

# Spectrum Ice Safety Guidelines



In order to provide a safe and enjoyable visit for all Spectrum Ice users, we ask that everyone adheres to the following practices;

## Safety Guidelines and Ice Rink rules:

- No horseplay or games, e.g. tag.
- No climbing over or sitting on the barriers or portable barrier.
- All skaters must keep moving at all times.
- No digging, chipping or throwing ice.
- No skating in a manner dangerous to yourself or others.
- No chains of more than three people.
- No carrying of others, including children or infants.
- No entry onto the ice without skates.
- No hockey sticks, puck or ball playing around the rink or on ice during sessions.
- No figure skating or ice dance practice on public sessions.
- Skaters must skate at an appropriate speed.
- Skate in an anti-clockwise direction at all times unless instructed by a staff member or DJ.
- No smoking or littering in the building.
- No food or drink on the ice.
- No personal stereos or other headsets permitted on the ice.
- No mobile phones or cameras whilst on the ice.
- No photography of any type, within the rink, without a photographic permission form being filled in and signed by the Duty Officer.
- Always follow the instructions of the ice stewards.
- No baseball caps, hoods, scarves or clothing deemed potentially hazardous. Gloves are recommended.

Any contravention of the above rules or any other misconduct may result in either individuals or groups being asked to leave the building.

# Advice for safe and enjoyable skating



## Clothes:

It is a good idea to wear what is comfortable and will keep you warm. Shorts or short sleeved tops are permitted but should you fall over you run the risk of scrapping your knees and elbows on the ice. Trousers and long sleeved tops are recommended. Gloves can help protect your hands and keep you warm too. Don't wear: scarves, long coats or hats (helmets with straps are allowed). These can easily get caught in your own or someone else's skates.

## Skates:

Make sure you select the right size skates. The boot should be a good fit - not too tight around the foot, but not too big around the ankle. When asking for skates please ask for the size you are and not a bigger size. You can always change the skates you get if they are not the right size.

## Lacing Up:

Firstly loosen the laces to fit your foot into the boot. When your feet are in, tighten the laces from the bottom all the way up to the top of the boot, ensuring laces are sufficiently tight around the ankle where you need the support. The laces should be firm but not too tight. Make sure you use all the hooks on the boot. When returning your skates can you please undo all knots and tuck the laces into the boots.

## Getting on the Ice:

It can feel odd when you get on the ice. Get used to the feel of your skates by walking on solid floor beforehand. When you are ready stand at the rink edge while holding onto the barrier and then step onto the ice. Keep your feet close together, with your toes turned out slightly to give you a better balance. Keep your arms out and slightly forward to maintain balance. Relax, bend your knees a little and with your body weight leaning forward take small steps on alternate feet. This will soon develop into a short glide on each foot. As your confidence builds your glides will become steadier and longer.

**We hope you enjoy your visit to Spectrum Ice.**

[www.guildfordspectrum.co.uk](http://www.guildfordspectrum.co.uk)

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