

Appropriate Behavior for Figure Skaters

Being a figure skater is a privilege. You and your child must be aware that certain behavior is expected at an ice rink. As your child's skating improves, younger skaters will look at him or her as an example.

Certain ways to behave are expected both on and off the ice.

How to act after a fall

Falling is a part of figure skating. The only way a child is going to improve is to take risks. Explain to your child that figure skating is hard and falling is going to happen. Don't allow your child to cry after every single fall.

You might suggest that if a fall is so bad and your child really has to cry, to not cry in public (Go inside the restroom and let it out, and then go back to practicing as soon as possible.).

Be on time and don't waste ice time

Ice time is very expensive. Explain to your child that it is important to be on time for practice and lessons. Make sure your child uses the restroom before a practice session and brings a water bottle on the ice, so that precious practice minutes do not go to waste.

Be tidy

Children can be messy. Make sure your child understands that it is essential to keep neat the area where he or she gets ready to skate. If your child brings a snack to the rink, make sure he or she does not leave trash or food for the rink's personnel to clean up. Tell your child to neatly put away skate guards, rags, shoes and personal belongings (inside a skate bag) before stepping on the ice.

Don't kick the ice or have tantrums on the ice

There are days when most figure skaters do get frustrated. If your child has a bad day, don't allow your child to have a tantrum on the ice or to kick the ice.

Explain to your child to try to keep out of other skaters' way and to not get angry if someone does get in his or her way.

Freestyle Session Etiquette

Freestyle sessions can be crowded. As your child advances, he or she must learn to be aware of other skaters and understand that a skater doing a program to music has the right of way. Also, your child should try to not get in the way of skaters having lessons.

Freestyle sessions are not public sessions and that means that standing in the middle of the ice and talking is not acceptable. A guideline to follow on freestyles is to keep moving. If a skater must stop, he or she should go to the barrier.

Be nice on and off the ice

Figure skating can be stressful and competitive. Every skater must learn to be nice. Smile when you go to the rink. Compliment other skaters. Make friends with those you see at the rink. Don't participate in gossip about other skaters or coaches.

Respect all coaches

Skating coaches work very hard. In a short period of time, a coach must cover a lot of ground with a student. It is important that all skaters and parents respect ALL coaches.

Here's an example of unacceptable behavior toward a coach:

A coach is teaching a beginning-level skater and preparing the child for a Basic Skills event. A high-level skater approaches the coach during the Basic Skills skater's lesson and tells him to move in a rude manner.

No matter what level of skater a coach is teaching, a skater must treat all coaches with respect.

Do not say negative things about other skaters or coaches

Try to keep all things you say about other skaters and coaches positive. Do not participate or listen to gossip about others.