes. This is to comply with Safe Sport rules.

-----GENERAL JSC GUIDELINES & RULES-----

1. Register online. All registration (including club membership) will be performed through our website. Please pay through the system as it helps us not have to keep track of cash and checks. You must pay for all ice and classes before participating.

2. Club Membership. You must be a JSC Member to skate during JSC ice. You do not need a USFS membership to skate on club ice but benefits include the ability to participate in USFS tests and competition and receipt of Figure Skating magazine. Ask your coach about membership and whether it makes sense for you to be a member.

3. Read and abide by the JSC Disciplinary Policy, Liability Waiver, Safesport Statement and Code of Conduct. They are on the JSC website Figure Skating page.

4. Private Lesson Coaches. As always, the choice of a figure skating coach LIES WITH THE SKATER and parent. We again ask that once you have chosen a coach, you stick with that coach for the duration of the session.

5. Missed lessons. Skaters MUST notify their coach by 10:00am on the day of their lesson if they will not be able to attend. If you do not notify your coach, you will be charged for the missed lesson.

6. Drop-in fee. If you wish to skate on Club Ice, but are not registered for that day, you may drop-in. The fee to drop in is **\$20/hour**. You must purchase your drop in pass on line, print your name and date on the pass and present the coupon to the ice monitor or coach in charge. You get one chance to forget, after that, you will not be allowed on the ice if you don't have your pass. Skaters will be allowed to drop-in up to a maximum of 20 skaters on the ice at a time.

7. Warm-up. Warm up off the ice before you get your skates on. Important on so many levels but especially if you have first lesson.

8. Figure Skaters are Role Models. Whether you mean to be or not, as figure skaters, you are role models! Know that others that see you will want to imitate you so behave accordingly.

9. If you see something, say something. Our skating club is small and we want an environment that everyone can enjoy and grow with their skating practice. If something happens that precludes this, we want to know. Tell your coach, parent or board member about it and we will try to figure out if and what can be done to make things better.

10. Respond to Emails. We try to plan events and make things as cost effective as possible but often don't hear back from people as soon as needed and sometimes don't get enough people to cover costs, and wind up having to chase people down.

