

VSC Canskate Ice Safety Rules

The purpose of these rules is to help ensure that we have a great flow on the ice to maintain a safe environment for our athletes and coaches. Coaches may remind skaters of these rules during sessions, but we ask they be reviewed in advance.

Ice Safety Rules Parents/Guardians Responsibilities include:

- A1. Parents/Guardians shall only register skaters who can follow instructions and stay with their assigned group.
- A2. Bring your athlete to sessions on time.
- A3. Parents/Guardians shall remain at the rink at all times.
- A4. At session start time, drop your skater off with a helper or coach at the boards.
- A5. Parents are not allowed on the ice surface unless they have permission from the head coach, purchased a Skate Canada membership (insurance) and wear skates.
- A6. Once your skater has been dropped off, make your way to the lobby or the stands to watch from there. This helps your skater stay focused on the lessons.
- A7. Doors to the ice surface are only to be opened by coaches.
 - * Should your skater require you, a coach or volunteer will flag you down and you are welcome to meet your skater at the door to the ice surface. If you see your skater is at the door, you are welcome to meet them.
- A8. Skaters will only be allowed to leave the ice area when a parent/guardian is there to meet them.
- A9. If your skater hasn't stopped crying after 15 mins, we will ask you to meet them at the boards. You may sit off the ice on the players bench with your skater and observe the lesson. When your skater stopped crying, we can try them again on the ice surface.
- A10. Notify a coach if your skater is injured. If it requires a doctor, please email the club with skater's name, date of injury, description of injury, how it happened, witness name(s), care provided, and doctor's diagnostic so we can complete an incident report.
- A11. Please speak to the head coach after a session if you have any concerns.

Skater Responsibilities Include:

- B1. Skater shall wear a properly fitted CSA approved helmet, warm comfortable clothing for physical activity, and well fitted skates sharpened (hockey or figure skating).
- B2. Skater shall follow instructions from the coaches and Program Assistants, and stay with their assigned group. Failure to follow and listen to this may lead to the skater being asked to leave the ice.
- B3. Pushing and roughing will not be tolerated.
- B4. Speak to a coach or program assistant if you need help.

Review and Amendments

This policy may be reviewed by the VSC Board of Directors. Any updates or changes will be communicated to all coaches and members.

Last Updated / Effective Date: August 2025