



WORKSESSION POLICIES AND PROCEDURES

Ice safety is of paramount importance to The Gardens Ice House (TGIH). All skaters on TGIH Worksessions must comply with the following Rink Rules, must respect the rights of others, and must respect TGIH's property and the property of others.

A. RULES GOVERNING WORKSESSIONS

1. The maximum number of skaters (depending on size and level) allowed on the ice during each session is (28 NHL and 35 Olympic).
2. Pay for each session online or at the Front Desk before stepping onto the ice. All skaters are asked to sign in at the front desk before stepping on to the ice.
3. Worksessions are 30 minutes long and set for designated times. Sessions may not be split. Skaters are expected to get on and off at the designated times. Skaters who get on before or off later than their purchased session times will be charged for an additional session. **(Lessons that run over or do not constitute a reason for a skater to stay on the ice beyond their purchased time.)**
4. Worksessions may be used for Figure Skating and Hockey Skating Skills instruction. (Please note: Figure Skaters have the right of way and Coaches engaged in Hockey Skating Skills instruction must stay with their students at all times to ensure the safety of their skater and the other skaters around them. No Hockey Sticks Allowed.)
5. Video Taping (ISI or USFS tests) **Trial or Actual:** Worksessions may be used to Videotape a USFS or ISI test. These taping sessions must follow the following rules:
 - A. You must obtain permission from the Skating Director to Video Tape an USFS or ISI test before taping.
 - B. No more than 6 individuals (Skaters and Coaches) may be on the ice while the taping occurs.
 - C. Only 1 taping per session per individual (One try per session)
 - D. Before you begin taping you must notify the other coaches and skaters that you are taping a test.
6. No breakable containers are allowed rink side. Drinks are allowed on or below the railing. Food is not permitted near the railing or on the ice.
7. Please pick up all belongings (including dirty tissues, water cups, bottles, music, etc.) at the end of the session.
8. The benches by the ice are to be used by the skaters and coaches only.
9. If skaters must talk to someone off the ice, even if for a brief time, they are asked to leave the ice to do so.
10. It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern.

11. If you are a less experienced skater, please be extra careful, stay aware of other skaters, and look ahead of where you are skating to see what others are doing or are about to do.
12. If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyles at one time, too.
13. Please be understanding if someone gets in your way.
14. Remember to look both ways before leaving the railing or skating across the ice.
15. Be mindful of Coaches and Lessons: Avoid skating between a coach and a skater who are in a lesson.
16. When a skater is going backwards while in a lesson, the coach shares the responsibility with the skater to avoid jump paths and the paths of other skaters.
17. All skaters are required to look in their direction of travel, head up and eyes ahead. Safety is a priority.
18. Keep moving while on the ice, as it is dangerous for both you and other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners.
19. Get up quickly...If you fall, get up as quick and as safely as possible. Don't linger on the ice.
20. Skaters may not wear headphones or anything else which can obstruct hearing. Single ear buds may be worn on the ice. If skaters are found to be distracted utilizing their single ear bud, TGIH may ask the skater to remove the listening device for the safety of the other skaters on the ice.
21. Report Concerns: If you have any concern about safety or behavior, report them to the Skating Director.

B. PROHIBITED BEHAVIOR

1. 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.
2. No Laying on the ice.
3. Sitting on the Dasher Boards or walking on the ice is not allowed at any time.
4. Being verbally abusive to skaters or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.
5. Deliberately challenging, scaring, or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately.
6. Videotaping by parents of anyone other than your own skater is strictly prohibited and will not be tolerated. Anyone engaging in this behavior will be asked to leave the facility.

C. CLEARING THE ICE

When the Zamboni enters the ice, all skaters and coaches must leave the ice immediately. If you are skating to your music, please stop skating immediately, turn off your music, and clear the ice – no exceptions.

D. MUSIC

1. Program music will be played on a rotational basis. This will be done on the honor system, with the responsibility left to the skaters and coaches.
2. After a skater's music has been played, their music or another program may be put at end of the line to re-enter the rotation. Dance music can take the place of program music and may consist of Partnered and Solo Segment.
3. Not everyone will be able to play their music on full sessions due to lengths of programs. Please try to be fair.
4. Coaches may put the music of the student they are teaching ahead of other skaters. Everyone should appreciate this policy when they are in a lesson enjoying this privilege and graciously accept this policy when they are the ones being asked to wait in line. Coaches, please be considerate and do not bump a skater more than twice in a session.
5. Please do not stop and restart your music if others are waiting in line.
6. Please handle the music equipment with extreme care.

E. RIGHT OF WAY

1. The skater doing a routine or program to music has the right of way. (On busy sessions Orange VESTS and colorful BELTS should be used to help identify the skater whose music is being played. When appropriate please wear vests or belts when you play your music to help other skaters know you are skating your routine. Other skaters, please stay aware at all times of which skater is doing his or her routine and do your best to stay clear of his or her pattern.)
2. Skaters taking a lesson have the right of way over general skaters in the session.
3. Skaters on the harness also have the right of way. Please be careful of the harness area.

F. GROUP ROUTINES

1. Groups of THREE or more skaters may not skate in programs or patterns together during any rink worksession unless authorization has been obtained from the Skating Director ahead of time.