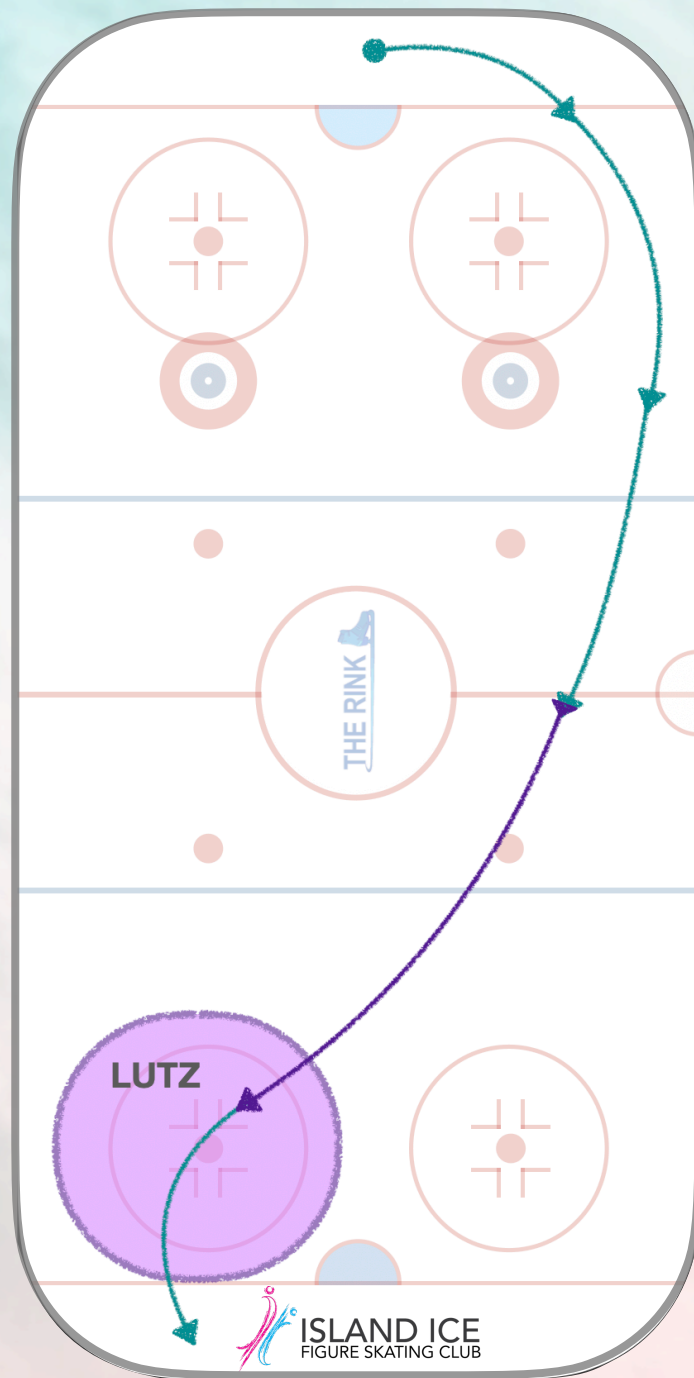
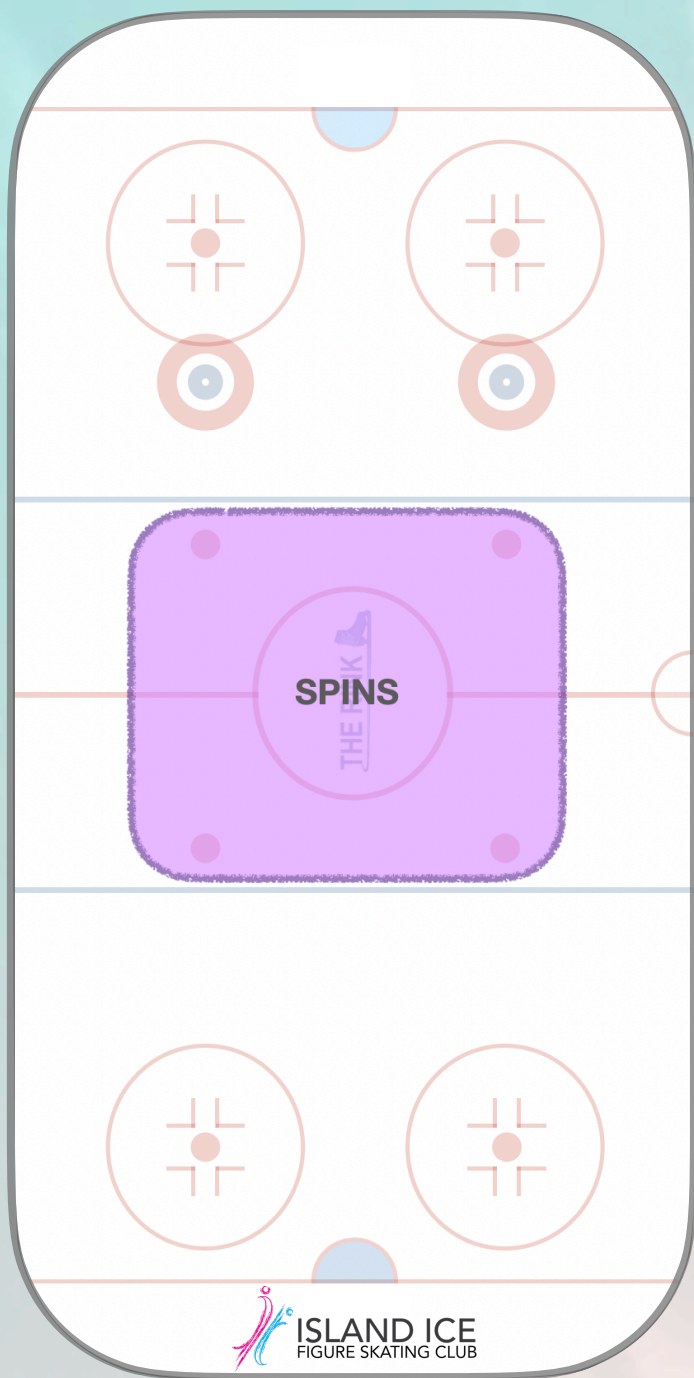




