

# Practice Ice

## General Terms & Conditions

All practice ice sessions are to be paid for, using the online booking system [national-ice-centre.com](http://national-ice-centre.com). Random checks will be carried out and any skater not booked onto the session will be asked to either leave the ice or pay “on the session payment” which will cost £12. Any session booked in advance is £9.

Skaters must meet the minimum standard for the session. Please refer to the “Requirements for Different Types of Practice Ice Sessions”.

### 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 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

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## **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