

PRACTICE ICE TERMS & CONDITIONS

PRACTICE ICE LEVEL REQUIREMENTS

There are different types of Practice Ice sessions:

SKUK8 AND ABOVE - for skaters whose minimum standard is Skate UK level 8 or higher. The skater must possess their own ice skates (no hockey or speed skates allowed) and be able to train without supervision.

ELITE COMPETITIVE - for competitive skaters from all figure skating disciplines: Ice Dance, Synchronized Skating and Figure Skating Singles & Pairs, that meet Elite Competitive criteria as follows:

ELITE COMPETITIVE ICE DANCE SKATERS:

Junior and Senior Competitors in Solo Ice Dance and Ice Dance Couples, on the BIS National Rankings for current season, that have passed minimum Level 9 Field Moves, or Interim Field Moves Junior Test, or completed all levels of BIS Skills Tests.

ELITE COMPETITIVE SYNCHRONIZED SKATERS:

Junior and Senior Competitors in Synchronized Skating, on the BIS National Rankings for current season, that have passed minimum Level 9 Field Moves, or Interim Field Moves Junior Test, or completed all levels of BIS Skills Tests.

ELITE COMPETITIVE FIGURE SKATERS - SINGLES AND PAIRS:

Junior and Senior Competitors in Figure Skating - Singles and Pairs, on the BIS National Rankings for current season.

Advanced Novice Skaters that are on the BIS National Rankings for current season & on the BIS Development or Futures Squad, that have passed minimum Level 9 Field Moves, or Interim Field Moves Junior Test, or completed all levels of BIS Skills Tests.

INTERNATIONAL SKATERS - reviewed upon request, at the discretion of the Figure Skating Manager.

ALL LEVELS - for skaters all levels. The skater must possess their own skates and be able to train without supervision.

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.

All practice ice sessions are to be paid for using the online booking system national-ice-centre.com. 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.

PRACTICE ICE ETIQUETTE FOR SKATERS AND COACHES

- Practice Ice sessions are for training. Playing on the ice, standing, and talking in the middle of the ice is not acceptable
- When not training, skaters must be off the ice or by the barrier
- Courteous behaviour and apologies to coaches and fellow skaters are expected when necessary
- It is unacceptable to scrape or kick the ice, or display any general lack of respect to other skaters or coaches at any time
- Skaters and coaches should make themselves aware which skater is performing to the music
- Music should be kept at the reasonable volume
- Headphones and earpieces are prohibited on Practice Ice, unless on Elite Competitive Practice Ice
- Coaches have priority over the use of the music system during Practice Ice sessions
- Skaters must not join in blocks of more than two; other skaters are not permitted to "shadow", skate behind or around the two-person formation
- Coaches can coach a group lesson of up to 4 skaters

PRACTICE ICE ETIQUETTE FOR SPECTATORS

- Spectators must watch quietly from the designated viewing areas and refrain from conversing with, or offering directions to, the skaters on the ice
- Spectators must not observe from the team bench areas

FALLS AND INJURIES

- If a skater is seriously hurt or injured while in a lesson, a coach is responsible to provide first aid
- In the absence of a coach, contact the Control Room by calling 0115 853 3032 and provide details of injury

UNFORSEEN 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 or to report suspicious behaviour or anything of concern, please contact the Control Room by calling 0115 853 3032

FIRE AND EVACUATION PROCEDURE

On finding a fire:

1. **SOUND** the alarm by activating the nearest break glass point, remain calm
2. **INFORM** the Control Room by calling 0115 853 3032, who will call the Emergency Services
3. **ASSESS** the situation, only attempt to **FIGHT** the fire with provided extinguishers to aid escape or if confident to do so. Do not put yourself or others at risk
4. **LEAVE** the building by the nearest available emergency exit, if instructed to do so