

Utah Olympic Oval

Freestyle Session Policies and Procedures

These Policies and Procedures are implemented to provide a safe environment that allows all skaters the opportunity to progress toward their individual skating goals. These Policies and Procedures must be reviewed and signed by parents, skaters, and coaches *prior* to entering the ice for each freestyle session.

General Information

- All Skaters and Coaches are required to pay and check in at the front desk before the start of each on-ice and/or off-ice session(s).
 - i. *Guest services and the Skating Directors have the right to remove any skater and/or coach at any time if payment is not made before stepping on the ice or beginning an off-ice session. (Skaters are not permitted on a freestyle without a freestyle wrist band and will not be permitted to proceed on to the ice until proof of purchase is shown.)*
- All Skaters and Coaches must RESPECT and be COURTEOUS towards one another.
 - i. *Good behavior and sportsmanship are always expected, both on and off the ice. While skating is an individual sport, we strive to have a supportive environment.*
 - ii. *Skaters should apologize if an interference occurs with another skater's practice.*
 - a) *Most infractions happen by accident and should be politely acknowledged as such. However, if these interferences happen regularly, it will be considered careless behavior and be subject to further discussion.*
- Tardiness on sessions should be kept to a minimum. If arriving late avoid disrupting the flow of the session and participants.
- All session times are subject to change. Reasonable notice of changes will be given to all coaches and contracted skaters when possible.
- Coaches or skaters are not permitted on the ice at any time during a resurface. Zamboni drivers are instructed to terminate the resurface and leave the ice "as is" until the next scheduled resurface if this rule is not honored. Zamboni doors must be closed prior to skaters entering the ice.

Freestyle Session Rules

- All Skaters and Coaches are encouraged to bring a good and positive attitude to each session.
 - i. *Any display of negative behavior (stomping, dragging a toe pick, kicking the ice, temper tantrums/outbursts, or un-sportsman like conduct or using foul language) is cause for immediate removal from the ice.*
- On Staff Professional Coaches are empowered to enforce Policies and Procedures
 - i. *Regardless of whether it is the skater's own coach or not, any enforcement given and received is to be with sincere respect and courtesy.*
 - ii. *Coaches must have open and respectable communication with one another when addressing a skater that is not of their own. Make sure you inform the skaters coach of the situation.*
- Skaters ages 12 years old and under must always have a parent or guardian present in the building.
- All Skaters, Coaches and Parents are not allowed to sit/stand on blue pads walls during any freestyle sessions.
 - i. *The blue pad benches that are outside the North Ice arena should be used for tying skates.*
 - ii. *The hockey boxes are for Coaches use ONLY.*
 - iii. *Parents/Guardians/Spectators may view sessions from eastside bleachers.*
- Street Shoes are strictly prohibited from touching the ice.
- No Food or Chewing Gum is permitted on the ice.
 - i. *Only sealable, non-breakable liquid containers are permitted in the rink.*
- Absolutely no use of Headphones allowed on the ice.
 - i. *Coaches working on choreography may use handheld speaker and/or 1 headphone for this purpose only while staying on the exterior perimeter of the rink.*
- No Video or Virtual Lessons Allowed.
- Virtual Testing is permitted only on specified freestyles. See *freestyle Calendar* for details.

Participant Code of Conduct

ON-ICE ETIQUETTE:

