

Practice Ice sessions are for serious skating practice. Each session lasts between 30 minutes and one hour depending on ice availability. The minimum standard required to use the Practice Ice ranges from Skate UK level 8 to British Ice Skating competitive level 4. The skater must also possess their own skates and be able to train without supervision. Please note skaters will be moving in different directions, spinning, jumping, lifting and performing other technical moves which require all session users to be alert at all times.

Bookings must be made in advance and the NIC reserves the right to refuse admission to the session if receipt of booking cannot be produced. Certain practice ice sessions are for 1:1 lessons with a coach only. There should always be a minimum of two skaters training on the ice, however, in the event that only one skater is on the ice they must be accompanied by a responsible adult who should observe the session from the spectator area. All practice ice sessions are to be paid for using the online booking system national-ice-centre.com or through Box Office by calling 0843 373 3000. Random checks will be carried out and any skater not booked onto the session will be asked to leave the ice and may be excluded from future use. If you are using the Practice Ice, please ensure you follow these rules of etiquette:

RIGHT OF WAY

- Priority on the ice is given to the skater whose music is playing and every effort must be made to move out of the way quickly and safely for this skater.
- Stronger skaters must be aware of weaker skaters around them and be considerate to those who have difficulty getting clear.
- Skaters entering jumps and lifts only have limited points where they can safely abort the manoeuvre. In the immediate run-in to the element, they must have right of way.

COMPULSORY ICE DANCE

- Compulsory Ice Dance is skated at speed and uses the whole ice. There are set patterns which are unlike general free-skating programmes; dancers doing compulsories cannot alter their steps/pattern without having to begin again.

PAIRS AND COUPLES

- Watch out for Pairs and Dance couples, they need twice as much space as a single skater and once they commit to a lift or throw, it is extremely dangerous to get in their path

SYNCHRONIZED SKATING

- Skaters must not join in blocks of more than two. Other team members are not permitted to “shadow”, skate behind or around the two-person formation

BLIND SPOTS

- Skaters who are spinning cannot see you coming towards them; some of the jumps are executed from backward entries with the head facing forwards. All skaters must be able to get out of the way or stop quickly.
- Higher level skaters performing spins will often have several different positions; avoid getting too close to a spinning skater or couple in case they change into positions with high free-legs, or execute a ‘flying spin’ which has a jumped entry.
- If you are executing a Camel spin, or any flying spin, make sure the area around you is clear; if in doubt abort and try again when the area is clear.

BEHAVIOUR

- Coaches or skaters are not permitted on the ice at any time during a resurface. Zamboni doors must be closed prior to skaters entering the ice.

BEHAVIOUR (CONTINUED)

- When entering or exiting a session, DO NOT skate across the middle of the ice, go around the edge of the rink boards.
- Practice Ice is not a social event; all conversations should be kept to a minimum and take place off the ice. Whilst on the session you must be 100% focused on your practice and be aware of others around you.
- Skaters should be prepared to do their best in all practices. Anyone displaying inappropriate behaviour will be asked to leave the ice.
- Please ensure you pick up all your belongings from the rink boards after your session.

USE OF MUSIC EQUIPMENT

- NIC Coaches have full priority over the use of the music system during Practice Ice sessions. The use of the music system is a privilege and only authorised users may use the equipment.

SPECTATORS

- Spectators must watch quietly from the designated viewing areas and refrain from conversing with, or offering directions to, the skaters on the ice. Please do not distract the skater on the ice as their full attention is required during the session.
- All spectators must sit in the seated area of the NIC rink or Block 10 of the Arena.
- Spectators must not observe from the team bench areas

FALLS AND INJURIES

- If you suspect someone is seriously hurt, have someone stand “guard” over them so that other skaters avoid collision and obtain assistance from a coach.
- In the absence of a coach, contact the Control Room in person, or by calling 0115 853 3032

UNFORESEEN CIRCUMSTANCES

- In the unlikely event of only one skater training on the ice, a responsible adult must observe the session from the spectator area.
- In the event of an emergency situation or to report anything of concern please contact the Control Room Operator by calling 0115 853 3032 or speak to a member of staff straight away.

Failure to comply with any of the above rules may result in, but is not limited to, ejection from the ice with no refund.

Calls to 0843 373 3000 cost 7 pence per minute plus your phone company's access charge. Calls from mobiles may be higher and are dependent on your mobile company's charges and tariffs