



# ICE RULES

1. **Be on time** for all your sessions. Please let your coach know if you are going to be late or absent.
2. Be respectful to all fellow skaters and all coaches, on and off the ice. Swearing while on or off the ice during one of the NBFSC programs would not be considered respectful!
3. There is to be no standing in the middle of the ice. If you are taking a break, either leave the ice or continue to skate around the outside of the rink so that all skaters are moving at all times.
4. If you fall, get up quickly for safety reasons.
5. Music is to be played in rotation and can only be bumped if a coach requests a program during a lesson.
6. A skater whose music is playing and who is doing his/her program has the right of way. Please keep out of his/her way even if you are in a lesson.
7. Pick up after yourselves (i.e. garbage, Kleenex, water bottles, clothes, guards, notices, etc.).
8. Please – no gum chewing on the ice! It's dangerous!
9. If you are working in groups doing spins or jumps please be courteous to other skaters and coaches; skaters working on spins should practice in the centre of the ice.
10. Any skater who does not abide by these rules can and will be asked by any coach to leave the ice and may be suspended for a period of time from participating in NBFSC programs, upon review of the situation by the Board of Directors. Parents will be informed of the action.

With the cooperation of skaters and coaches, everyone will have a safe, productive and FUN skating season!

Thank you,  
NBFSC Board of Directors



✂ .....  
I have read the "code of conduct" requirements for being a skater with the North Bay Figure Skating Club and agree to abide by them. I understand that I may be asked to leave the ice (or the club), or that I may be suspended from participating in the program if I do not follow the code of conduct expected of me as a skater with the Club.

\_\_\_\_\_  
Skater's name (please print)

\_\_\_\_\_  
Skater's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's name (please print)

\_\_\_\_\_  
Parent's signature

\_\_\_\_\_  
Date