



Policies & Procedures for Freestyle Check-In

The following are the freestyle policies, procedures and rules to abide by while enjoying our facility. Please take a moment to familiarize yourself with them so our sessions will be productive and safe for all of our skaters.

1. All skaters participating in Freestyle sessions must be USFS Registered and must pay for each session, before entering the ice. No exceptions!
2. Sign-in on the "Freestyle Check-in" list.
3. Write the number that you have signed in on at the top of your sticker.
4. Put the entire sticker on the same page on the "Freestyle Check-in" list, with your number showing.
5. You may not purchase a portion of a session. If a 45-minute session is offered, you must pay for a 45-minute session, even if you are only skating 15 minutes. You may not skate a portion of one session and a portion of a second session to equal one full session.
6. Please read over the following "Skaters Conduct" rules. They are for the safety of all of our guests.

Skaters Conduct

1. **Be courteous to others.** Look out for each other and give the "right of way" to the skater in his/her program at all times. Screaming, shouting, squealing, or use of profanity at anytime on or off the ice is strictly prohibited.
2. Please do not kick the ice at anytime.
3. Please do not sit on the boards or congregate in groups around the ice at anytime.
4. Put your music in line for playing and keep a rotation going. Coaches will have priority when in a lesson, but otherwise please make sure everyone gets a fair opportunity to hear their programs.
5. Anyone doing their program is encouraged to wear the florescent program bands to alert other skaters of who is running their program. (The skater performing their program is encouraged to wear the florescent belts to alert other skaters on the session).
6. For safety purposes, no headphones.
7. **NO GUM OR FOOD ON THE ICE AT ANY TIME.**
8. Skaters may bring water bottles on the ice.
9. Please help keep our facility looking new and clean by picking up any tissues or water bottles before exiting the ice. Make sure that you check the ice surface for personal items after the session, i.e. gloves, skate guards, music, etc.
10. Rental skates are not allowed on freestyle sessions.
11. Hockey skating is not allowed on freestyle sessions.
12. Jeans are not allowed on freestyle sessions- athletic wear is suggested.
13. Skaters and coaches should be the only people on the ice or in the player's boxes. All spectators, friends, and family are requested to view from the glass, lobby, or bleachers. Thank you for your cooperation in this matter.
14. It is highly suggested that first time freestyle skaters should be introduced to freestyle's by a professional coach on staff to correctly teach freestyle procedures to the skater.

Coaches Conduct

1. Instruction on Freestyle sessions is limited to Polar Ice Gilbert Professional staff only.
2. Professional Staff at Polar Ice Gilbert must be able to provide proof of insurance, be USFS Registered, as well as have their commission to Polar Ice Gilbert up to date.
3. Guest coaches will be subject to a Guest Coaching Fee per day and must provide proof of insurance.
4. Professional appearance must be maintained at all times.

By knowing and adhering to these rules we will all have the best skating experience possible here at Polar Ice Gilbert! Thank you for skating at Polar Ice!