- All Skaters and Coaches must RESPECT and be COURTEOUS towards one another.
- All skaters and coaches must collect sweaters, garbage, tissues, water bottles, etc. from the rink pads/boards after each session.
- When entering and exiting a session, DO NOT skate across the middle of the ice. Go around the perimeter/edge of the boards.
- All Skaters and Coaches must follow the Freestyle traffic patterns. This includes being aware of all attending skaters' patterns at all times.
- All Skaters and Coaches must encourage a continuation of movement. *See Detailed Diagram below for more details.*
 - i. *Absolutely no standing in the middle of the ice sheet to talk or receive instruction.* Stopping in the middle of the ice to talk to people is extremely dangerous. If you need to talk with anyone, we expect skaters to leave the ice to do so.
 - ii. *See Diagram below for a general idea of the freestyle flow at the Utah Olympic Oval.*
- All Coaching and receiving instruction should be done by the long-side boards/padded walls.
- Private lessons are permitted with a limit of 2 participants.
- Grouping of more than 2 skaters is not permitted at any given time unless designated Freestyle/clinic sessions are available.
- All Skaters and Coaches must follow the Right-Of-Way Freestyle Guidelines.
 - i. *Right-Of-Way Priority over all others – Lesson Skaters*
 - a) *A skater in a lesson and running their program has 1st priority on any freestyle sessions.*
 - b) *A skater in a jumps harness lesson has 2nd priority on any freestyle sessions.*
 - c) *A skater in a lesson and is running through moves in the field tests has 3rd priority on any freestyle sessions.*
 - ii. *Right-Of-Way Priority – Practicing Spins and Jumps*
 - a) *Mid-Spin Skaters have the right to finish their spin.*
 - b) *Skaters in Jump patterns have right-of-way over skaters that are practicing moves in the field and other skating skills and walking through programs.*
- All Skaters and Coaches must follow music Guidelines when using rink side equipment:
 - i. *Coaches have the right to move ahead of a non-lesson skater once per session.*
 - a) *A non-lesson skater cannot be bumped if they have not yet had the chance to run their program prior or has already been bumped by another coach.*
 - ii. *Programs may NOT be restarted unless there is a music malfunction, or a skater is restarting due to the direction of their coach that they are actively in a lesson with. (No program can be restarted after 30 seconds of a played program)*
 - iii. *On High Volume Freestyles – music will be played 2 Coach (lesson) to 1 Skater (non-lesson) ratio.*
- *Skaters may request their music be played a maximum of 3 times per session per program.*

OFF-ICE ETIQUETTE:

- Disruptive, immoral, unethical, or illegal behavior while in the Utah Olympic Oval is not acceptable. Any such behavior will result in appropriate disciplinary action.
- Anyone caught damaging, stealing, or displacing other persons' belongings will fully be dealt with by the law
- Use, ingestion, possession, or trafficking of intoxicants, illegal drugs or any controlled substances is strictly prohibited while participating in any program or session offered at the facility.
- The Utah Olympic Oval is a non-smoking facility which includes e-cigarettes and all tobacco products.
- Skaters are asked to conduct warm-up exercises and off-ice stretching in a non-traffic area of the building.

Hockey Skaters on Freestyle

- Hockey Skaters are allowed to be in full hockey gear, but they must have a full body and spatial awareness on the ice.
- Hockey sticks and pucks are never allowed on the freestyle sessions.
- If a hockey skater is blatantly not following figure skating session traffic and rules, the skating directors have the authority to kick the skater off the session with no refund.
 - i. Stick and Puck sessions are also available to be used for hockey skating skills lessons. Contact Josh Anderson via email (janderson@uolf.org) for more information.

Guest Coaches Code of Conduct

- All coaching, whether done on or off the ice, is only permitted if an individual has been approved to coach by the Utah Olympic Oval Skating Directors.
- Guest Coaches must ensure that skaters pay for ice time before entering the ice.
- Private lessons are permitted with a limit of 2 participants.
- Grouping of more than 2 skaters is not permitted at any given time.
- Contact the Figure Skating Directors via email (cgutierrez@uolf.org and jhowland@uolf.org) to get approved to coach at Utah Olympic Oval at least seven (7) days prior to first visiting day.

Staff Coach Code of Conduct

- Coaches will be mindful that they have the responsibility to influence athletes.
- All Coaches are responsible for notifying students of required facility admission and rental fees before their lesson/practice ice. (Skaters are not permitted on a freestyle without a freestyle wrist band and will not be permitted to proceed on to the ice until proof of purchase is shown)
- Coaches will help maintain equipment including music boxes, harnesses, and all other training apparatuses. (This includes caring for and putting away all used items).
- Coaches must help clear the ice, shut doors, and clear the boards/pads at the scheduled conclusion of each session.
- Coaches must actively continue to ensure safety for all and provide a positive experience for all skaters on the session.

Parent Code of Conduct

- Parent/Guardian/Spectators are not permitted to “coach” or “instruct” skaters from the bleachers or lobby areas. It is hazardous to everyone on the ice.
- All Parent/Guardian/Spectators must view freestyle sessions from the eastside bleachers.
- Please always demonstrate a positive and supportive attitude in all your skater’s endeavors.
- Negative or hurtful comments about other coaches, skaters, or parents are unproductive, disrespectful, discouraging and will not be tolerated.

