



Penrith Ice Palace Skating Centre

Figure Session Rules

Welcome to the home rink of Penrith Valley Figure Skating Club

Rules are enforced to make figure skating safe, fair and inclusive for all coaches, skaters and patrons.

MANAGEMENT RESERVES THE RIGHT TO CHANGE RULES, SESSION TIMES AND PRICES AS REQUIRED, AS WELL AS REFUSE ENTRY OR EJECT PATRONS FROM THE PROPERTY.

1. General Rules

- 1.01** Payment of admission and signing in must be done upon arrival by all skaters and coaches prior to using rink amenities.
- 1.02** Payment and sign in is still required if only doing off ice training. Price for off ice training is \$5.00
- 1.03** Prior to joining our figure sessions, a figure session rules acknowledgement form must be filled in and submitted to the front desk.
- 1.04** The figure session fee only covers entry for the one session on the paid date.
- 1.05** Figure session admission payment does not cover the cost of the private coaches' fee.
- 1.06** Respect must be shown to your fellow skaters, coaches and rink staff at all times.
- 1.07** **There will be ZERO TOLERANCE towards the bullying or intimidation (physically or verbally) of any rink patrons. Be respectful to all rink patrons and staff regardless of ability, personal or professional choices.**
- 1.08** Instructions from rink staff and posted signs must be followed at all times.
- 1.09** The rink and PVFSC equipment must be protected and used respectfully by all skaters and coaches. Any damages are to be reported to rink staff immediately.
- 1.10** Any substance prohibited by the NSW Institute of Sports Drugs in sport policy must be refrained from use by all skaters and coaches.
- 1.11** Australian Professional Skaters' Association (APSA) Professional Ethics Guidelines are required to be followed by all coaches.
- 1.12** Coaches and their skaters affiliated with other clubs must not solicit PVFSC members or Penrith Skate School students to join a club not based at Penrith Ice Palace.
- 1.13** Management reserves the right to restrict access into the rink / training facilities before and after figure session times.

2. On-Ice

- 2.01** Give way order: 1st: private lessons, 2nd: routines to music, 3rd: all other skaters. Ensure to always watch out for less experienced skaters.
- 2.02** Figure session admission is only for skaters that own their own figure skates or are receiving a private lesson. Once private lesson has finished, skaters in rental skates are allowed to stay on the ice but must remain to the sides of the rink and their coach is responsible for monitoring them.
- 2.03** Hockey private lessons are permitted but require prior consultation with rink management. Skaters in Hockey Skates are only permitted to be on the ice for the duration of their private lesson.

- 2.04** Spectators must not perform any activity that can be interpreted as coaching or approach the barrier while a session is in progress for extended periods of time.
- 2.05** Conversations, skate tightening and stretching are to be done off ice or against the barrier.
- 2.06** Large items are not permitted on the ice at any time (e.g. bags, props, chairs).
- 2.07** Portable speakers may be used at a low volume.
- 2.08** Headphones are not to be worn at any time.
- 2.09** It is the responsibility of skaters to fill any holes they cause using the snow bucket outside the keepers box.
- 2.10** Ice rink management reserves the right to limit the number and types of skaters using the ice at the same time for safety concerns (e.g. group lessons, synchro, theatre, pairs).
- 2.11** Group routines require at least two skaters from each group to wear a fluoro vest.
- 2.12** Group lessons (more than 2 skaters) require prior approval by rink management.
- 2.13** If skaters want to use their phones on the ice, they must move to the side barriers to do so.
- 2.14** Ensure you have enough space for a jump or spin before attempting one. Be attentive to your surroundings; do not cross other skater's paths.
- 2.15** Certain elements cannot be performed during busy sessions. This includes but is not limited to; death drops, throw jumps, lifts and death spirals.
- 2.16** If you have injured yourself, please seek first aid assistance from the office or canteen.
- 2.17** There is to be no sitting on or climbing over the barrier.
- 2.18** At the end of the session skaters must take all their belongings off the barrier and leave the ice promptly.
- 2.19** Glass water bottles are not permitted to be kept on the barrier or near the ice surface.

