



**KRAKEN
COMMUNITY
ICEPLEX**

Freestyle Ice Etiquette & Discipline

To achieve any level in any sport, there is a degree of discipline that an individual and team must apply. A motivating and positive atmosphere is important for athletes and coaches to develop success. As we work together to accomplish these goals, we ask that you abide by the following rules and guidelines.

- Maximum of 35 skaters on the ice during a freestyle session. (First come first serve)
- Food and/or drink are **not** permitted on the ice (exception - plastic water bottles)
- All skaters are required to check in with the administration desk before they step on the ice for each session. Skaters who aren't signed in will be asked to leave the ice.
- Private and semi-private lessons are not included in the ice fee packages. They are invoiced directly to the parent from the coach.
- Skaters that need to leave the ice for any reason during a freestyle session must get permission from a coach. Skaters leaving the ice without permission will not be able to get - back on until their next skating session.
- Skaters must bring with them to the boards water bottles, extra gloves, music, etc.
- Skaters standing around and not working may be asked to leave the ice.
- Parents are welcome to watch from the lobby and bleachers areas. Parents are not allowed on the player's bench side of the rink.
- Any parent observed instructing a skater (including gestures from the bleachers) will result in the removal of the parent and the skater from the rink. There will be no refund or credit for unused sessions or classes.
- Kicking the ice or boards, shouting, foul or abusive language or arguing with other skaters or coaches will not be tolerated.
- Skaters must leave the ice promptly at the end of the session.
- Show up to the rink early enough to be properly warmed up for your ice session. Rushing in at the last second and jumping right on the ice and into a lesson without warming up and stretching properly is an open invitation to injury.
- You are asking a lot of your body so you must help it out by giving it the proper nutrition. Give yourself enough time to eat before your training sessions.
- Arrive at KCI with a positive attitude. Be courteous to your fellow skaters, coaches and rink staff. Skating is very difficult and at times a frustrating sport to learn, but that is no excuse for a poor attitude. Negative thinking can become one of the biggest obstacles in reaching your goal. A positive approach will you progress in the sport.
- Please take pride in wearing proper skating attire such as club jackets, skating pants, sweaters, gloves and tights on the ice. **DO NOT WEAR BAGGY SWEATSHIRTS OR SWEATPANTS.** Please wear proper off ice attire as well. Feel good, look good, play well.
- Conduct yourself as a professional - both on and off the ice.
- Skaters are not allowed to use their cells phones on the ice.