



Skater Code of Conduct for CIFSC

As a member of our club, all skaters must adhere to this Code of Conduct at all times.

General Guidelines:

CIFSC 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 and guests who purchase ice from the club and who participate in all club-related activities.

1. All skaters, regardless of whether they hold home club or guest status, must follow and uphold the provisions in this Skater Code of Conduct regarding behavior on and off the ice. All club members are expected to exhibit good sportsmanship and be courteous toward their fellow skaters, coaches, parents/guardians of skaters, U.S. Figure Skating officials and guests.
2. CIFSC is committed to promoting a positive and friendly environment for all skaters. Remember 'The Golden Rule' — treat other people like you want to be treated — with respect.
3. Bullying of any kind will not be tolerated and may be subject to disciplinary action.

Ice Etiquette and Safety:

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.
3. The only time a skater has the SOLE right of way is when they are skating their program to music. When you hear another member's music, please extend that person the courtesy and move out of their path momentarily. This only takes a moment, and you will enjoy the same courtesy while you are performing your program. Skaters in an off level lesson **DO NOT** have the right away.
4. Advanced skaters are expected to exhibit patience toward beginner members of the club. Remember, you were an inexperienced skater once, and it takes time for our future generation to advance to the point where they are completely comfortable skating with all levels of skaters. Unsafe or Discourteous Behavior: Unsafe or discourteous behavior of any kind will not be tolerated.
5. Be sure to attend the correct freestyle sessions according to your level.
6. Do not enter ice before the start time of the session and the Zamboni doors are closed. Please exit the ice as soon as the Zamboni beeps the horn.
7. No breakable containers are allowed around the rink. Food and drinks (other than water) is not permitted near the ice. Please have your snack on the way to the rink or before you get on the ice.
8. Parents and skaters not in the session or other spectators should not loiter at the door. This is unsafe and it interferes with a constructive training session.
9. Please keep talking to other skaters on the ice to a bare minimum. If you are on the ice you should be practicing or working with your coach. **If you are asked by a Coach more than once to stop talking on the ice you will be asked to leave the ice for the remainder of that session.** Skaters are not permitted to "coach" other skaters.
10. No back spirals or other elements that do not allow you to look behind you on low ice unless you are working with a coach.
11. No lunges or shoot the ducks during freestyle unless you are in a lesson or running through a program.

Prohibited Behavior

- Kicking, digging holes, scraping or stomping the ice with your blades and kicking the railings are prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.
- Being verbally abusive to other skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately. Other disciplinary actions may be taken as determined by the CIFSC Board.
- Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately for an indefinite period of time. Other disciplinary actions may be taken as determined by the CIFSC Board.
- Videotaping and photographing anyone other than your own skater without permission is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the arena for an indefinite period of time. Other disciplinary actions may be taken as determined by the CIFSC Board.