3. Above Office- Upstairs/ Dance Room Training Areas

- 3.01** Payment and sign in is still required if only doing off ice training. Price for off ice training is \$5.00
- 3.02** The upstairs off ice area are only to be used with manager's permission.
- 3.03** The dance room requires prior booking for use in the figure sessions. Children under the age of 15 must have an adult book and supervise them for use of the room.
- 3.04** Emergency fire stairs are not to be used to access the upstairs training areas. They are for emergencies only.
- 3.05** Skates are not to be worn upstairs.
- 3.06** Children under the age of 15 must be supervised by a responsible adult at all times when using all training areas.
- 3.07** Noise (including music) must be kept to a minimum. Portable speakers are not to be used upstairs in public sessions.
- 3.08** Due to Covid-19 some figure sessions will not allow prior access during the public sessions for warming up. If this is the case, skaters must find other suitable areas outside of the rink to warm up. Please check in advance if prior access to rink facilities will be available if you will be requiring them.
- 3.09** Dance room must be left tidy/ as found and lights must be turned off after use.

4. Music Room (Keepers Box)

- 4.01 Coaches have priority over the music during lessons but must wait until the previous song has finished to play their music.
- 4.02 Songs are not to be played back to back or restarted unless no one else is waiting.
- 4.03 If your routine music is playing, you must wear a fluoro vest. Vests are only to be worn for the duration of the routine. You must use your own fluoro vest, sharing of vests is not permitted.
- 4.04 Routine music and background music volume must be kept at a reasonable level.
- 4.05 Equipment settings and connected cables must be left as is.
- 4.06 There is to be no eating or drinking in the keepers box.
- 4.07 Background music must not be explicit and be an appropriate genre for the session.

5. Coaches

- 5.01 All coaches must have level 1 accreditation (from APSA) or higher to coach (unqualified people are not to instruct skaters).
- 5.02 Coaches without APSA accreditation must be supervised with an APSA accredited coach.
- 5.03 Coaches must ensure their students are following rink rules at all times.
- 5.04 Coaches should always advise injured students to seek medical attention.
- 5.05 Visitor coaches must apply to the rink in advance every time they wish to coach through email or phone.
- 5.06 Coaching from the barrier will still incur an admission fee.

After reading rules, please fill in Figure Session Rules Acknowledgement Form on the opposite page and submit to the front office or electronically by email.



Rink Address: 7 Patty's Place, Jamisontown 2750 NSW

Rink Phone Number: (02) 4733 2611

Rink Website: www.penrithicepalace.com.au

Rink Email: penrithicepalace@gmail.com



PVFSC Website: www.penrithvalleyfigureskatingclub.com

PVFSC Email: penrithvalleyfigureskatingclub@gmail.com

Please report any issues to the rink manager or the shift supervisor of the session.

ALL SKATERS SKATE AT THEIR OWN RISK.

Figure Session Rules Acknowledgement Form

Prior to joining our figure sessions, a figure session rules acknowledgement form must be filled in and submitted to a staff member at the front desk.

Children under 15, require a parent/guardian to complete this form.

Form Completed By;

Full Name:
Contact Number :
Email:

Skaters' Information;

Full Name:	DOB:	Level:	Coach Full Name:
	DD/MM/YYYY		
	DD/MM/YYYY		
	DD/MM/YYYY		
	DD/MM/YYYY		

Coaching Accreditation Information (Only required for coaches completing form)

Name:	DOB: DD/MM/YYYY	Level:
APSA #:	Expiry: DD/MM/YYYY	
WWC #:	Expiry: DD/MM/YYYY	
Certified for Harness: (Tick relevant)	<input type="checkbox"/> Overhead	<input type="checkbox"/> Pole

To be allowed to coach, APSA accreditation card must be shown to staff when submitting form

Emergency Contact/s: (At least one required)

Full Name:	Full Name:
Relationship:	Relationship:
Contact #:	Contact #:

By signing this form, I acknowledge that I understand and accept to abide by Penrith Ice Palace rules. I agree that the above information I have given is current and correct.

As the parent/ guardian of the above named, I agree that I will explain the rules to them and ensure they understand and abide by them at all times.

Signature:

Date:

Staff Sited and Signed:

Date: