



# Cottonwood Heights Recreation Center Ice Arena Freestyle Session Rules



1. The golden rule is always in effect!! Do unto others as you would want them to do unto you!!!
2. Be cautious and alert at all times. All skaters must keep their eyes open and pay attention to what is going on around them. Be sensitive to other skaters.
3. Spins should be practiced near the center of the ice and not in the corners.
4. Get up immediately after falling; lying on the ice for prolonged periods of time will not be permitted.
5. There will be **NO** kicking the ice, yelling or screaming "MOVE!", or swearing at any time on or off the ice. You will be asked to leave the ice.
6. Manners and appropriate behavior are expected of every skater on the ice. Be polite and courteous to one another.
7. Skaters must keep moving unless receiving instructions from a pro. There should be no standing around. Social hour should happen only off the ice.
8. On crowded/full sessions, group program practice will not be permitted. On less crowded sessions, groups of no more than 3 skaters are permitted to practice.
9. There will be an ice monitor to check skaters in and to play music. Programs will start five minutes into the session. Once the music starts, you must finish your program (no stopping and restarting unless there is no one else in line).
10. Each skater's name will be announced before the program is played. If no Monitor is available for the session each skater will inform the next person in line to get ready. Right of way **must** be given to the person in their program. If you don't know whose music is being played, ask your coach or the Ice Monitor.
11. Please have all music marked clearly. This will help the monitor and keep things going smoothly. Always pick up your music at the end of each session. You are responsible for your music.
12. Pro's have the opportunity to "bump" in line during a lesson.
13. No food or drinks, with the exception of water bottles, on the ice. **NO SITTING ON THE BOARDS IS ALLOWED!**
14. The lobby must be kept neat and picked up. When not skating, skates are to be placed in your locker or bag. Other people will be using the lobby so do not leave anything of value out. Lock your locker.
15. As we get closer to competitions and test sessions, everyone puts on the final push. Please try to be patient and courteous to everyone on the ice. Bad manners will not be tolerated. If we see consistent kicking of the ice and rude behavior, measures will be taken to correct the situation.
16. No personal music devices (IPODS, CD players, phones, etc.) on the ice!
17. On all "**GROUP**" sessions, all skaters must participate in the group. No lessons or free skating allowed.
18. Please remember that any professional at Cottonwood Heights has the authority to ask skaters who are rude, disrespectful, or not working to leave the ice. All pros deserve equal respect, regardless of whether or not that pro is your coach.