

PRACTICE ICE

TERMS & CONDITIONS



All practice ice sessions must be booked and paid for in advance using the online booking system. Random checks will be carried out and any skater without a valid booking will be required to pay the on the session payment. The NIC reserves the right to refuse admission to the session, ask skaters to leave the ice and may exclude skaters from future use.

Practice ice sessions have a number of different eligibility requirements, skaters are required to regularly check the ice schedule to ensure they are attending an appropriate practice ice session based on the criteria outlined below.

PRACTICE ICE - ELIGIBILITY REQUIREMENTS FOR DIFFERENT TYPES OF PRACTICE ICE SESSIONS

SKATE UK LEVEL 8 & ABOVE

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

ELITE

For competitive skaters from all figure skating disciplines: Ice Dance, Synchronized Skating and Figure Skating Singles & Pairs, that are on the BIS National Rankings for current competitive season, and meet minimum criteria for their discipline as follows:

ELITE ICE DANCE SKATERS:

JUNIOR and SENIOR Solo Ice Dance and Ice Dance Couples as per ISU criteria that:

- a) have passed all BIS Skills levels
- b) have qualified for the British Figure Skating or Solo Ice Dance Championships in the current or previous season

ELITE SYNCHRONIZED SKATERS:

JUNIOR and SENIOR Synchronized skaters as per ISU criteria that:

- a) have passed all BIS Skills levels

ELITE FIGURE SKATERS - SINGLES:

SENIOR skaters as per ISU criteria that:

- a) have qualified for the British Figure Skating Championships in the current or previous season
- b) have Double Axel (clean or q) landed in competition in the current or previous season (pdf proof; fallen jumps are not accepted)

JUNIOR skaters as per ISU criteria that:

- a) have qualified for the British Figure Skating Championships in the current or previous season
- b) are on the BIS Junior Development, Futures, or Performance Squad
- c) have passed all BIS Skills levels
- d) have Double Axel (clean or q) landed in competition (pdf proof; fallen, underrotated or downgraded jumps are not accepted)

ADVANCED NOVICE skaters as per ISU criteria that:

- a) have qualified for the British Figure Skating Championships in the current or previous season
- b) are on the BIS Advanced Novice Development or Futures Squad
- c) have passed all BIS Skills levels
- d) have Double Axel (clean or q) landed in competition (pdf proof; fallen, underrotated or downgraded jumps are not accepted)

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ELITE FIGURE SKATERS – PAIRS:

SENIOR pair skaters as per ISU criteria that:

- a) have qualified for the British Figure Skating Championships in the current or previous season
- b) have any double or triple Solo Jump (clean or q) landed in competition in the current or previous season (pdf proof; fallen, underrotated or downgraded jumps are not accepted)
- c) Double Twist AND Group 5 Lift (to be proven by pdf)

JUNIOR pair skaters as per ISU criteria that:

- a) have qualified for the British Figure Skating Championships in the current or previous season
- b) have 2A or 2Lo Jump (clean or q) landed in competition in the current or previous season (pdf proof; fallen, underrotated or downgraded jumps are not accepted)
- c) Double Twist AND Group 5 Lift (to be proven by pdf)

PRE-ELITE

For competitive skaters from all figure skating disciplines: Ice Dance, Synchronized Skating and Figure Skating Singles & Pairs, that are on the BIS National Rankings for current or previous competitive season, and meet minimum criteria for their discipline as follows:

PRE-ELITE ICE DANCE SKATERS:

- a) JUNIOR and SENIOR Solo Ice Dance and Ice Dance Couples as per BIS criteria

PRE-ELITE SYNCHRONIZED SKATERS:

- a) JUNIOR and SENIOR Synchronized skaters as per BIS criteria

PRE-ELITE FIGURE SKATERS – SINGLES:

SENIOR skaters as per ISU criteria (ISU age eligible)

JUNIOR skaters as per ISU criteria (ISU age eligible)

ADVANCED NOVICE skaters as per ISU criteria (ISU age eligible) that:

- a) are on the BIS Advanced Novice Development or Futures Squad
- b) have passed all BIS Skills levels

PRE-ELITE FIGURE SKATERS – PAIRS:

SENIOR pair skaters as per ISU criteria

JUNIOR pair skaters as per ISU criteria that:

ADVANCED NOVICE pair skaters as per ISU criteria (ISU age eligible) that:

- a) have passed all BIS Skills levels

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.

ALL LEVELS excluding ELITE

For skaters all levels excluding Elite Competitive skaters. The skater must possess their own skates and be able to train without supervision.

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- 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

UNFORESEEN CIRCUMSTANCES

- 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
- 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