



FOREST HILL FIGURE SKATING CLUB

ADVANCED SESSION RULES

In an effort to maintain the integrity of ice time designated as “advanced” and to offer dedicated opportunities for our more senior skaters to progress, the FHFSC Board of Directors has approved the following list of rules to apply to “advanced” sessions:

- There will be no helmeted skater on this ice at any time.
- There will be no “props” or teaching aids used on the ice: sticks, ice cones, bands, etc.
- There will be no “game playing” on the ice (including skaters in lessons with coaches).
- Skaters must exhibit appropriate awareness of other skaters at all times.
- Skaters who have their music playing and wish to skate their program/dance will have the right of way over other skaters.
- Skaters/coaches must not loiter on the ice; skaters/coaches should always be “in motion”.
- Coaches should stay to the sidelines if they are observing their skaters.
- Skaters should confer with coaches at the sidelines.
- Skaters and coaches not adhering to these rules will be penalized by way of suspension of ice time.