



## Welcome to Stirling New Figure Skating Club!











If you have just joined the club, the biggest difference you will see to any other time you have been on the ice is that the skaters are moving very quickly, in all directions, in straight lines and curves and sometimes with their nice sharp skates held high in the air! There will be skaters jumping, spinning and doing some very complicated moves all over the ice sheet.

With all this going on the ice can be a dangerous place, but it is easy to keep it safe if we all follow a few simple rules:

1. Please don't talk to skaters while they are away from the boards. This encourages them to look at you and take their eye off the other skaters, which can be very dangerous. If you need to talk to them, wait until they come over to you, or call them over when they have finished a move and it is safe to do so. Encourage them to keep looking around as they come to the boards, rather than looking at you.
2. Make sure the skater checks around, before they move away from the boards. **Encourage them to treat it like crossing a road**, they need to learn to look around before they step out.
3. If you wish to watch by the boards, it is best to stand at the ends of the rink rather than the sides. Many skaters need to practice test moves down the length of the rink at either side. Having skaters going to, and coming from, parents at the side of the rink, can make this essential practice very difficult.
4. If your skater is skating backwards, but has not yet learned to look behind them, please encourage them to practice at the ends of the rink, about two arm lengths away from the boards. This is the safest place for this, both for them and the other skaters.
5. If you see your skater not paying attention or potentially putting others at risk, please have a quiet word with them and remind them of the Skaters Rules.

## SIMPLE RULES FOR CLUB SKATERS

	<p><b>1. Look around you at all times so you can see other skaters coming towards you, and also the skaters that you are skating towards.</b></p> <p>Looking at your feet whilst skating puts you off balance. Keep your head up and look where you are going instead. If someone you know is standing by the side of the rink, don't look at them, look around you at the other skaters. Be aware that at the club, people often skate on a curve and can also change direction very quickly.</p>
	<p><b>2. Don't stand around and talk on the ice.</b></p> <p>If you want to have a quick chat for a few seconds, move to the side. If you want to talk for longer, come off the ice and talk there, or in the changingroom.</p>
	<p><b>3. Think about where you are skating.</b></p> <p>If you are leaning something new like skating backwards, do it a couple of arm lengths away from the boards at the ends of the rink, or in the corners of the rink. This will keep you out of the way of other skaters and prevent you hurting yourself by hitting the boards if you fall over.</p>
	<p><b>4. Look before you step onto the ice or move away from the boards.</b></p> <p>Think of it like stepping onto a road; you wouldn't step into a road, with cars whizzing by without looking...so why would you step into the ice, without looking, when there are skaters whizzing by?</p>
	<p><b>5. Move out of the way</b></p> <p>Move out of the way of skaters having lessons, doing their routines or in the middle of big moves that make it hard to change direction quickly like spirals or forwards crossovers.</p> <p><b>If you fall over, try to get back on your feet as soon as you can, so you do not become a hazard to others.</b></p>
	<p><b>6. Don't play games.</b></p> <p>Skating is great fun and there are some brilliant games you can play like "tig on ice", "teapot races" etc. , but a club session isn't the time to do this. This is because when you are playing games like this you only look at the others in the game, and forget about other skaters.</p>
	<p><b>7. Be polite to other skaters.</b></p> <p>Sometimes another skater gets in your way, or you get in theirs. It can't be helped when there are lots of skaters on the rink. If this happens say sorry and smile ^</p>
	<p><b>8. The last rule</b></p> <p>Enjoy your skating!</p>