



PSSC SKATER SAFETY AND ETIQUETTE GUIDE

06/08/2024

PADDING ETIQUETTE

Participation

- All parents of skaters, as well as all adult and capable skaters (including teenagers who are strong enough to help), are required to participate in setup and removal of the safety pads.
- Full participation ensures a smooth and efficient setup and removal process, benefiting all skaters. If there are not enough volunteers to set up pads, speed drills cannot be performed during practice.
- Individuals who cannot participate due to medical conditions or physical limitations should inform the coach.
- Repeated non-participation without a valid reason may result in disciplinary actions, including but not limited to being blocked from participating in competitions, expulsion from the team, or other sanctions as deemed necessary.
- Small children should keep their distance from the pad stacks as they are very heavy and dangerous for young skaters to be nearby.

Safety

- Safety is our top priority. Proper padding plays a key role in maintaining a safe environment.
- Padding is crucial for the safety of all skaters, regardless of age or ability.
- Proper padding setup can reduce or prevent injuries during practice and competition.
- Fast Skating is not allowed if pads are not set up.

Setup and Removal Timeliness

- Pads must be set up before the practice session begins so that valuable practice time is not lost.
- Ensure that pads are securely fastened and positioned correctly to provide maximum protection. Make sure to follow any specific instructions from coaches, rink staff, or experienced parents regarding pad placement or removal.
- Pads must be quickly removed after the practice session ends. Prompt removal of pads helps maintain the rink for other activities and ensures they are ready for the next session.

Handling Pads

- A two-person team is responsible for lifting and transferring each pad over the rink's glass panels and passing the pad to the handler on the ice in a controlled fashion. This method ensures the safe and efficient movement of pads and avoids damage or injury.
- Another person or group of people should slide pads from their storage stacks to in-front-of the two-person team so they can efficiently pass them into the rink. A coordinated effort is crucial for smooth operations and to prevent delays.
- One person is required to guide the pads onto stacks on upside-down buckets on the ice. Since wet ice is extremely slippery and shoes track dirt onto the ice, preference should be given to having skaters assist from inside the rink.
- Skaters will move the stacks of pads throughout the rink and complete the process of setup of the pads against the rink boards.
- If there are not enough people available outside the rink, skaters may assist the outside team.
- While this process can be completed with as little as 3 parents, having 5 or more makes this process much easier for all.

ENTERING AND EXITING THE RINK

- Improperly entering or exiting the rink during practice can be unsafe for both advanced and younger skaters.
- Re-entering the rink while advanced skaters are racing can lead to dangerous collisions.
- Wait for the current drill to end before re-entering the rink.
- Always check with the coach to make sure he/she is aware that you will enter or exit the rink.
- Open gates are a hazard to skaters. Close the gate after you enter/exit the rink.

GUIDELINES FOR SKATERS

- Teach young and beginner skaters to be alert and avoid cutting corners without looking.
- If the coach instructs skaters to stay in the inner track, do not go in and out of that track.

GENERAL SAFETY

- When stepping into the rink with streetwear, exercise extreme caution to prevent fall injuries including potential back and head injuries. Non-skating individuals should use proper footwear with good traction to reduce the risk of slipping.
- Always be aware of your surroundings, stay close to the boards, avoid wet ice and areas where skaters may be moving quickly.
- Ensure that all participants are briefed on safety protocols before beginning the padding process.

AGREEMENT

I have read and understand the PSSC SKATER SAFETY AND ETIQUETTE GUIDE. I promise to participate to the best of my ability and to contribute to a safe training and competition environment.

Names of Athletes and Family Members

Circle All that Apply

- | | |
|------------------------|---|
| 1. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |
| 2. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |
| 3. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |
| 4. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |
| 5. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |
| 6. Printed Name: _____ | <input type="checkbox"/> Parent <input type="checkbox"/> Athlete <input type="checkbox"/> Minor |
| Signature: _____ | Date: _____ |