
















# ETIQUETTE & RULES at the CPACC and the Rockland SC

## General Rules and Guidelines

-  The CPACC and the Rockland SC reserves the right to move skaters, change, cancel and/or reschedule any or all sessions based on enrolment, qualifications, age, abilities, test days, seminars, special events etc.
-  All skaters and coaches must be members in good standing with Skate Canada and with their Home Club.
-  The CPACC and the Rockland SC is not responsible for any individual while in the building, on the property, or using any equipment in the facility, for lost or stolen personal items, accidents or injuries.
-  All decisions made by the executive committee must be respected by all skaters, parents and professional coaches.
-  Kicking of the ice, foul language and inappropriate behavior will not be tolerated on the ice or in the dressing rooms. Skaters will be given one warning and then be asked to leave the arena for the remainder of the day.
-  Sportsmanlike conduct, safety, courtesy, respect and discipline are expected at all times towards all coaches, fellow skaters, judges and committee members.
-  Proper skating attire must be worn at all times. (for example, tights and skirt/dress, no jeans)
-  No food or gum shall be taken on the ice – water bottles are encouraged.
-  No sitting on the boards at any time, and no standing in the middle of the ice.
-  Skaters must get up promptly after a fall, unless seriously injured.
-  Skaters are to follow the schedule, except when in a lesson which has been previously approved by the committee.
-  Do not leave any valuables in the dressing rooms and please keep dressing rooms clean and tidy.
-  Skaters may skate on the days and sessions for which they are registered ONLY. There are no substitutions for days missed due to competition, illness, vacation, school trip, seminars, etc. Guest fees apply to sessions for which a skater is not registered.
-  Parents should ensure skaters are on the ice on time. Parents should also be supportive, patient and encouraging.
-  Spectators are asked to be courteous to skaters by respecting noise and conversation levels and their movement in the stands. Please do not distract your skater's attention from the coach or practice performances.

## Skills Sessions



Dance (with prior authorization, when in a lesson) is permitted during this session. No Free Skating is allowed.

Skaters need to watch out for the skaters who are skating to the music being played.

## Dance Sessions



Skills (with prior authorization, when in a lesson) is permitted during this session. No Free Skating is allowed.

Dance partners have priority over ice surface and music.

Skaters need to watch out for the skaters who are dancing to the music being played.



## Free Skating Sessions



Only Free Skating is permitted during this session, except when in a skills lesson which has been previously approved by the committee.



Give priority to the skater who is in a lesson or doing a solo with their music.



Spin in the middle of the ice surface.

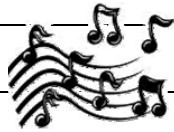


Jump at the ends of the ice surface.




Holes in the ice must be filled by skaters before the session ends.


Note to coaches: if a coach is full during the SR FS for example, the coach can give a 15 minute lesson on the first 15 minutes of the JR FS. This can be done also for a JR as well as on any discipline.





## Music





 Be alert for other skaters at all times. Listen to the music and identify the soloist to avoid interfering with their program.

 In the playing of music, priority will be given to lesson requirements by coaches and partners.

 It is each coach's responsibility to be sure his / her skaters are taught how to yield for the skater whose music is being played

 Playing your music a second time in a session is permitted when all skaters have had an opportunity to have their music played and when the music machine is not being used.

 To alleviate any misunderstandings, only coaches/partners may put programs that are in a lesson, in a line-up as a priority. Skaters not in a lesson may put their program in a second line-up called the skater's line.

 Be courteous and allow skaters who have not had their music played in the current session to move to the front of the skater's line.

### PRIORITY OF THE RIGHT OF WAY WILL BE AS FOLLOWS:

1. Coaches
2. Skaters in a lesson with music
3. Skaters in a lesson
4. Skaters with music

**\*\*EXCEPTION goes to dance partners**

**\*\*Coaches must teach standing on the sides of the rink to avoid being in the way of skaters\*\***