SafeSport Program

The Utah Olympic Oval fully supports the U.S. Figure Skating SafeSport Program

U.S. Figure Skating strives to provide a safe environment for their members that are free of misconduct and harassment. The association will not tolerate or condone any form of harassment or misconduct of any of its members including athletes, coaches, officials, directors, employees, parents, volunteers, or any other persons while they are participating in or preparing for a figure skating activity or event conducted under the auspices of U.S. Figure Skating. All forms of misconduct are unacceptable and in direct conflict with U.S. Figure Skating rules. The U.S. Figure Skating SafeSport Program addresses Sexual, Emotional, & Physical misconducts, Bullying, threats and harassment, Hazing willfully tolerating misconduct.

By signing below, I understand and agree to abide by the policies set forth in this document.

Failure to comply with the above policies and procedures may lead to the following:

First Offense – Verbal Warning with follow up email.

Second Offense – Written Warning and meeting with Skating Director(s)

Third Offense – By the direction of the Figure Skating directions the length and severity of consequence will be outlined during a meeting followed by the second offense.

Participant Name Printed _____

Parent or Guardian Name Printed _____

Date: _____

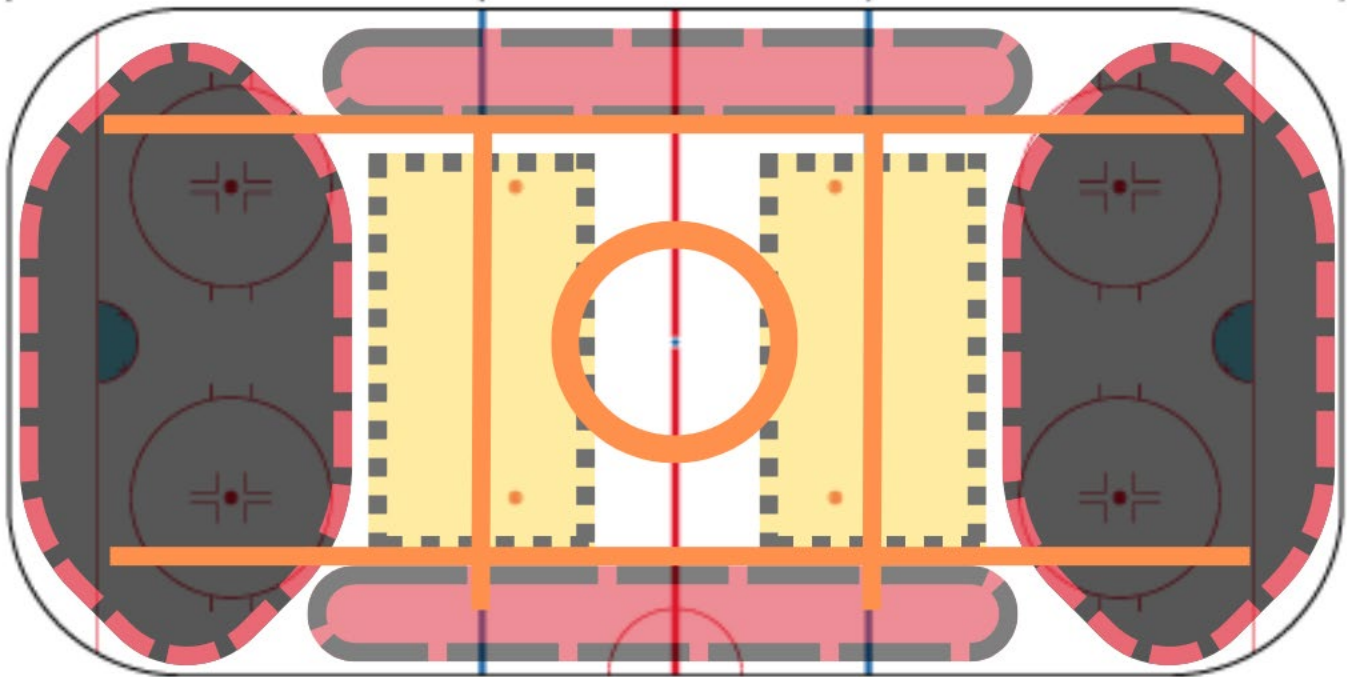
Participant Signature _____

Parent or Guardian Signature _____

Date: _____

Freestyle

Flow of Traffic



SPINS AREA



MOVES IN THE FIELD/EDGEWORK



JUMP ZONE



INSTRUCTION AREA

