

RULES AND REGULATIONS OF THE ICE STATION

**All requirements (age, section, skills, star, division etc.) refer to what the skater is required to currently have attained based on their age. In other words, the skater needs to possess the relevant criteria based on the section in which they would be required to compete/enter as per SAFSA NTC specifications. Levels achieved for previous sections will not carry over once the skater is required to move up based on age, unless otherwise specified.*

- Coaches and skaters may enter only through the front doors. During the mornings they are to use their discs for entrance. No back entrances or alley-ways to be used.
- Please ensure that your patch card is brought onto the ice with you and placed on the board next to the music system. Please leave the card there for the duration of your practice. Ensure that your coach has signed the card before you leave the ice, and take your card with you. Should you owe more than six patches, you will not be allowed onto the ice.
- The time on the Ice Station Clock Tower will be the “ice rink time”. Please ensure that you exit the ice promptly at the end of your practice session. Skaters are not allowed on the ice before the Zamboni doors are closed. Skaters must vacate the ice immediately at

the end of the session, in order for the Zamboni to drive onto the ice. **The Zamboni has the right of way. This is a safety issue.**

- Suitable and appropriate sports clothing must be worn by skaters and coaches.
- Do not leave your clothing hanging over the barriers. Store your warm-up tops, skate guards and water in the designated hockey box.
- Skaters must use the hockey box on the same side as the changing rooms. Coaches must use the hockey box on the same side as the music system.
- Use the locker rooms to change and put on your boots. Do not change in the stands. Please keep the stands neat and tidy.
- Should anything go missing from the stands, the Ice Station will not be held responsible.

There are locker rooms and lockers to store your valuables.

- No food and beverages are allowed on the ice. Skaters and coaches may drink their water or coffee in the hockey box.
- No sitting on the barriers.
- No crying on the ice, unless warranted by injury. The skater will be asked to leave the ice if he or she has tantrums or cries without good reason.
- Should there be more than 20 people on the ice in a public session, the use of the harness is not permitted.

Skaters are not to train or be on the ice unless there is a coach or a skater with a First Aid certificate present. Should a skater want to come in and practise, knowing that their coach is away, the onus is on the parent or skater to check that other coaches are

available and to make arrangements for them to come in.

- **NO FIRST AIDER – NO SKATING!** The first-aider must be recognised by The Ice Station. Please supply Shern with a copy of the certificate, who will inform you whether it meets the rink's requirements.
- Skaters and coaches may not shout unnecessarily, use bad language, engage in any form of bullying, kick the barriers, engage in fighting, strike the glass, kick the ice
- During training, socialising should be kept to a minimum. Train on the ice and socialise off the ice. Constantly be aware of the skaters around you. Avoid collisions to the best of your ability.
- Parents and grandparents should remain away from the barriers and may not coach their own children or grandchildren. Parents

are also not to address children other than their own unless it is an emergency or to prevent possible injury. Should a problem arise, the parent must speak (preferably) to the coach or to the parent of the relevant child.

- Please be aware of the times of the Junior/Senior/Open patches. Ensure that you are on the correct patch at all times. If you are unsure when you may train, double-check with your coach.
- Coaches must inform their skaters when they will be away and when they will be back. Adequate notice of absence should be given.

Change rooms

- Change room 3: Girls 12 and under
- Change room 4: Boys 12 and under
- Change room 1: Ladies 13 and over
- Change room 2: Boys 13 and over
- No eating in the change rooms.
- Keep them neat
- Bring your own locks and utilize the lockers to store personal belongings of value
- No bad behaviour in the change rooms

**Treat all coaches and skaters
with respect!**

MUSIC AND PROGRAMME RUN-THROUGH RULES

Please ensure that your music tag is at the rink.
Please ensure that it has your name written in bold on the tag.

There are three training sessions on most days:

1. Morning patch (5 to 12:30)

2. Lunchtime patch (1pm to 2pm)

3. Afternoon and evening patches (2pm to 8pm)

Only coaches and fully qualified Senior skaters (ie qualified to skate Junior/Senior Ladies/Men at national level) may operate the music system.

Only coaches (not pro-ams) may “bump” a skater.

The coaches (not pro-ams) have first preference to use the music system and have the option of playing their pupil’s music if the skater is in a lesson (provided it is only played twice). They are entitled to switch off the music of a skater who is not in a lesson.

Skaters may play their music twice per training session. This includes their lesson time. If the skater has two programmes, he or she may play

both programmes, provided that other skaters get an opportunity.

A skater in a lesson who is doing a programme run-through and whose music is playing has right of way.

Skaters and coaches must be aware of which skater is doing his or her programme and must give way to skaters doing programme run-throughs.

If choreography is being done, the coach must use a small CD player or blue tooth speaker at the side of the ice. Music volume should be lower than the main sound system.

Senior skaters may play their own background music. However, should a coach feel that the music is inappropriate, the coach may ask the skater politely to change the track or style of music that is being played.

- **ALL RULES AND REGULATIONS ARE SUBJECT TO CHANGE**
- **From time to time, the rink may need to perform routine or emergency maintenance. This may affect only sections of the ice or the entire rink. In these instances, patches may be affected, altered or cancelled.**
- **Breach of these rules may lead to disciplinary steps being taken and penalties being applied.**
- **Safety is the number one priority!**
- **All of these rules are in effect as of date of publication and while they remain published on the Western Province website, TeamApp and/or any other official Western Province platform. Should they no longer be viewable on any of the above mentioned platforms, they will remain in effect unless formally communicated from the SAFSA Western Province committee. Any deviation or exception to the rules above and elsewhere will be at the sole discretion of the SAFSA Western Province committee and must be communicated in writing to the relevant parties.**