

## **Edge, Power and Balance Ice Safety Rules**

This program is designed to elevate skaters by focusing on speed, agility, strength, and precision on the ice.

The purpose of these rules is 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:

- ✓ Skate confidently forward and backward
- ✓ Stop on 2 feet
- ✓ Skate without assistance

\*This is NOT a learn-to-skate program. If your child does not meet these minimum requirements, they will be placed in our CanSkate program.

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 at the board.

A5. Should your skater arrive when the session has already started, you may open the door to let your skater on the ice surface to join their designated group.

A6. Once your skater has been dropped off, please make your way to the lobby or the stands to watch from there. This helps your skater stay focused on the lessons.

A7. Do not enter the ice surface at any time.

A8. Refrain from coaching or offering instructions to your athlete(s) during practices. Athletes and Coaches find this distracting and this distraction effects the ice flow and may cause injury to your, or other athlete(s).

A9. Should your skater require you, a coach 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.

A10. Young skaters will only be allowed to leave the ice area when a parent/guardian is there to meet them.

A11. 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.

A12. Please speak to the coaches after a session if you have any concerns.

#### Skater Responsibilities Include:

- B1. Coaches are always in charge on the ice. Failure to follow and listen to this may lead to the athlete being asked to leave the ice surface.
- B2. Wear full hockey gear including a helmet and pads. No hockey stick.
- B3. Wait until a coach opens the door at the boards before going on the ice surface to start the session. The coach needs time to set-up the ice surface before the session starts.
- B4. Shall stay with their assigned group.
- B5. Water bottles and sports drinks are allowed at the boards (no other types of beverages).
- B6. Chasing, pushing, roughing and bullying of any kind will not be tolerated.
- B7. Foul language will not be tolerated.
- B8. Quickly get up after falling unless injured, so as to not endanger others on the ice.
- B9. Safety concerns and injuries shall be brought to a coaches' attention.

#### **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