

Glenview Community Ice Center
Freestyle Ice Guidelines
2025 Season – Welcome Skaters!
Updated May 2025



Welcome to Glenview Community Ice Center!

All Skaters are expected to follow these rules. Rules of behavior: Please respect the rights of others, and please respect the Glenview Community Ice Center's property and the property of others.

Please review the Freestyle Ice Programming Guidelines and Ice Etiquette documents carefully. All participants and their parents must agree to abide by the Freestyle Ice Programming Guidelines and Ice Etiquette and Safety rules. All documents can be found at www.glenviewicecenter.org click on "GPD Skating Academy & Freestyle," and then scroll to "Freestyle Skating".

Specific Rules Governing Freestyle Sessions:

- The maximum number of skaters is 25 on any freestyle session and practice ice session.
- **Freestyle Ice:** Skaters at level Bronze Free Skate (Free Skate 1 and higher) are permitted to practice independently on Freestyle sessions. Skaters below Bronze Free Skate levels are only permitted to practice if accompanied by a coach the entire length of the session and in a private lesson.
- **Low Freestyle:** Skaters at levels Basic 2 through Silver Free Skate (Free Skate 4) are permitted to skate independently on scheduled Low Freestyle Sessions. Skaters in a lesson are permitted to practice MIF of any level but must skate with more awareness to give lower level skaters caution while performing patterns. Coaches may skate with their skater while performing MIF to provide extra awareness to their skater when skating backwards patterns.
- The above level breakdown for Freestyle and Low Freestyle ice are subject to change at the Director's discretion if changes are needed to ensure safety for all.
- If a skater causes an unsafe skating environment, their ability to skate independently may be reevaluated, regardless of the skater's level.
- All skaters must check in prior to their scheduled sessions at the Front Desk and be pre-registered to skate online BEFORE taking the ice. Walk-ons and on-site registration is available if the session is not filled.
- No breakable containers are allowed rink-side. Food is not permitted near the rail or on the ice.
- Please pick up your belongings (including dirty tissues, and be sure your tissue makes it to the trash can) at the end of the session. Do not leave your belongings at the wall during resurfaces, as the Zamboni can knock off items on the rail.
- Parents, skaters not on the session, or other spectators are not permitted to loiter at the rail, in the ice doorway or sit in the player's bench area. This is unsafe and interferes with a constructive training session.
- Coaching by parents from bleachers, benches or railing is not allowed at any time. Parents will be asked to leave the ice center if this happens.
- The benches by the ice are to be used by the coaches and skaters only.
- If skaters must talk to someone off the ice, even for a brief time, they need to get off the ice to do so, or the skater will be asked to leave the ice.

It is important for everyone's safety that all skaters stay aware of other skaters on the ice. Try to anticipate their patterns as you decide your own pattern. Do not stand or practice small drills in the lutz corners, and spins should be practiced in the center of the rink.

- If you are a less experienced skater, please be extra careful to stay aware of other skaters and look ahead of where you are skating to see what others are doing or about to do. When skating backwards, please be sure to turn your head and watch where you are going.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember – you were new to freestyle one time too.
- Keep moving. Standing, stopping, and talking in groups anywhere but the barrier is not permitted.

Please be understanding if someone gets in your way. Remember to look both ways before leaving the railing or crossing the ice. Keep moving while on the ice, as it is dangerous for both you and the other skaters to stand still during a session. It is especially important not to stop in the middle of the ice or any of the jumping corners. **Spins in the middle, jumps on the ends. No standing in the lutz corner.**

Low Freestyle: Skaters at levels **Basic 2 through Silver Free Skate (Free Skate 4)** are permitted to skate independently. Skaters in a lesson are permitted to practice MIF (Skating Skills) of any level but must skate with more awareness to give lower level skaters caution

while performing patterns. Coaches may skate with their skater while performing MIF to provide extra awareness to their skater when skating backwards patterns.

Moves & Freestyle: Skaters level **Bronze Free Skate (Free Skate 1 and up)** who want to independently practice their skills, routines or take private lessons. Skaters at levels below Bronze Free Skate are not permitted skate on the session independently and are required to be accompanied by a coach in a private lesson for the entire length of their session.

High Freestyle: Skaters levels intermediate and above are permitted to skate on these sessions. Partner work is permitted, provided both skaters are intermediate and above.

In order to ensure that you have a safe, productive and fun experience at the Ice Center, we ask that you read the following guidelines carefully and thank you for your cooperation. The above level breakdown for Freestyle and Low Freestyle ice are subject to change at the Director's discretion if changes are needed to ensure safety for all. If a skater causes an unsafe skating environment, their ability to skate independently may be reevaluated, regardless of the skater's level.

