

MKSC General Guidelines

- **Parents must stay at the rink.** Coaches are focused on providing skating instruction, 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 the dressing room. Please check the board in the foyer for the 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

- **Skaters are not permitted to wear earbuds or headphones or have cell phones on the ice.**
- **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 a coach is present and gives okay. Leave ice immediately at the end of the session.
- **Follow Session Schedule:** Practice Skills during Skills time, Freeskate during Freeskate and Dance during Dance time.

During Dance and Skills Sessions:

- If skaters have passed their Gold skills and dances, they can practice their footwork, spiral sequences, and other creative aspects of their solos or artistics.
- No Spins or Jumps allowed during the skills and dance sessions
- **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:** Right of way goes to the skater who doesn't see the potential for a collision: We all try to give way to skaters performing programs or taking lessons, but safety is the most

important factor. Just because your music is playing doesn't give you the right to put anyone in danger.

- Skater **MUST** respond when name is called over the microphone and make eye contact with the music player. **Raise hand** in the air if Solo is wanted. **Wave arms** for no.
- **Keep Alert** - Be aware of surroundings both when working on your own and in a lesson with a coach. Skaters of varying levels are on the ice, so extra care is required. Be aware of skaters attempting jumps, performing solos and doing dances. Do not step out in front of skaters.
- **Limit standing still on the ice** - If necessary, skaters should stand out of the way near the boards, so that skaters attempting jumps in the corner or performing dances have space to complete. Skaters should not have to avoid skaters standing to perform their skills.

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