

LEARN TO SKATE USA

Safe Skating Rules

The sport of ice skating can be enjoyed in many ways. Regardless of how you decide to enjoy ice skating, always show courtesy toward others. You must also be aware of the elements of risk in skating. This risk can be reduced through a fair amount of common sense and personal awareness while skaters are on the ice.

Observe these simple rules for an enjoyable and safe skating experience:

- 1 Skaters are required to observe all ice rules, demonstrate courteous behavior and be considerate of other skaters/coaches at all times.
- 2 Safe skating will be thoroughly enforced at all times.
- 3 Entry onto the ice must be made through specified access points in the barrier.
- 4 Always skate in control and at a comfortable speed; be able to stop or avoid other skaters at all times.
- 5 As a safety factor, skaters are asked not to chew gum on the ice.
- 6 General housekeeping rules: Water bottles are acceptable at most ice arenas, please know the rink's policy before taking any beverages onto the ice.
- 7 Always throw your trash away in acceptable dispensaries.
- 8 All beginning skaters should wear ice-approved helmets. For more information on helmets, check learntoskateusa.com.
- 9 After a fall, the skater should get up as quickly as possible to avoid injury to or from passing skaters.
- 10 Look out for other skaters and always be alert.
- 11 Skaters should leave the ice in order to make adjustments to skates and/or equipment.
- 12 Make sure the ice resurfacer doors are closed while you are on the ice.
- 13 Once resurfacer doors open, please leave the ice immediately.
- 14 Skate safe and most importantly HAVE FUN!



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