

TECHNICAL SAFETY GUIDELINES ON ICE

With more skaters on ice, there is a need to ensure that every skater observes the safety guidelines below to prevent any accidents and ensure a safe skating environment with as little obstruction as possible.

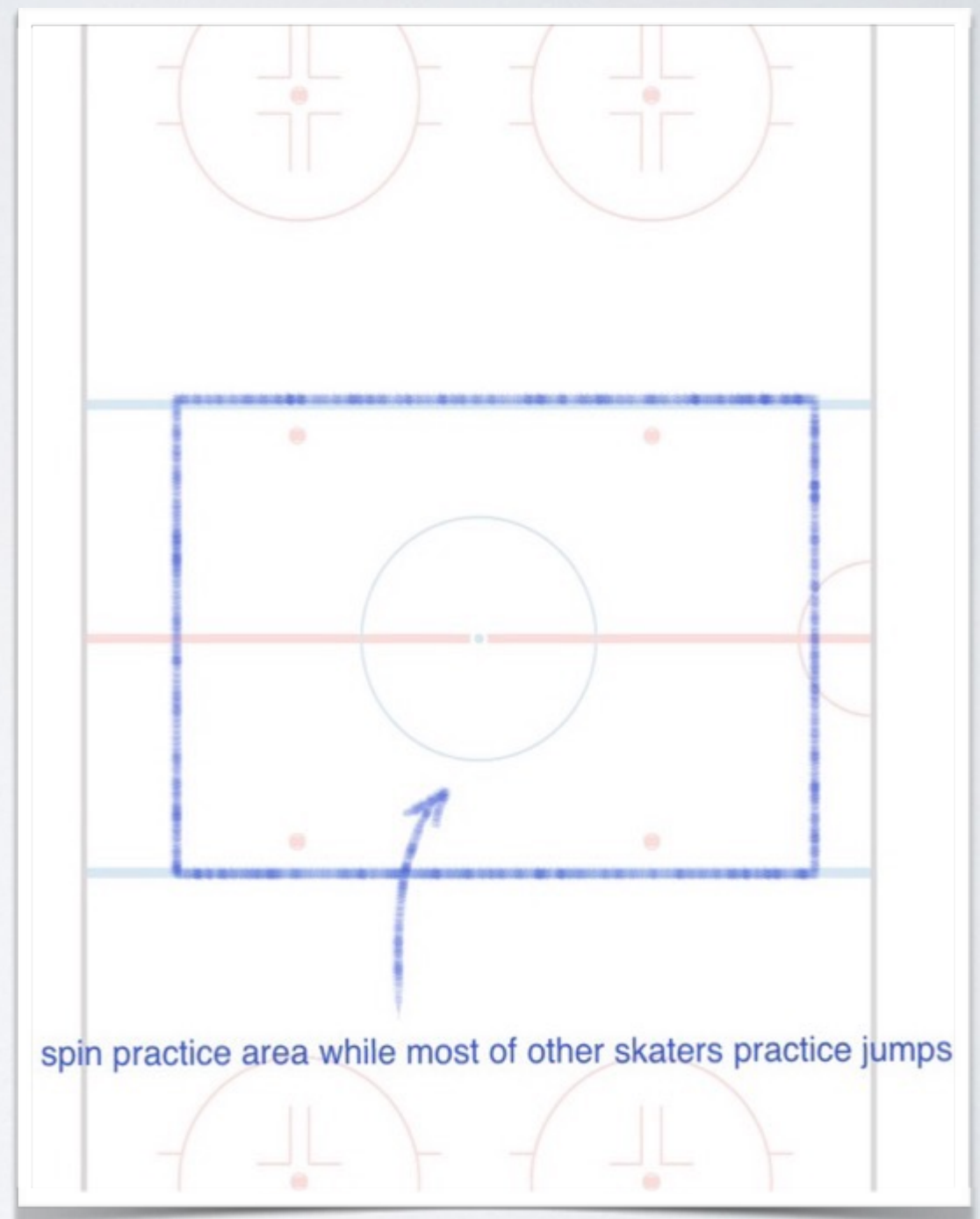
These safety guidelines are also common practices in ice rinks overseas hence it is also crucial that you observe these guidelines when you skate in Singapore and overseas.