# ISLAND ICE FIGURE SKATING CLUB

## ON ICE SAFETY GUIDELINES



- **COURTESY**

Respect the rights of other skaters and be constantly aware of your surrounding. Be exceptionally cautious when you are surrounded by skaters of differing abilities. Strive to avoid collision at all times.

- **RIGHT OF WAY**

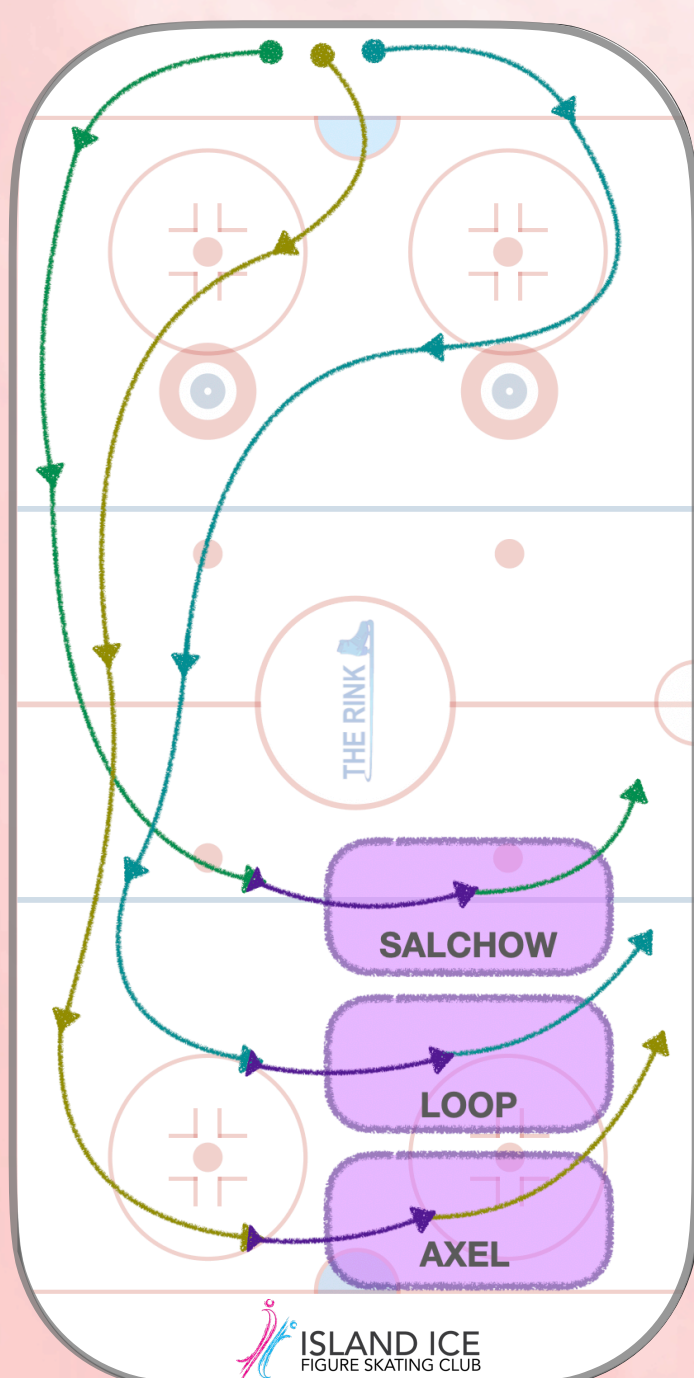
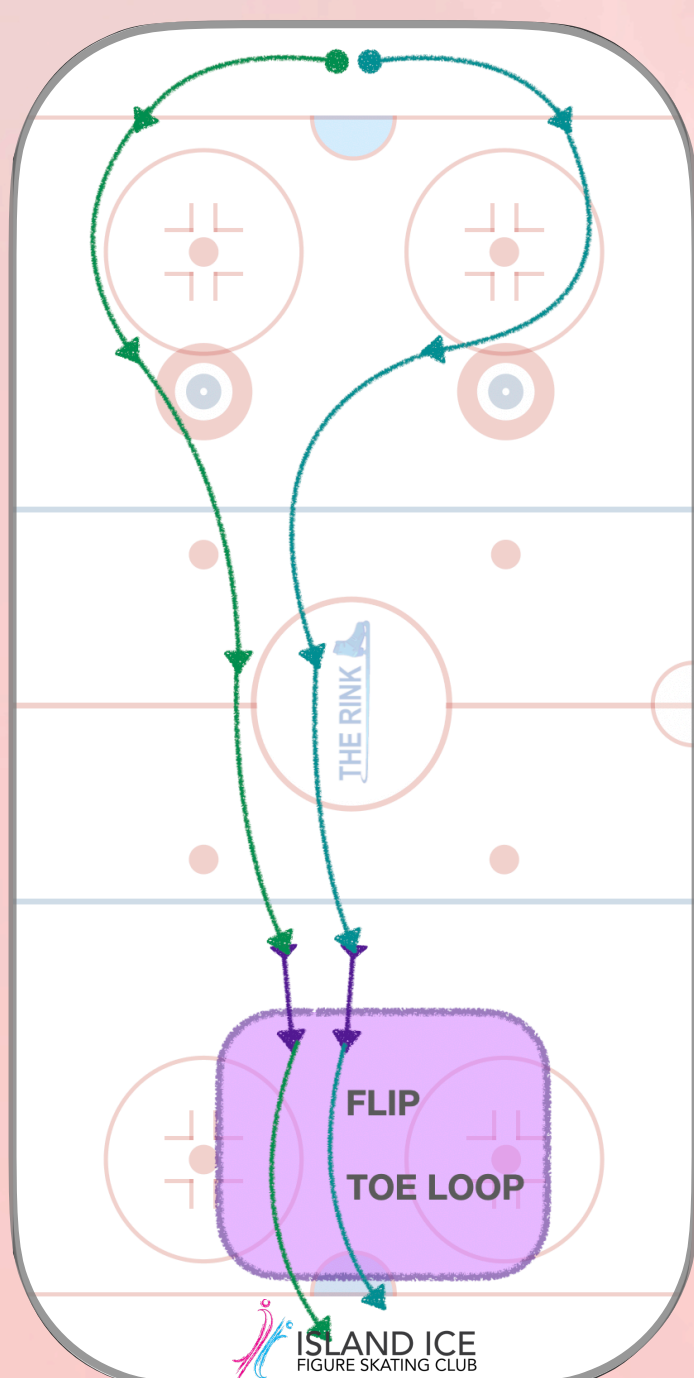
Safety is the most important factor. Having the right of way does not mean you have the right to put others in danger.

1. PROGRAMS: Complicated choreography and fatigue leads to difficulty in avoiding collisions. Learn to discern when skaters are doing programs to music and give way.
2. JUMPS: As with programs, jumps are complicated with torque leading to difficulty in avoiding collision. Give way to skaters entering a jump / jump spots.
3. SPINS: You can't see anything when you're spinning. Never skate close to a spinning skater, even if you have right of way with a program.
4. OTHERS: Stroking, Choreography

**BE VIGILANT WHEN SKATING  
WITHIN PURPLE ZONES.**

**PURPLE ARROWS DENOTES  
APPROACH INTO JUMP TAKEOFFS.**

**GIVE WAY TO SKATERS IN  
APPROACH FOR TAKEOFFS.**



- **KNOW**

Know the general skating direction, common jump path, general jump spots and spin areas. Remember also that the approach to a Lutz jump is long and blind. A skater going into Lutz is not likely to see you.  
DO NOT CUT ACROSS THE ICE

- **FALL**

If you fall, get up quickly. It is much harder to see you when you are down low on ice.  
DO NOT LIE DOWN ON THE ICE