



ALEXANDRA ICE SKATING CLUB

ALEXANDRA ICE SKATING CLUB (AISC) SKATERS RULES & REGULATIONS

AIM:

As a member of AISC, it is important that you adhere to the following rules and regulations to ensure the safety and well-being of all skaters and maintain a positive and respectful environment for everyone, to enable smooth-running skating sessions that allow all skaters the opportunity to progress towards their individual skating goals.

RESPONSIBILITY:

All Skaters agree to abide by these rules and regulations as part of their AISC membership.

All Coaches agree to abide by these rules and regulations and enforce them as part of their AISC employment.

AISC SESSION DEFINITIONS:

Kiwiskate:

For skaters who are part of AISC Kiwiskate programme.

- **Lessons:** Ice time allocated for Kiwiskate, this maybe shared ice with public session, or club ice time.
 - If shared with a public session Kiwiskate club members must pay for/hold an Iceinline ticket to skate in the public session portion of the rink for social skating over above warming up for their Kiwiskate lesson.
 - If shared with AISC Club Ice Time, Kiwiskate members must remain in the designated Kiwiskate area of the rink at all times.
- **Fun Friday:** Ice time allocated for all Kiwiskate level skaters to work on new skills, play games, and have a session focussed on fun lead by their Kiwiskate coaches and AISC competitive level skaters invited as helpers. No other skaters shall be on the ice during this session.

Club Ice Time:

For skaters who have achieved (passed) a minimum of Kiwiskate level Novice 1, unless stated otherwise.

- **Open Ice:** Ice time allocated for private lessons and training of competitive level skaters only.
- **Off Ice:** Off ice time allocated for private lessons of competitive level skaters only: off ice private lessons shall be held in a private space.
- **Development Ice:** Ice time allocated for group development lessons: only those skaters in the development group maybe on the Ice during these sessions. Except where:
 - The coach may allow the skaters for the next development group to enter the ice 5min prior to their group lesson to warm up for their session.
 - A portion of the ice surface maybe used for other purposes (e.g. Kiwiskate) at which time only skaters within those groups are able to be on the ice, and must remain in their groups coned off designated portion of the rink at all times.
- **Stroking Ice:** Ice time allocated for group stroking lessons: only those skaters in the stroking group maybe on the ice during these sessions. Except where:
 - The coach may allow the skaters for the next stroking group to enter the ice 5min prior to their group lesson to warm up for their session.
- **Fun Friday:** Ice time allocated for competitive level skaters to work on new skills, engage in group activities, and have a session focussed on fun lead by a coach/es. No other skaters shall be on the ice during this session.



ALEXANDRA ICE SKATING CLUB

RINK CONDUCT:

All skaters, coaches, parents/guardians present during AISC sessions must abide by the following:

▪ **Respectful behaviour towards others:**

1. Skaters are expected to be friendly and courteous to all other skaters, coaches and parents. Respectful behaviour is expected at all times both on and off the ice. Older and experienced skaters are encouraged to be understanding of younger and newer skaters and to assist them in understanding these rules and regulations.
 - Use a courteous "excuse me" to alert new or inattentive skaters if required in accordance to maintain the give way rules, skaters should not yell to/at another skater to get out of their way unless it is to avoid immediate danger.
 - Apologise if you interfere with another skaters practice, note regular interferences may be deemed as deliberately disruptive or careless behaviour and subject to disciplinary action.
2. Coaches are expected to maintain AISC/NZIFSA code of conduct, code of ethics, and health and safety policy and monitor AISC sessions. Suggestions offered by coaches and officials are to be received with respect and courtesy.
3. Non-lesson Skaters must not try to gain a coach's attention, interrupt/speak to a coach while the coach is in a lesson with another skater. This means keeping away from coaches/skaters in lessons and giving them space.

▪ **Respectful behaviour towards the session:**

1. **Pay Attention:** Skaters must look in both directions before entering the ice surface, or skating away from the boards. Check behind before changing direction. Be aware of skaters entering a jump or spin, and do not cross their path. Respect the right of way of skaters wearing program/lesson bibs/bands.
2. **Traffic Flow:** During club ice time figure skaters practice programs (solo's), aspects of these routines and skills include jumps, spins and patterns. Skaters should always be moving on the ice unless receiving instruction from a coach. Skaters should stand at the long sideboards (not corners) if stationary.
3. **Falls:** Skaters must GET UP IMMEDIATELY AFTER A FALL unless injured or need assistance.
4. **Program Bib:** Skaters must wear a AISC approved bib when practicing their program (solo) to their music.
5. **Lesson Band:** Skaters must wear an AISC approved band when in a lesson with a coach.
6. **Punctuality:** Skaters must notify AISC via the approved method at least 2hrs prior to their lesson if they wish to cancel, no refund will be given for 'no shows' or less than 2hr's notification. Skaters must arrive at the rink at least 15min prior to their scheduled lesson time, and be warmed up and ready for their lesson. Late arrivals will result in a shortened lesson or possible cancellation without refund should the skater not be correctly warmed up and ready to go.
7. **Attitude:** Always bring a good attitude to every session, regardless of any frustrations you may have. Any display of negative behaviour (e.g. stomping, dragging your toe-pick, skating aggressively without regard to others, skating to intimidate others, or using foul language) will result in a warning, followed by immediate removal from the ice should the behaviour continue.