- skate quickly to the rink board (rink side) right after your jump
- always skate along the rink side (close to rink board) when you plan to take a rest/approach your coach/leave the ice. DO NOT CUT ACROSS THE ICE..
- If you want to tighten your shoelaces, do so at the rink side or next to the rink board
- do not lie down on the ice after a fall, get up as quickly as possible to give way to other skaters

- do not stand at the ‘jumping spots’ , except when your coach is trying to show you your take-off mark or landing mark
- before you go into a jump, take a look at the path you are going to take. If there is another skater already in that path preparing to do her jump, let him/her complete his/her jump before your start yours.
- coaches to stand near boards on the either side of the long axis of the rink, avoid standing near boards at either side of short axis of the rink

SPIN AREA

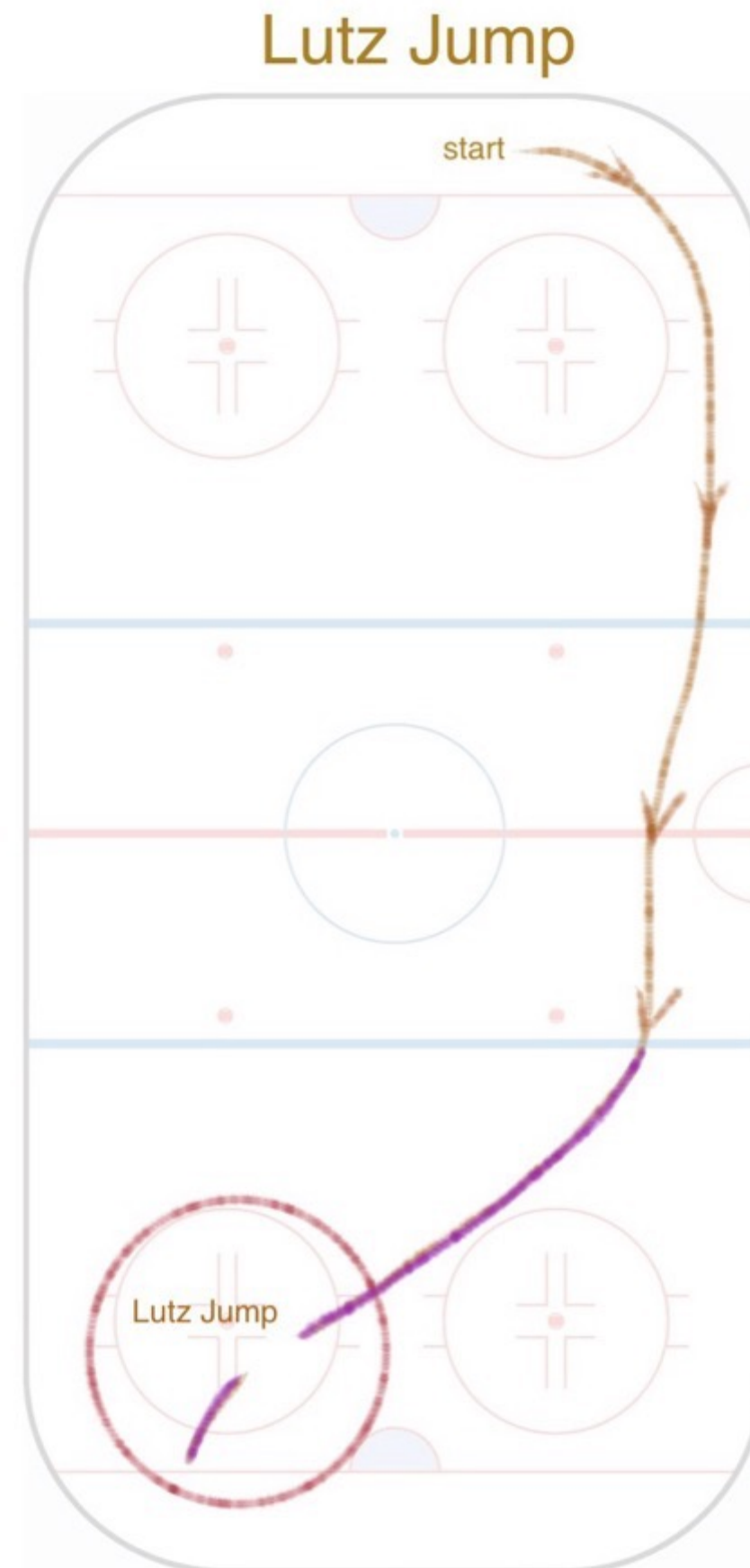
- when most skaters are practicing jumps, skaters practicing spins should do so at the center of the ice
- before entering into a spin, the skater must always give way to other skaters doing their jumps and programs



