

# The Forgotten Art of Skating Etiquette

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Video – Summary Outline

On a daily basis, there are hundreds of examples of poor skating etiquette!

- Beginning Skater, oblivious to surroundings
- A skater practicing their Axel in the Lutz corner
- Coaches following skaters through their program
- Moves in the Field being practiced in the opposite direction

Change Culture – Skaters, Coaches & Parents working together can effect this change  
Histories, Traditions, and Etiquette of the sport need to be taught

## Off-Ice Etiquette

- Keep facility neat – Clean, picked-up, and organized
- Check in with monitor
- Wear appropriate clothing – safe – nothing baggy
- Examples of bad behavior (NOT to be tolerated): Stomping around with a bad attitude, slamming the locker room door, leaving trash laying around, talking about others behind their back...
- Keep a positive attitude, and be a friend to everyone!

On-Ice Etiquette: Conduct yourself appropriately

- DON'T:** Get angry at other skaters
  - Kick the ice
  - Stay on the ice after a fall
  - Stretch on the boards, or stand around & talk
  - Bring food or drink (or GUM) onto the ice (Water is ok)
  - Text
- DO:** Help other skaters up if they've fallen

On-Ice Patterns - "Right of Way" rules: "Customary or legal right of a person to pass in front of another"

- Don't skate directly away from the boards – look both ways and follow the flow of the skaters.
- If taking a "break", move to the boards, away from lutz corners. Never stand in one place.
- Keep moving, following rink "Patterns" as outlined (suggested protocol):
  - Spins are practiced in the center of the rink, and spinning skaters have the right-of-way.
  - Warm-ups are counterclockwise around the rink.
  - Don't jump near the boards during warm-ups; use the center of the rink.
  - Toe & Flip jumps are generally approached from the counterclockwise directions.
  - Lutz jumps are generally approached from the clockwise direction. Remember, Lutz jumps are approached backwards!
  - If the harness is in use, be aware of the path.
  - Collisions are avoided by each skater passing on the right.
  - Pass slower skaters to the "outside."
- Programs have the priority "Right of Way" (Coaches should NOT follow the skaters). Skaters in a program will wear the identifying vest (Yellow).
- Skaters in the harness have the second "Right of Way"
- Skaters in lessons have the next "Right of Way" (Again, SKATERS, not coaches)

"Practice as you Compete"

"Coaches have the ultimate responsibility to control the safety of the session."

Teaching spins – Center of the ice – less disruptive to the flow of traffic.

"Coaching Corners" – opposite of the lutz corners.

Standing jumps – don't use red and blue lines.