



# Greater Grand Rapids Figure Skating Club

## **Ice Etiquette and Safety Guidelines:**

Skating is a fun activity, but safety guidelines do need to be followed to prevent injuries. It is the responsibility of each skater to watch what is going on around them, and to be aware of who is around them at all times.

### **Recognize who has the “right of way” on the ice.**

- Skaters who are skating their program to music in a lesson have the first priority, and should be given room to do their program.
- Skaters without music, but in a lesson with their coach have the second priority.
- Skater’s with music playing, and skating their program (not in a lesson) have the third priority.

**Please try to be courteous, and yield to these skaters.**

### **Lutz Corners**

The lutz jump is most commonly performed in the corners of the rink. Try to avoid hanging out, or doing spins in the corners for an extended period of time. Remember that skaters practicing a lutz jump are entering the jump “blind” and may not see you.

### **Safety:**

If you are performing dangerous singles moves like camel spins or back spirals, be aware of the danger of your exposed blade. Make sure to be aware of your surroundings before starting these moves, and make sure you have enough room to do them safely.

If you should fall, try to get up quickly. Skaters may have a difficult time seeing you if you are on the ground. If you are injured, or see someone else who has fallen and needs help, please get a coach or ice monitor to help.

### **Courtesy:**

Please try to remember that everyone on the ice is there because they love to skate. Regardless of their skill level, everyone is working hard to learn or perfect a move, jump or spin. Try to follow the skating “right of way” to the best of your ability, and try to treat all other skaters as you would want to be treated.

**I have read the above Safety and Ice Etiquette guidelines, and agree to abide by them:**

Skater: \_\_\_\_\_

Skater: \_\_\_\_\_

Parent/Guardian: \_\_\_\_\_