▪ **Warm-up:**

A proper warm-up is crucial for figure skaters to prevent injury and perform at their best. Below are some recommended steps to warm up effectively:

1. **Cardiovascular Exercise:** Begin with a light cardiovascular exercise such as jogging, jumping jacks, or skipping to raise your heart rate and increase blood flow to your muscles.
2. **Stretching:** Perform gentle stretching exercises to improve flexibility and mobility. Focus on stretching legs, hips, back, shoulders and neck. Hold each stretch, do not overstretch.
3. **Off-Ice Exercises:** Perform off-ice exercises to activate the muscles used in figure skating. This may include squats, lunges, leg swings and core exercises.



ALEXANDRA ICE SKATING CLUB

4. **On-Ice Exercises:** Start with basic skating movements around the rink to warm up your muscles, using your edges to get a good feel for your skates prior to any more advanced moves.
You're now ready to Train!

Take the time to properly warm up before each skating session, and adjust your warm-up routine as necessary based on your skill level and the demands of your training. Talk to your coach for guidance.

- **Right of Way Rules:**

All skaters and coaches need to be aware of other skaters at all times.

Listed in order of priority who to give way to for all skaters:

1. **Mid-Spin Skater:** A skater mid-spin has the right of way to finish their spin over all others.
2. **Program Skater:** The skater whose program music is playing and is therefore wearing a AISC approved bib has second priority of right of way.
3. **Lesson Skater/s:** A skater/s in a lesson and is therefore wearing a AISC approved band has third priority of right of way.

Always give way to coaches.

Abuse or exploitation of the right of way rules may result in disciplinary action.

- **Music Rules:**

Music should only be played from the rink side equipment. Use of headphones/AirPods is prohibited unless AirPods are used during a lesson as instructed by the coach. In such a case a single ear AirPod maybe used each by the skater and coach, and the skater and coach must pay particular attention to other skaters around them to ensure a safe environment.

Listed in order of priority to use music:

1. Skater's music will be queued on a first come first serve basis.
2. Coaches may cut in line in the queue twice during a 30 minute lesson.
3. A non-lesson skater may only be bumped one spot in line before their program music is played.
4. A non-lesson skater's music may not be restarted unless there is a music malfunction or no other skaters wish to queue their music.
5. Coaches may restart lesson skater's music, while a skater is learning a new program.

The music rules are subject to common sense modifications, depending on the number of skaters on the ice, or in lessons. Modifications shall be determined by the coach/es on the ice and/or AISC committee members present.

- **Ice Grooming Rules:**

All gates to the rink shall be closed except the Zamboni's entry gates, while the Zamboni is in use. No skaters shall be on the ice surface while the Zamboni is on the ice surface. Skaters may not open the gates or enter the ice surface until the Zamboni is completely off the ice.



ALEXANDRA ICE SKATING CLUB

Other Rules:

1. No Skater shall enter the ice surface if alone. At least one adult/coach must be present when the ice is in use.
2. No cell phones on the ice, unless for use by the coach/es who are permitted to have phones on the ice, including for session management and use of filming lessons when required.
3. Only appropriate sporting attire maybe permitted on the ice. No earmuffs, hats or such attire that can affect both vision and hearing shall be permitted.
4. Long hair must be secured away from eyes.
5. Eating (including chewing gum) is strictly prohibited on the ice. Drinking from a drink bottle is permitted provided it only takes place at the boards.
6. Eating (including chewing gum) is strictly prohibited in the changing rooms.
7. Skate Guards must always be worn within any building (club rooms, changing rooms, lounge etc)
8. Treat the facility and equipment with respect and care. Any damage or misuse will not be tolerated. Skaters must maintain a clean and orderly environment at all times, this includes picking up after yourself, property disposing of rubbish, cleaning up any spills, and returning equipment to its property location.

SANCTIONS:

- Any skater who does not follow these rules and regulations will be given a verbal warning. If the skater does not apologise and correct their behaviour, they will be asked to leave the ice for the remainder of the session with no refund given.
- Skaters conduct will be referred to the AISC committee for discussion, additional action may be considered if deemed necessary.
- AISC committee members and/or coaches have the authority to remove a skater or parent from the ice surface, buildings or facility for violations to these Rules & Regulations, NZIFSA Code of Ethics, or AISC Parents Code of Conduct.
- In the case of on-going unacceptable behaviour, AISC will follow the following process:
 1. First infraction: Verbal warning to skater.
 2. Second infraction: Removal from the session, followed up by written warning to the skaters parent/guardian.
 3. Third infraction: Stand down period of 3 days.
- AISC may terminate the right of a skater to skate in AISC ice time if all other sanctions fail to result in a skaters change of conduct. No refunds will be given in the case of termination.

By being a member of AISC skaters accept and agree to abide by these rules and regulations.