COMMON JUMP PATHS

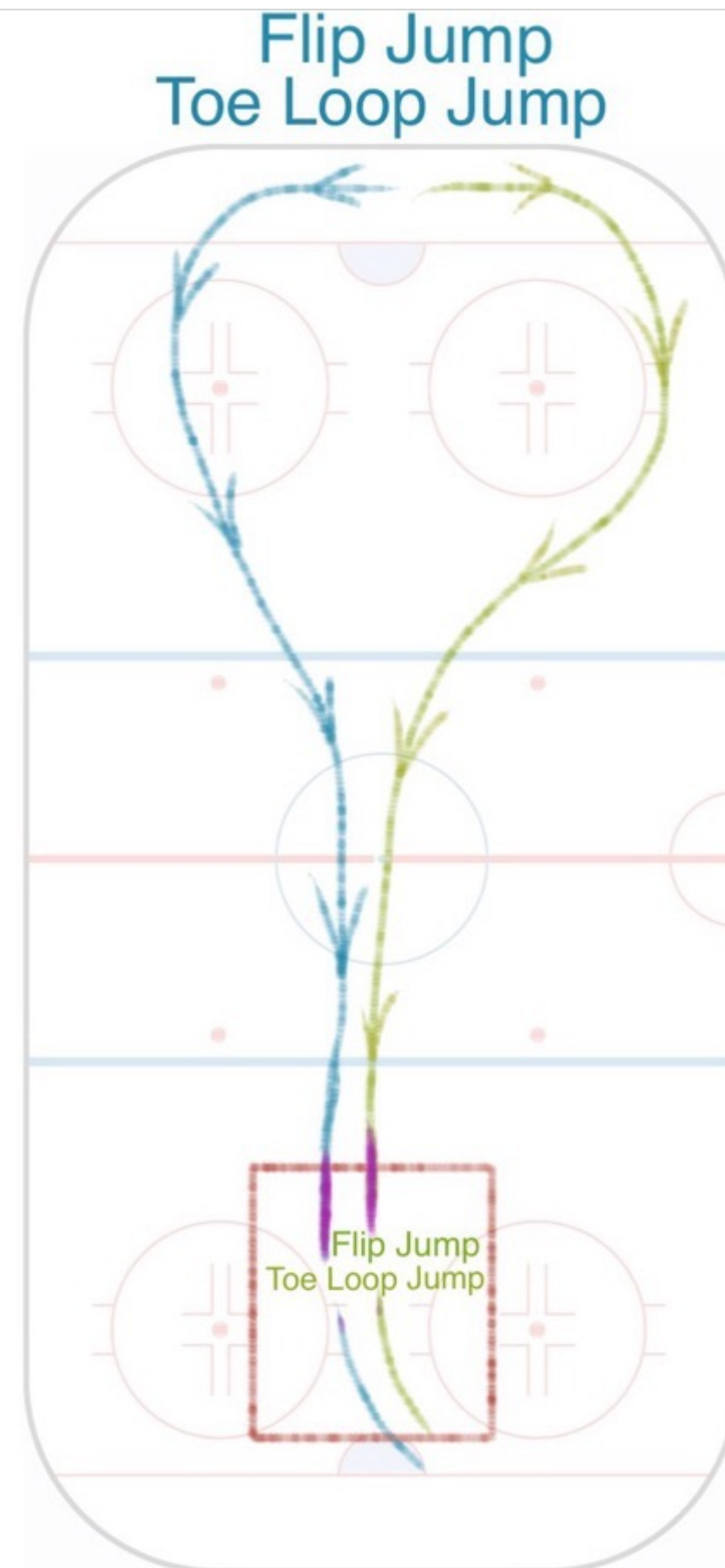
- there are a few common jumping paths, you should recognize them. they will help you understand where you should go for your own jump and it will also help you steer clear of other skaters
- It is not compulsory that you follow these jumping paths but these are the common paths taken by most skaters.