Freestyle Ice Registration

Freestyle ice is sold on a monthly basis using the online registration system (\$8/30min session). Walk-in registration is permitted based on availability (\$8/30min session). Please check the online registration system for availability before attempting to walk-in. Punch passes are available for purchase online in quantities of 10 (\$70), 20 (\$140) and 40 (\$280) and can be used to reserve ice time. Canceled freestyle sessions will incur a \$1 cancellation fee per session.

Monthly Registration Schedule

Freestyle ice registration opens the 2nd or 3rd week of the prior month. In some instances, a two-month schedule is released based on availability and season. If you have questions about freestyle ice, please contact GCICfrontdesk@glenviewparks.org.

Registration closes when a freestyle session is full. Maximum capacity for each session is 25 skaters.

Transfers on Unfilled Sessions

Refunds and transfers are permitted on unfilled freestyle sessions for health, scheduling, etc. with 24 hours' notice. Please send an email to GCICfrontdesk@glenviewparks.org with 1. the skater's name; 2. The originally scheduled sessions (dates + times); 3. The sessions to be transferred to (dates + times). Please note that transfer requests submitted outside of business hours will be subject to processing during the next scheduled business day (Mon-Fri 6a-5:30p).

Refunds/Ice Cancellation on Unfilled Sessions

Refunds are permitted on unfilled freestyle sessions for health, scheduling, etc. with 24 hours' notice. Please send an email to GCICFrontDesk@glenviewparks.org including the skater's name and the session dates/times that you are looking to refund. Refunds will be processed during business hours (Mon-Fri 8:30a-5p) and can take up to 10 business days.

Partner Work

Partner work is permitted on Moves & Freestyle sessions when there are ten or fewer skaters on the ice. When the number of skaters increases past 10, skating partners can remain on the ice but should not connect. More than two skaters working together is not permitted on freestyle sessions. Partner work is permitted on high freestyle sessions up to the max number of skaters allowed.

Hockey and Speed Skating Lessons

Hockey or speed skating lessons are not permitted on freestyle sessions without advanced approval. However, at non-prime sessions with low attendance, hockey or speed skating lessons may be allowed, but only with advanced approval from the Skating Director.

Squirt-level hockey players (aged 12 and under) and speed skaters at beginner to intermediate levels are permitted to have 1-on-1 lessons with a hockey or figure skating coach during low freestyle sessions. No pucks, sticks, nets, or cones may be used. It is important for all coaches and skaters to review, understand, and adhere to the freestyle right of way and flow of skating diagram below, prior to taking the ice. This includes knowing where it is permitted to provide instruction or practice specific non-figure skating elements or techniques safely.

Semi-Private Lessons – Group Lessons

Freestyle ice time is for private – one on one lessons only. Semi-private lessons (2 skaters) or group lessons (3+ skaters) are not permitted on freestyle ice.

Semi-private lessons (2 skaters) are permitted on Low Freestyle ice sessions only.

Group lessons (3+ skaters) are not permitted on high freestyle, moves & freestyle, or low freestyle sessions.

Music

The Glenview Community Ice Center is equipped with auxiliary input, Bluetooth connectivity, and a CD player. Music is played on an honor system, with skaters forming a line at the start of each session and taking turns playing their music. Coaches are permitted one pro-cut in line per lesson. Music may not be restarted if there is a line waiting. Skaters may play their music up to two times per session, unless they are in a lesson and following pro-cut procedures.

All music played during freestyle sessions must be clean, appropriate, and family-friendly. Music containing explicit language or inappropriate content is not permitted.

Music played during freestyle is for practice purposes only. Coaches reserve the discretion to approach a skater and request that music be changed or not played if it interferes with lessons, program music, or the overall session environment. The only exception is when the music being played is part of a program.

