

GENERAL RECOMMENDATIONS FOR ALL SKATERS

1. Skaters are expected to be on the ice on time for their allotted session. Tardiness cannot be tolerated and will directly affect the quality of lesson time and improvement in skating ability.
2. Food, gum and candies are not permitted on the ice surface however water bottles may be left at the boards.
3. Loose fitting and warm clothing should be worn. **Mittens** are a **must** at all levels.
4. No scarves are permitted.
5. Hair must be neat and tied back if long.
6. **Helmets are REQUIRED for all 3 YEAR OLD CANSKATE, PRE-CANSKATE and MAINSTREAM CANSKATE students.**
7. It is hoped that all older skaters in the club will set a good example for the younger ones. Many times skaters of a wide age range are on the ice surface or in the Dressing Rooms at the same time. We would urge all skaters to act appropriately for their age and to treat all fellow skaters with respect and kindness. This respect must also extend to Coaches and to Club Volunteers!
8. We have designated the "Seniors" Dressing Room as a ladies only room. Gentlemen, if you need to contact a skater in this room, please ask another skater or mother enter the room to take a message to your skater.