- LUTZ



any other skater in red area, will be in danger, when jump preparation
purple color line is the jump preparation

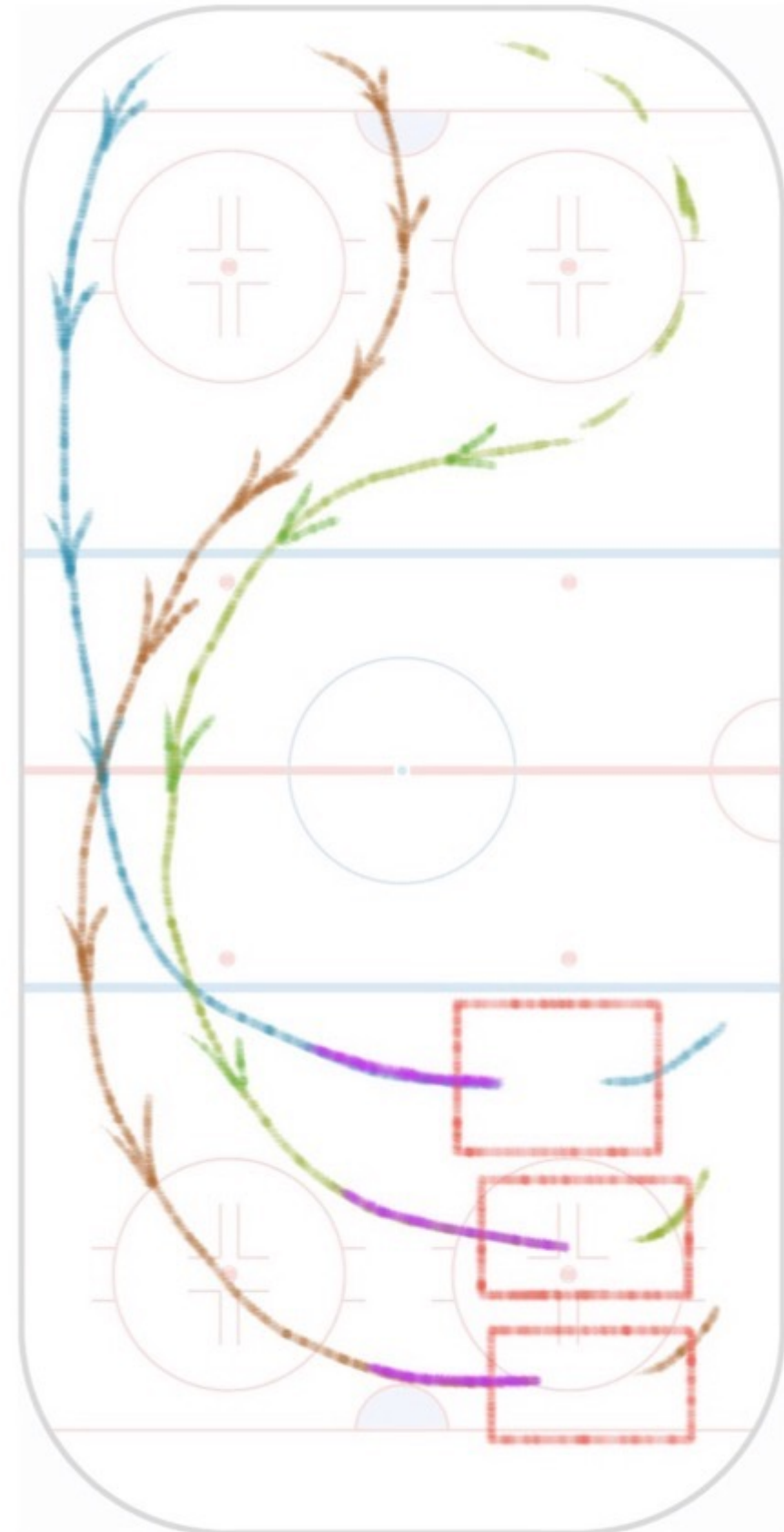
- FLIP
- TOE LOOP



red color area is danger area while skater preparation for take off
purple color is jump preparation

- SALCHOW
- AXEL
- LOOP

Sal, Axel, Loop Jump



red area is danger while skater preparation
purple color are jump preparation

WHO HAS FIRST PRIORITY ?

1st: PROGRAM

Skaters practicing their programs with music.

2nd: JUMPS

Skaters doing their jumps have the right of way after those doing their programs. The skater who starts first has the right to jump first. But always remember SAFETY FIRST!

Last: SPIN, STROKING, PROGRAM/CHOREOGRAPHY
WITHOUT MUSIC

These safety guidelines may not be all-inclusive.

However, if skaters and coaches look out for each other and always exercise caution on ice, accidents and unnecessary disputes can be avoided.

Together, we strive to maintain a happy, safe and harmonious skating environment.