

2023 ICE SHOW PROTOCOLS AND REMINDERS-

All of our shows are sanctioned by the United States Figure Skating Association. We will be following ALL of the USFSA & SafeSport rules- (absolutely NO pictures, videos in the locker rooms)

Please read the below photograph CAREFULLY!

U.S. FIGURE SKATING LOCKER ROOMS/ CHANGING AREAS POLICY

Only athletes competing at the figure skating event are allowed in the Locker Rooms/Changing Areas. An exception may be allowed for an athlete age 11 years or younger to be accompanied by one parent of the same gender to assist their child immediately prior to and after their skating event(s).

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor.

If there are concerns regarding this policy, an athlete should change prior to arriving at the competition.

The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited.

Any violation of this policy is punishable under the U.S. Figure Skating SafeSport policy and U.S. Figure Skating Rulebook.

US FIGURE SKATING
SAFE SPORT



U.S. FIGURE SKATING TEAM LOCKER ROOM POLICY

The team coach, team manager, one additional team service personnel and athletes competing at the skating event are allowed in the Locker Rooms/Changing Areas.

All Locker Rooms/Changing Areas will be monitored. If any concerns arise, immediately contact the Locker Room/Changing Area monitor.

If there are concerns regarding this policy, an athlete should change prior to arriving at the competition.

The use of any recording and photographic devices inside a Locker Room/Changing Area is strictly prohibited.

Any violation of this policy is punishable under the U.S. Figure Skating SafeSport policy and U.S. Figure Skating Rulebook.

US FIGURE SKATING
SAFE SPORT



Thursday, March 9th - Rehearsal starts at 5:00 P.M. in the Event rink. Skaters that are in the first half should be ready to go promptly at 5:00 PM. Any skaters who are in the second half can arrive at 5:30 PM and be ready to go. Once a skater has skated in their group(s), they are free to go home. Pre-sale tickets will be sold tonight. If you are a chairmom, please pick up your envelope at pre-sale ticket table.

Friday, March 10th - Picture Retakes- 4:30 PM in the Event Rink. Large group photo of ALL Skaters will be at 4:45 PM. Be sure you have your tights, costumes, masks and skates on. Dress rehearsal starts at 5:00 P.M. in the Event rink. When a skater is finished skating, they are allowed to leave. Pre-sale tickets will be sold tonight.

Saturday, March 11th and Sunday, March 12th -For the Dreams on Ice Shows- SATURDAY 6 P.M. AND SUNDAY 2 P.M- DOORS FOR SKATING FAMILIES AND THE PUBLIC WILL OPEN 1 HOUR PRIOR TO THE START OF THE SHOW TIME. If skaters are in the first half of the show, they should be in the locker room 10 minutes prior to the start of the show. If a skater is in the 2nd half of the show, they should head to the locker room at half time. All skaters are invited to be a part of the finale at the end of the show. On Sunday, be sure to have a change of clothes and turn your costumes into the chair mom or there will be at \$50 penalty.

REMINDERS:

- BE SURE ALL SKATERS GO TO THE RESTROOM BEFORE BRINGING THEM TO THE ARENA.
- FOR SKATERS IN THE FIRST HALF, THEY WILL HEAD TO THEIR ASSIGNED LOCKER ROOM 10 MINUTES PRIOR TO THE START OF THE SHOW. THEY WILL THEN STAY THERE UNTIL THEY HAVE FINISHED SKATING THEIR ROUTINES. ONCE A SKATER HAS FINISHED ALL OF THEIR ROUTINES, THEY MAY JOIN THEIR FAMILY IN THE CROWD TO ENJOY THE REMAINDER OF THE SHOW. SKATERS IN THE SECOND HALF OF THE SHOW, MAY SIT WITH THEIR FAMILIES UNTIL INTERMISSION. DURING INTERMISSION, PLEASE BE SURE YOUR SKATER HAS USED THE RESTROOM AND AT THAT TIME HEAD TO THE ASSIGNED LOCKER ROOMS. ONCE THEY HAVE FINISHED SKATING, THEY MAY JOIN THEIR FAMILIES ONCE AGAIN.
- FOR EACH SHOW, PLEASE BE SURE SKATERS ARE WEARING SOME MAKE-UP – BLUSH, EYEMAKEUP AND LIPSTICK – THIS WILL BRIGHTEN UP THEIR FACE WHEN THEY ARE ON THE ICE.
- PLEASE MAKE SURE SKATES ARE TIED TIGHT AND LACES ARE TUCKED IN. IF A SKATER IS ONLY IN THE SECOND HALF, THEY CAN COME IN THEIR TENNIS SHOES AND BRING THEIR SKATES.
- **DO NOT WEAR BOBBY PINS IN THE HAIR.** THEY ARE A HAZARD FOR SKATERS, ESPECIALLY IF THEY FALL OUT OR A SKATER FALLS WITH THEM IN.
- GET PLENTY OF REST AND DRINK PLENTY OF FLUIDS – IT'S A BUSY 4 DAYS. IF YOUR SKATER IS NOT FEELING WELL, PLEASE DON'T COME.
- PLEASE REMIND SKATERS TO BE GOOD LISTENERS TO THEIR CHAIRMOMS AND OTHER SKATERS. BE RESPECTFUL OF EACH OTHER.
- **REMINDER THAT YOU MUST BRING A CHANGE OF CLOTHES ON SUNDAY. ALL COSTUMES MUST BE RETURNED TO THE CHAIRMOM FOR YOUR GROUP ON SUNDAY BY 4:30 P.M. OR YOU WILL BE CHARGED \$50 FROM THE CLUB AND WILL NOT BE ALLOWED TO SKATE NEXT SEASON IF THEY ARE NOT RETURNED OR DUES PAID.**

*** ABOVE ALL - SMILE AND HAVE FUN - YOU HAVE DONE A GREAT JOB THIS YEAR AND NOW IT'S TIME TO SHOW EVERYONE YOUR LOVE FOR SKATING!!!***