

or skating director (please make the request by email at least 7 days in advance). Zoom lessons in the center of the ice are not allowed. Lessons must be conducted on one end of the arena.

## Harness

Harness can only be used by YBISBC coaches. The harness is to be used only on freestyle sessions, not on a public session. Coaches should not monopolize the harness.

After each use, the coach must return the harness pull its holder, unless handing the pull to another coach. Failure to do so will result in the coach's loss of harness privileges.

## Public Sessions

There is no free "warm-up" for Freestyle sessions during a public session.

*Skater must limit his/her skating to keep the rink safe for all skaters.* Skate patrol monitors rink safety and their directions are to be followed. On sessions with quicker moving skaters or heavier attendance, all jumps and spins must start and end inside the center and programs may not be skated. During crowded sessions, or if there are many freestyle skaters in the center, jumps may be limited to single or half rotations, and spins with free skate not elevated above the knee.

Skater may not play her program music during a public session. Coach may play a student's program up to two-times during a public session when ALL of the following conditions are met:

- Student is in a lesson at least 15-minutes long, and is paying for the lesson
- The program includes: (a) elements no higher than Freestyle 2 and session has fewer than 50 skaters on the ice, or (b) program is Delta or lower and there are fewer than 100 skaters on the ice
- The coach is skating with the student insuring the safety of student and other skaters
- Coach immediately returns the rink music to the standard programming

## Adult Hour

During this adult only session, elements and programs are limited to low freestyle; programs may be played through the RinkMusic system.

## Parents

The role of parents is to encourage and support their skater. Instruction and coaching should be left to the professionals. This division of roles creates an environment in which the skater can truly succeed. A skater needs to feel safe and be able to go to their parents for support.

Parents and friend should sit in the bleachers. They should not block any doorway, be on the ice or in the hockey boxes.

Parents are expected to exercise good sportsmanship at all times. Inappropriate behavior, facial or body gestures, profanity, physical or verbal abuse is never allowed.

## Violations

Anyone breaking YBISBC rules and regulations is subject to lose their privileged and possible removal from the facility, without refund and forfeiture of all fees paid.

## Coaches

Only coaches that have the permission of the YBISC Skating Director may coach at our rink at any time (including guest coaches). All fees must be paid on time and in full. Prospective and guest coaches should contact the skating director well in advance. Coaches are to review freestyle rules and skating etiquette their students.

## Questions

For information about our programs, rates, reservations, sessions, please see our website. If you need additional assistance, please set an email to: [SkatingDirector@SkateBowl.com](mailto:SkatingDirector@SkateBowl.com)

# Freestyle Sessions



**YERBA BUENA**

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# Freestyle Sessions

Freestyle Sessions are for freestyle level skaters to practice and receive instruction. Some sessions have limitations on the types of moves that may be performed.

*Sessions are limited to twenty-five skaters.* Sessions may only be purchased online on our website. Advanced reservations are more important prior to competitions. Once the capacity is reached, no more skaters are allowed on the ice, even if a skater has a lesson.

Coach may hold a private lesson to non-freestyle students during freestyle sessions. These students may skate during the session while not taking a lesson if there are fewer than 15 skaters on the ice and coach is chaperoning the non-freestyle student during the session. If the coach leaves the ice so must the skater.

## Sessions

Skater may only skate on the session(s) that they purchased. There is no warm up on the preceding session (even if a skater starts a session with a lesson), and skater may not “make up” on the following session if they started late.

Delaying resurfacing reduces ice quality. Skaters and coaches should be mindful of the time and be ready to leave the ice quickly at the end of the session (*i.e.*, within 45 seconds). Session times are governed by time clock in the back of the rink.

Skater is not permitted on the ice or in the hockey boxes during resurfacing. Skater and/or coaches may not enter the ice for any reason during resurfacing. Coaches may enter the ice as soon as resurfacing is completed, however, skaters must wait until the resurfacing access doors are closed.

## General Rules & Sportsmanship

**First and foremost is safety.** It is essential to respect the rights of other skaters and be constantly aware of others on the ice. If surrounded by skaters of signifi-

cantly greater or lesser skills, be especially careful! Strive to avoid collisions!

When practicing elements not in a program, try to keep jumps to the corners and spins in the center. Do not to perform the same jump repeatedly in the same location.

Large divots that pose a skating hazard are to be patched immediately. Smaller ones more than one inch deep must be patched BEFORE the end of the session (see Pro Shop for a bucket of snow and puck).

When practicing elements like camel spins and back spirals be especially aware of the danger of the exposed blade poses to other skaters. Recognize that once started, it will be hard to see other skaters. Take a good look at the expected “space” before starting the element and abort it if a potential problem arises. If the session is crowded, do not do these maneuvers.

Pairs may only perform lifts, throws and death spirals when there are fewer than 15 skaters on the ice. Only pairs of skaters may practice together holding hands or traveling together.

After a fall, get up quickly. Remember that the other skaters will have a much harder time seeing skaters low to the ice.

Do not stand or coach in the center of the ice. Refrain from standing around and visiting on the ice. This presents an unnecessary hazard for other skaters. If standing at the boards, do not enter the flow of skaters without looking in all directions to make sure the way is clear.

Doorways shall be kept clear at any time; no one is permitted to stand in the doorways at any time. Conversations with skaters need to take place off the ice away from the doors. Yelling across the ice from a doorway is never permitted! Take care not to distract skaters as they need to focus on their technique, program and other skaters.

Respect of the coaches and other skaters on the ice and good sportsmanship is demanded inside the rink, outside and in the cyber world. Foul language, yelling and fighting will not be tolerated and the skater(s)

involved will be suspended, without refund, on case-by-case basis, as the management feels is necessary.

Keep the arena clean by picking up all tissues, water bottles, etc. before the end of the session and disposing of them properly. No food, drink, or gum allowed on the ice with the exception of water which must be in a non-breakable container.

All coaches are responsible for monitoring rules and safety on freestyle sessions. All suggestions or reprimands are to be received with sincere respect and courtesy. A skater's primary coach is not the only coach with authority over a skater. Rules are only to be enforced by coaches and Yerba Buena staff, not other skaters.

## Programs & Music

The skater who is “on program” (whose music is playing and is wearing the orange belt) has the right of way at all times; other skaters are expected to give the skater free maneuvering room. However, the program skater needs to understand that they may not be visible to another skater and it may be necessary to alter their program. Yelling “program” is rude. A polite “excuse me” is more appropriate. Second priority is for skaters who are in lessons.

Music may only be played through the Rink Music System; keys may be purchased in the Pro Shop.

Skater may play only their music once per session until every other skater has had the chance to play their program. Restarts are not permitted when there is a queue. Music's theme and lyrics must be suitable for listeners of all ages.

The Rink Music system allows coaches to advance their student's program, but are limited to two per session until all other skater's programs have been played once. Coaches may not “bump the line” for their students not in a lesson for which they are getting paid.

iPods/headphones (even with just one ear piece) are not permitted on freestyle sessions.

If you are wishing to do zoom lesson with a coach, you must have prior approval from the rink manager