

Training Ice 10th - 30th January 2010

Monday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:30	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:30 - 07:30	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons
07:30 - 08:30	Competitive Training Ice (C)	*NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)	*At Ice Co-ordinators Discretion	no group lessons
08:45 - 10:45	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group
17:15 - 19:00	Children's Training Ice	Minimum Skate UK Level 8 (Maximum standard NISA Level 7)	Under 21 years of age	maximum 3 in a group

Tuesday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:30	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:30 - 07:30	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons
07:30 - 08:30	Competitive Training Ice (C)	*NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)	*At Ice Co-ordinators Discretion	no group lessons
08:45 - 10:45	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group
10:45 - 11:45	Adult Training Ice	Minimum Skate UK Level 8	Over 18 years of age	maximum 3 in a group

Wednesday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:30	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:30 - 07:30	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons
07:30 - 08:30	Competitive Training Ice (C)	*NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)	*At Ice Co-ordinators Discretion	no group lessons
08:45 - 10:45	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group

Thursday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:30	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:30 - 07:30	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons
07:30 - 08:30	Competitive Training Ice (C)	*NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)	*At Ice Co-ordinators Discretion	no group lessons
08:45 - 10:45	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group
10:45 - 11:45	Adult Training Ice	Minimum Skate UK Level 8	Over 18 years of age	maximum 3 in a group

Friday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:30	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:30 - 07:30	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons
07:30 - 08:30	Competitive Training Ice (C)	*NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)	*At Ice Co-ordinators Discretion	no group lessons
08:45 - 11:15	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group
16:45 - 18:30	Training Ice	Minimum Skate UK Level 8		maximum 3 in a group

Saturday	Type of Training Ice Session	Minimum Standard	Notes	Lesson information
05:30 - 06:45	Competitive Training Ice (A)	*NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	*At Ice Co-ordinators Discretion	no group lessons
06:45 - 07:45	Competitive Training Ice (B)	*NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)	*At Ice Co-ordinators Discretion	no group lessons

Skaters should only skate on ONE Saturday session

08:00 - 09:15	Saturday Training Ice	Minimum Skate UK Level 8 (maximum standard NISA Level 4)		maximum 3 in a group
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Please adhere to the standards set for each training ice session.

Adult Training Ice - for adult skaters who wish to train on a slower more comfortably paced session.

You will be asked to leave the ice if on an unsuitable session.

Training Ice 10th - 30th January 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
05:30	Competitive Training Ice (A) Minimum standard - NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)					Competitive Training Ice (A) Minimum standard - NISA Level 3 Field Moves (plus either NISA Level 3 Free or NISA Level 5 Dance)	05:30
05:45							05:45
06:00							06:00
06:15							06:15
06:30	Competitive Training Ice (B) Minimum standard - NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 3 Dance)					Competitive Training Ice (B) Minimum standard - NISA Level 2 Field Moves (plus either NISA Level 2 Free or NISA Level 5 Dance)	06:30
06:45							06:45
07:00							07:00
07:15							07:15
07:30	Competitive Training Ice (C) Minimum standard - NISA Level 1 Field Moves (plus either NISA Level 1 Free or NISA Level 2 Dance)					Resurface	07:30
07:45							07:45
08:00							08:00
08:15							08:15
08:30	Resurface					Saturday Training Ice - minimum standard Skate UK Level 8 (maximum standard NISA Level 4)	08:30
08:45	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8	Training Ice - minimum standard Skate UK Level 8		08:45
09:00							09:00
09:15							09:15
09:30						09:30	
09:45	Resurface	Adult Training Ice - minimum standard Skate UK Level 8 Over 18 years old	Resurface	Adult Training Ice - minimum standard Skate UK Level 8 Over 18 years old	Resurface	09:45	
10:00						10:00	
10:15						10:15	
10:30						10:30	
10:45	10:45						
11:00	11:00						
11:15	11:15						
11:30	11:30						
11:45	11:45						

Afternoon/Evening Training Ice

16:45	Children's Training Ice - minimum standard Skate UK Level 8 - maximum standard NISA Level 7 Under 21 years old				Training Ice - minimum standard Skate UK Level 8		16:45
17:00							17:00
17:15							17:15
17:30							17:30
17:45							17:45
18:00							18:00
18:15							18:15
18:30							18:30
18:45	18:45						



Training Ice descriptions

Competitive Training Ice

Serious training sessions for competitive/competent skaters who meet or exceed the minimum requirements. This ice is for programs, dances, jump and spin work. Talking is not permitted. Skaters must stand clear of those doing their programs and be respectful to one another.

Training Ice

**For skaters of NISA Skate UK Level 8 and above.
Sessions not suitable for beginners or weak skaters.
Skaters should not come onto the ice part way through a session.**

Adult Training Ice

for adult skaters who wish to train on a slower more comfortably paced session.

You will be asked to leave the ice if on an unsuitable session

The ice co-ordinator reserves the right to move skaters to appropriate training sessions

On Ice Etiquette and Safety Guidelines

Courtesy

- Respect the rights of others
- Respect the arena's property and the property of others
- Treat others as you would like to be treated yourself

Priority

Priority on the ice is given as follows:

- Skaters and coaches in lessons running through routines with music.
- Skaters running through routines with music.
- Skaters and coaches in lessons.
- Skaters and coaches in lessons using the ice hockey circles.

Be Aware

It is important for everyone's safety that all skaters and coaches remain aware of other skaters on the ice. Try to anticipate their patterns and intentions as you decide on yours.

- If you are an inexperienced skater, please be extra careful to keep aware of other skaters for both your and the other skaters safety. Only skate on sessions suitable for your standard.
- If you are an experienced skater, please be patient with the less experienced skaters. Remember you were once new to this too!
- Please be understanding if someone gets in your way.
- Remember to look both ways when leaving the barrier or when stepping onto the ice.

Dance Couples/Pairs Skaters

Be aware that two skaters moving together take up more room than one skater and generally cannot react as quickly as solo skaters.

- Solo skaters should take this into account and dance couples should learn to adapt the patterns of their dances to avoid collisions.
- Avoid doing lifts on busy sessions, unless you have a coach or a responsible person present watching out for you.

Falls and Injuries

- If you should fall, get up quickly.
- If you see someone else is that has fallen and may be injured, don't just pick them up without being certain that doing so won't hurt them further. If you suspect that someone is seriously hurt, do not crowd the injured person but have someone stand "guard" over them so that other skaters avoid additional collisions

and get a qualified member of staff or adult to come and help them.

General Rules

- Ensure that you have signed in and paid for each session before using the ice.
- Drinks should be placed in the designated area. No breakable containers are allowed rink side.
- Please pick up all belongings (including dirty tissues, drinking cups, bottles etc) at the end of the session.
- Coaching by parents from the barrier is not allowed. You are paying the coach to do a job...let them do it!
- If you must talk to someone and you want to waste expensive training time, please do it off the ice.

Set an example Cleaning the ice

Senior skaters and coaches should act as exemplary role models both on and off the ice.
Skaters and Coaches must leave the ice promptly at the end of the session. If you are skating to your music, please stop immediately, turn off the music and leave the ice. To ensure your safety the barrier doors should remain closed for the duration of the ice resurface. Skaters and Coaches are not allowed back onto the ice until the ice resurfacer has left the ice and the resurfacer doors are shut.

Prohibited Behaviour

- No digging, kicking, scraping the ice with your blades or kicking the barrier.
- No verbally abusive language or bullying behaviour towards other skaters and coaches.
- No deliberate challenging, scaring or intentionally blocking of other skaters.
- Videotaping anyone other than your skater is strictly prohibited without prior permission.