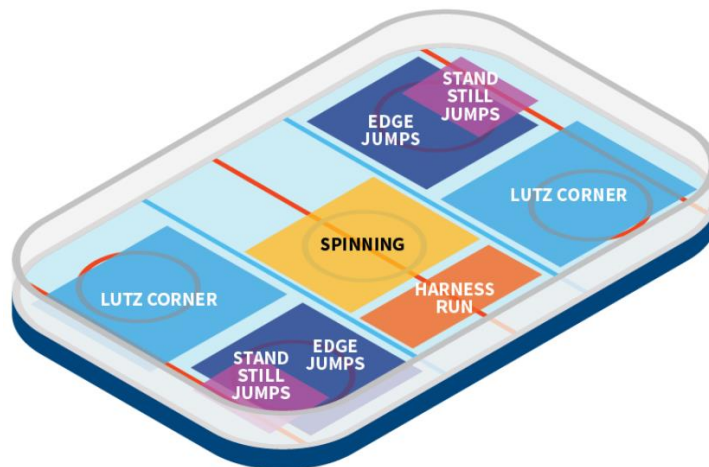
Skaters must wear a belt while their music is playing, and skaters skating to music have the right of way. When needed, coaches and skaters should use the whiteboard at center ice for music queuing.

Freestyle Ice Programming Guidelines – Ice Etiquette Safety Guidelines

Please review the Freestyle Ice Programming Guidelines and Ice Etiquette documents carefully. All participants and their parents must agree to abide by the Freestyle Ice Programming Guidelines and Ice Etiquette and Safety rules. All documents can be found at www.glenviewicecenter.org click on “figure skating information” and then scroll to “Freestyle Ice Information”.

When skaters enter or exit the ice for the freestyle session they should skate the barrier of the boards not through the middle of the arena to avoid interrupting the freestyle session.

Freestyle Ice – Skating Flow of Traffic and Practice Areas



Please review the Freestyle Ice Programming Guidelines and Ice Etiquette documents carefully. All participants and their parents must agree to abide by the Freestyle Ice Programming Guidelines and Ice Etiquette and Safety rules. All documents can be found at www.glenviewicecenter.org.

Coaches Compliance

All coaches teaching private lessons at the Ice Center must provide ice center staff proof of their coaching compliance for the current season prior to scheduling any lessons at the Ice Center. Please take a picture of the coaches' compliance card from USFS or forward compliance documentation to GCICfrontdesk@glenviewparks.org. In addition, coaches must sign a Coaches Code of Conduct and a Coaches Contract prior to teaching any lessons. Insurance must show Glenview Community Ice Center as additionally insured. Stay Safe/Safe Sport compliance needs to be submitted.

Prohibited Behaviors: Glenview Community Ice Center expects all skaters to respect all personnel at the facility, including managers, front office staff, coaches, maintenance staff, and each other. All skaters and coaches are expected to display good sportsmanship while participating on freestyle ice.

- Kicking, dragging your feet in anger, digging holes, scraping or stomping the ice with your blades, and kick the railings is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately.
- Being verbally abusive and/or disrespectful to other skaters and/or coaches is prohibited. Any skater engaging in this behavior will be asked to leave the session immediately. This includes eye rolling and angry arm gesturing.

- Deliberately challenging, scaring or intentionally blocking another skater is prohibited. Any skater engaging in this behavior will be asked to leave the ice immediately and for an indefinite period of time.
- Videotaping anyone other than your own skater is strictly prohibited and will not be tolerated.

Disciplinary Process:

Action will be taken towards skaters that do not follow the Ice Etiquette and Safety Rules as follows:

1. A verbal warning
2. A written warning
3. Not allowed to participate on freestyle ice time at the discretion of the Figure Skating Director

Waiver and Release of All Claims and Assumption of Risk - Please read this form carefully and be aware that in signing up and participating, in this program/activity, you will be expressly assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you or your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this program/activity (including transportation services/vehicle operation, when provided). I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims I or my minor child/ward may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Glenview Park District, including its officials, agents, volunteers and employees (hereinafter collectively referred as "Glenview Park District"). I do hereby fully release and forever discharge the Glenview Park District from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward and arising out of, connected with, or in any way associated with this program/activity. I understand that photos and videos are periodically taken of people participating in Glenview Park District programs and activities and I agree that any photograph or videotape taken by the park district of me or my minor child/ward while participating in a park district program or activity may be used by the park district for promotional purposes including its electronic media, videotapes, brochures, flyers and other publications without additional prior notice, permission or compensation to the participant. **I have read and fully understand the above important information, warning of risk, assumption of risk and waiver and release of all claims. If registering via fax, your facsimile signature shall substitute for and have the same legal effect as an original form signature.**

Emergency Contact 1:

Relation: _____ Name: _____ Phone: _____

Emergency Contact 2:

Relation: _____ Name: _____ Phone: _____

I HAVE READ AND UNDERSTAND THESE RULES AND AGREE TO ABIDE BY THEM:

PRINT SKATER NAME

SKATER SIGNATURE / DATE

PARENT SIGNATURE / DATE