

# Ice Etiquette & Safety Guidelines for BRFSC Skaters and Coaches

## Courtesy

First and foremost is courtesy. It is essential to respect the rights of other skaters and coaches and be constantly aware of who is around you. **Skaters and coaches should not monopolize one area of ice for a prolonged period of time.**

## "In Program" and "In Lesson" Get Priority

The skater who is "in program" (who's music is playing) has the right of way at all times. Second in priority are those skaters who are currently in lessons with their coach. Always yield to these skaters.

## Lutz Corners

The Lutz jump is most commonly performed in the corners of the rink (*see diagram below*). Strive to avoid long-term practice activities in these corners, and try to be especially aware of your surroundings when you are in them.

## Jump Ends and Spin Middle

To maintain a safe flow of traffic, skaters practicing jumps should do so at the ends of the rink. Skaters practicing spins should do so in the middle of the rink, between the blue lines. (*see diagram below*) Remember to give those "on program" or "in lesson" the right of way.

## Opposite Skaters

Some skaters perform their elements in the "opposite" direction. All skaters need to be aware of each other no matter which direction s/he jumps or spins.

## Dangerous Singles Moves

When you are practicing elements like camel spins and back spirals be especially aware of the danger your exposed blade poses to other skaters. It is BRFSC practice to **perform backward spirals only when with a coach.**

## Falls and Injuries

If you should fall, **get up quickly**. Remember that the other skaters will have a much harder time seeing you when you are down low on the ice. Unless you are injured, don't stay there any longer than you have to. If you see someone else that has fallen and may be injured, get a qualified adult to come and help them.

## Don't Stand Around

Refrain from standing around and visiting on the ice. This wastes expensive ice and presents an additional hazard for other skaters to avoid.

