



### Public Skating Rules

Ice skating is for fun and enjoyment for everyone. Skating can be enjoyed in many ways. Regardless of your level of skill, there are elements of risk in ice skating. Use common sense, show courtesy to others, and anticipate dangerous situations before they arise.

The following guidelines are some basic elements of common sense and courtesy.

1. Always stay in control, and be able to stop or avoid other skaters.
2. While on the ice, keep moving. Don't stop where you obstruct other skaters. Don't skate in groups.
3. People ahead of you have the right of way. It is your responsibility to avoid hitting them or disrupting them.
4. No speeding
5. No weaving
6. No roughness
7. No snowball or other throwing
8. No Private Hockey or Figure Skating Lessons
9. No Figure Skating Jumps, Moves or Programs
10. Keep exits clear.
11. Before getting on the ice, look for oncoming skaters.
12. Do not sit on the dasher boards.
13. Don't carry children or other items while skating. No eating, drinking or smoking on the ice.
14. Rink equipment can be dangerous. Stay off the ice when resurfacing is in progress.
15. Do not go on the ice without skates. Do not wear skates in the stands.
16. Obey the monitors. Report hazards to the monitors.
17. Respect the ice. Please do not litter or use foul language.

This is just a partial list. There are elements of risk that common sense and personal awareness can help reduce. You are ultimately responsible for your personal safety.

Use caution, and skate in control. Respect other skaters. The rink's monitors cannot guarantee your safety and will not protect you from injury. It is part of your responsibility to avoid other skaters and hazards. Failure to use good judgment, to skate responsibly, or to follow the Responsibility Code will result in the loss of skating privileges.

### Stick-n-Pucks

Due to the unique combination of dangerous activities involved in the sport of hockey which can result in injury to participants and which cannot be eliminated, it is understood that:

1. Participants assume all risks of injury or death sustained while in, on or about the premises of Suburban Ice East Lansing, and waive all liability against Suburban Ice East Lansing, its officers, employees and agents.
2. Participants release, discharge and agree to indemnify and hold harmless Suburban Ice East Lansing from any and all claims, demands or causes of action that are in any way connected with the participation in the sport of hockey or use of Suburban Ice East Lansing premises, facilities or equipment, whether "on" or "off" the ice, and including any claims of negligence on the part of Suburban Ice East Lansing, its officers, employees and agents.
3. Participants have adequate insurance and agree to assume full responsibility for any costs or expenses occasioned by an injury or medical need arising out of participation in the sport of hockey or use of Suburban Ice East Lansing premises, facilities or equipment.

All players under 18 need full equipment.

All players 18 and older need Helmets, Gloves and Skates

No Games will be allowed

Private Lessons are prohibited