

MKSC General Guidelines

- ❖ **Parents must stay at the rink.** Coaches are focused on providing skating instructions, parents/guardians of young skaters (under 12 years of age) are expected to be at the arena to supervise their skaters.
- ❖ **Dressing Rooms** - Skates should be put on/taken off in dressing room. Please check board in foyer for assigned dressing room.
- ❖ **Courtesy and good manners** are expected of all skaters and parents.
- ❖ Parents are requested to watch from the spectator areas of the arena, players benches are reserved for coaches and skaters only.
- ❖ **No Coaching:** Parents are to refrain from “coaching” their child as this distracts the child from his or her surroundings and is a safety issue.
- ❖ **No Food or Drink:** Gum chewing, eating or drinking is not permitted while skating. Water bottles are permitted at the side of the ice surface.

MKSC On Ice Etiquette

- ❖ **Warm-up:** Prior to skating, complete 5-10 minute warm-up/stretch.
- ❖ **BE ON TIME:** Lesson time begins at the start time of the session.
- ❖ **Enter/Leave Ice:** Skaters enter ice once coach is present and gives okay. Leave ice immediately at the end of session.
- ❖ **Follow Session Schedule:** Practice Skills during Skills time, Freeskate during Freeskate and Dance during Dance time.
- ❖ **No Sitting on Ice:** In the event of a fall, the skater is to get up right away, if they are sitting on the ice, we will assume they are hurt
- ❖ **Spins** are to be done in the middle of the ice
- ❖ **Jumps** are to be done on the ends of the rink
- ❖ **Stroking** is to be done around the perimeter of the ice
- ❖ **Solo Right of Way:** Skater performing Solo has the right of way and other skaters should do their best to get out of the way.
- ❖ Skater **MUST** respond when name is called over microphone and make eye contact with music player.
- ❖ **Raise hand** in the air if Solo is wanted. **Wave arms** for no.

Coaches will review these rules with your skaters, but please **READ through this list at home** with your skaters.