



2019-2020 SKATING SEASON
ESSEX SKATING CLUB OF NEW JERSEY, INC.
CLUB ICE SESSION GUIDELINES FOR SKATERS, PARENTS,
COACHES AND ICE MONITORS

By purchasing ice time or giving lessons on Club contracted sessions for the 2019-20 season you acknowledge that you have read and understand these guidelines and, in the case of a minor skater, you, as the guardian of said minor, have discussed items #17 through #31 with the skater and the skater understands these rules to the best of his or her age related ability.

The Essex Skating Club of New Jersey prides itself on being a skater friendly organization. We continually strive to encourage our skaters and professionals to improve their skills. Please adhere to our rules and continue the spirit of the Essex Skating Club as established in May 1954.

1. All skaters on Essex Club sessions must be members in good standing of US Figure Skating and Essex Skating Club of New Jersey, Inc. All guests must be members in good standing of US Figure Skating either as an individual member or as a member of a USFS club.
2. For the 2019-2020 skating season, the Saturday sessions test requirements are as follows:
Saturday at **8:15 - 9:15:**
Juvenile MIF and above / Adult Gold MIF Dance: Silver Dance and above
Special Olympics: Special Olympics Unified pairs permitted based on the test level of the Special Olympian
9:15 -10:15: Open To All Levels
10:15 - 11:00:
MIF: No test through Juvenile / Adult Gold MIF Dance: Preliminary through Pre-Silver Dance
FS: No double axels and no triple jumps (and above)
Special Olympics: Special Olympics Unified pairs permitted based on the test level of the Special Olympian
3. All coaches/professionals must be members of US Figure Skating and have approval from the Essex Skating Club Board and registered as coaches with the management of Richard J. Codey Arena at South Mountain. This means coaches/professionals will have passed the annual background screening and carry liability insurance per US Figure Skating requirements. **No exceptions.** At the beginning of the season coaches should either email a copy of their Coach Compliance card to the Chairmen (see below) or otherwise deliver a photocopy of the card to either Chairman.
4. The Chairperson of the Ice Monitor committee for the 2019 -2020 skating season is Patricia Fulweiler (flamengoip@optimum.net).

5. The Ice Monitor on duty has the discretion to cap a session at 34+/- paid skaters if he/she feels safety is in jeopardy. Skaters on a capped session will be determined by the first checked in skaters, with Essex Club members having priority.
6. Only figure skates are allowed on Club Sessions. No hockey skates or rental skates are permitted at any time, with the exception of open house programs.
7. **Essex Skating Club may use Club ice sessions for Club activities.** Dates for activities using Club ice will be announced via the Club's email messaging system.

Fees

8. Fees for club sessions will be set by the Board of Trustees on an annual basis and will reflect the cost of ice, the projected number of skaters and the number of weeks in the season. **We have limited ability to make change. Skaters and their guardians should arrive rink side with the exact amount of cash, check, or discount card to pay for the session. Please be aware that the Arena front desk staff may decline to break large bills or make change.** There is no prorated fee for skaters who are either late or want to skate for less than the allotted session. Please see the Fees document for current pricing.
9. All guests must be members of US Figure Skating. Ice Monitors have the final say on whether the session can accommodate guests. The Ice Monitor may ask a guest to leave a session if, in the Ice Monitor's sole discretion, the guest poses a safety risk to the skaters on the session. If a guest is asked to leave for safety reasons the guest fee will be refunded. If a guest is asked to leave the session for behavior deemed to be inappropriate, in the Ice Monitor's sole discretion, the guest fee will be forfeited.
10. Ice Monitors' children need not pay for the session when their parent is monitoring. A child who is unavailable to skate at the same time his/her parent is monitoring may be granted a coupon to skate at a future session only if approved ahead of time by one of the Ice Monitor Chairpersons.

Session Etiquette and Rules

11. Ice Monitors may not monitor from the ice.
12. Ice Monitors may not use their cell phones while they are monitoring.
13. Decision of the Ice Monitor is final for the session. Any appeals of the Ice Monitor's decision can be made first to the Ice Monitor Chairperson (flamengojp@optimum.net) and if a further appeal is necessary, to the Board (board@essexskatingclub.org)
14. Professionals should teach from the boards unless they are demonstrating or choreographing a program.

15. Skaters and coaches are expected to show courtesy to other skaters and coaches by their actions and words while on an Essex Club ice session.
16. Skaters and coaches may not bring food on to the ice or chew gum or suck on lozenges while skating. Beverages/water in non-breakable containers can be placed on the barrier and consumed at the barrier.
17. Barrettes, tissues, gloves, pads, skate guards, etc. are hazards when they fall to the ice. None of these items should be placed on the boards facing the ice. **If you see an object on the ice pick it up immediately** and give to the Ice Monitor. Do not assume someone else will do this.
18. Please remove all personal belongings left on benches, barriers, penalty boxes and locker rooms at the conclusion of the session. You, as a member of Essex Club, are responsible for the condition of the locker room after Club sessions.
19. Jumps should be landed in the corners and spins should be practiced in center ice. During Open sessions center ice should be kept clear for spins and moves patterns. The Ice Monitor understands that a skater on program cannot always adhere to this rule. Skaters learning basic forward and backward crossovers, etc. should not be in this part of the ice during Open sessions.
20. Skaters on MIF or dance patterns should notify skaters who may be unaware of the pattern by saying "excuse me" or "coming through." There is no need to speak rudely to anyone. Some skaters are unaware of where a skater on a pattern is headed. Coaches can and should point out patterns to the more inexperienced skaters.
21. Intimidation of lesser skilled skaters by stronger skaters will not be tolerated. The Board has approved splitting the Saturday sessions between high and low skaters and if anyone would like to suggest additional sessions for a split please notify the Board at board@essexskatingclub.org.
22. Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately.
23. All music should be submitted on CD. The Ice Monitor will not take responsibility for the safe return of iPods, phones, iPads, etc. To avoid damage to the speakers, MP3 devices may only be connected by the Ice Monitor at his or her sole discretion. We urge skaters and their coaches to transfer their music to CD for use on our sessions.
24. Order of music is coach, coach, skater, coach, coach, skater, etc. Skaters whose music is playing ARE REQUIRED to wear an orange/yellow vest. See #25 below. Keep in mind that all skaters need to have an opportunity to play their program, but program music should not be played more than 3 times on a session and not consecutively. The Ice Monitor has the discretion to replay a skater's music on request. The Ice Monitor may refuse the request if he/she feels that the request is preventing other skaters from having their music played.

25. A skater whose music is being played ALWAYS HAS THE RIGHT OF WAY. Coaches can help by pointing this skater out to inexperienced skaters.
26. The traditional etiquette on a skating session is to yield:
- a) To the skater whose music is playing;
 - b) To a skater on lesson
 - c) To a skater on a pattern
- It is each coach's responsibility to be sure his or her skaters are taught how to do this**
27. Please do not congregate in groups on Club ice. The Ice Monitor may ask the group to break up or leave the ice.
28. Props, puck skating, skating with cones, etc. are prohibited.
29. Pairs or two synchro style skaters skating together is acceptable; at all times there will be no more than two skaters skating together on any Club session.
30. Blocks/block work/no hold blocks etc. are prohibited at all times.
31. On all Club sessions lifts and throws are permissible only if being supervised on lesson by a coach and the coach is present to monitor the elements. The Ice Monitor may discontinue lifts and throws if, in his or her sole discretion, it is thought to be too dangerous to other skaters on the ice.