

# MFSC SKATER CODE OF CONDUCT

As a member of The Mentor Figure Skating Club, all skaters must adhere to this Code of Conduct at all times.

The Mentor Figure Skating Club is committed to creating a safe and positive environment for members' physical, emotional and social development and ensuring that it promotes an environment free of misconduct. This Skater Code of Conduct has been established to ensure the safety of all members using our ice to ensure quality practice time for all home club, associate, non-members and guests who purchase ice from the club and who participate in all club-related activities.

All skaters, regardless of whether they hold home club, associate, non-member or guest status must follow and uphold the tenets in this Skater Code of Conduct regarding behavior on and off the ice. All MFSC members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents of skaters, U.S. Figure Skating officials and guests. Our club is committed to promoting a positive and friendly environment for all skaters. Each skater is responsible for being aware of and practicing the rules of etiquette and safety noted below. All MFSC skaters are expected to exhibit these behaviors at all times while representing the MFSC on our home ice or away.

## **This Code of Conduct stands along with the MFSC Ice Rules.**

1. While in lesson or practice, it is the skater's responsibility to always be conscientious and aware of other skaters around them.
2. Skaters must skate with the flow of other skaters and familiarize themselves with the most commonly used areas for jumps and spins. Each new skater shall watch the skating etiquette video. Advanced skaters are expected to exhibit patience toward beginner members of the club. If you are a less experienced skater, please be careful to stay out of the way of other skaters.
3. A skater performing their program must wear the yellow vest provided and they are to be given the right of way. Please extend that skater the courtesy and move out of their path momentarily. Music plays per ice rules.
4. Food, drink, and gum are not permitted on the ice; plastic water bottles are acceptable, but must be left at the boards. Glass bottles are prohibited.
5. Skaters are not to interrupt coaches while in a lesson with another skater.
6. Abusive and foul language toward a fellow skater, coach, ice monitor, rink staff or board member will not be tolerated.
7. Safe and courteous skating is essential. During each skating session, Ice/music monitors, MFSC board members, and coaches may remove a skater from the ice for inappropriate or unsafe behavior, and the skater will be subject to disciplinary action.
8. Do not disturb another skater's property.
9. Do not disturb or defame any areas of the Mentor Civic Arena.

## **Ice Etiquette & Safety**

The start of the new season is a good time to review again proper ice etiquette. It should be every skater's goal to have productive practice sessions while keeping safety in mind. Older skaters and parents with skaters under 10, please review the following to reaffirm proper ice etiquette.

## BE COURTEOUS

All skaters want to get the most out of their practices. It is essential to respect the rights of other skaters and be aware of who is around you. Pay attention to the patterns of the jumps and spins being performed by other skaters and be courteous by giving them space. Jumps are generally done around the short ends of the rink and spins can be practiced in the middle. The majority of skaters jump/spin in the counter clockwise direction, so special attention should be paid to those that rotate in the clockwise direction. Skaters should do their best to avoid collisions. Move toward the wall and out of the way after performing a jump to give others the right of way. Look first before moving away from the wall and into the flow. This includes during a lesson, after completing a jump or after retying skates. Ice time is expensive so please refrain from standing in the corners, fooling around or digging holes in the ice. All of which pose an additional hazard.

## FALLS

If you should fall, move out of the way quickly. Keep your fingers away from your blades. It is hard for others to see you when you are down low on the ice. Try to avoid those who have fallen. If you see that someone is hurt after a fall, have someone stand by while you get help from an adult. A jacket or sweatshirt laid over them may keep them warm as they wait for help.

## LUTZ CORNERS

All corners are Lutz corners depending on the jump rotation. This can be a hazardous area due to the concentration of holes in the ice. Standing around or spinning in those areas can be dangerous to jumpers as the approach to the jump is long and blind. Avoid over-use of a corner by doing the jump in opposite corners.

## ON PROGRAM OR IN A LESSON

Skaters doing their programs and in a lesson have the right of way. Skaters must wear the yellow vest when doing their program or a dance. Please be courteous by giving these skaters the space they need to perform their program. Try to pay attention to the program pattern and learn to recognize the music so you know whose program is playing. Skaters in lessons have precedent over those not in lessons for program play. Observe and understand the moves and dance patterns and try to give others ample room to achieve the pattern especially when they are in a lesson.

## DANGEROUS SINGLES MOVES

When performing camel spins, back spirals or flying spins, be aware of the danger your exposed blade poses to others skaters. Recognize that once you start the element it will be difficult to see those around you. If you do not have enough space to complete the element do not attempt it. When you see others practicing these moves, keep a safe distance away and allow them the space to complete the element.

For most of the season we do not have high and low sessions. That means there are often sessions with a lot of younger skaters. Older skaters have experience with ice traffic patterns so be patient and keep safety in mind when there are a lot of younger skaters on the ice. Younger skaters need to be alert and learn quickly regarding the traffic flow. As you skate more, you'll get to the point where you'll recognize that a practice session has a certain rhythm to it. Most skaters practice jumps and spins the same way on each session. In time they become predictable and you will be able to guess where someone else is going based on their approach to a jump or spin. The guidelines outlined here are common in most rinks so you will be able to adapt no matter where you chose to skate.

Observing these concepts will help ensure everyone can make effective use of their ice

- Debi Gamber