



White Township Recreation / S&T Bank Arena IPA Skate

Team: Rules and Expectations as of the 2025–2026

Season

***Attention Coaches**

Welcome to ice season at White Township's S&T Bank Arena and the IPA Skate Team! To ensure a safe, respectful, and productive environment for all skaters, coaches, and families, we've updated our rules and expectations. These guidelines promote fairness, safety, and a positive experience for everyone.

By order of White Township, any parent, skater, or coach who fails to comply with or refuses to sign the updated agreement may be subject to dismissal from participation.

Thank you for your commitment to our skating community!

General Information

- Compliance: All skaters, coaches, and parents must sign this agreement to participate, per White Township policy.
- Communication: For questions or concerns, contact the Skating Director, Stephanie, at stephanie@whitetownship.org or 724-403-3789 (Monday–Friday, 10:00 AM–2:30 PM).
- Remind App: Join the Freestyle Skaters Remind group (Class Code: 6b3676) for updates.
- New Processes:
 - Freestyle sign-in/payment
 - IPA Skate Team membership
 - Club Ice
 - Club Ice – only Club Members & Club Coaches can utilize this ice
 - The Skating Director will be present and available for any questions during this time.
 - **More details COMING SOON!**



Ice Session & Facility Guidelines

To maintain a focused and safe training environment, please follow these guidelines:

On-Ice Safety & Conduct

- **Independent Practice:**
 - Skaters must be approved by their private coach or the Skating Director for independent practice and arrive with a clear practice plan.
 - Beginner skaters and hockey players must be supervised by a coach during freestyle sessions and stay near rink ends to avoid high-traffic areas.
- **Hockey Players:**
 - No sticks, pucks, or independent practice during freestyle sessions. Use designated Stick Time sessions.
- **Freestyle Sessions:**
 - Intended for skill development, private lessons, and independent practice (not family skating).
 - Priority order: 1) Skaters in lessons performing programs, 2) Skaters in lessons, 3) Skaters practicing programs independently, 4) Skaters practicing skills.
- **Safe Skating:**
 - Practice jumps in designated circles, spins in the center.
 - No tag, aimless laps, or purposeful contact.
 - Get up immediately after a fall and stay aware of surroundings.
 - Share the ice courteously and adjust patterns to avoid interrupting others.
 - Only practice skills taught by your coach; do not attempt advanced elements independently.
- **Facility Rules:**
 - Keep ice doors closed at all times.
 - No blocking ice entrances for conversations, photos, or videos (use areas above the glass).
 - Let's create a positive atmosphere within the arena; be kind and respectful on and off the ice.
 - No over-ice conversations between skaters, coaches, or parents.
 - For everyone's safety, please refrain from tossing or handing items over the glass.
 - Only water is allowed on the ice; no food, flavored drinks, or props.
 - No headphones or personal speakers; use phones only for choreography.
 - Never enter the ice during Zamboni operation.



- Non-skaters (parents, siblings, etc.) are not allowed in player benches during figure skating sessions unless approved by the Skating Director.
- Program Music
 - Each skater/coach may play up to two program run-throughs per lesson (same or different programs).
 - Continuous playbacks are not permitted to ensure fair access to the sound system.
 - Please take turns – Only ONE skater may use the overhead music for interpretive practice while on lesson at any given time.
 - Ideally, Interpretive music or group routines should use small areas and be scheduled during less busy times.
- Props
 - Props (e.g., ribbons, hoops) are not allowed during regular freestyle sessions.
 - A dedicated “Prop Ice” session will be offered before competitions/shows for prop practice.
 - For safety, props can ONLY be used while skaters are in a lesson, including Prop Ice.
 - Props must be removed immediately after use.
- Dress Code
 - Skaters must wear skating pants or tights (no bare legs) with hair tied up.
 - No jackets tied around the waist or crop tops when coaching.
 - Coaches/helpers: Wear a coaching jacket, team clothing, or plain black jacket and black pants/team sweatpants during programs.

Skate & Attire Guidelines

- Skate Purchases:
 - Consult your coach before buying skates for proper fit and type.
 - Recommended: Reputable skate shops (not Amazon, Dunham’s, or Dick’s Sporting Goods).
 - Coaches assisting with purchases assume responsibility for fit/performance issues.
 - Resource: Figure Skates Guide (<https://whitetownshiprec.org/skates-guide/>).
- Maintenance: Sharpen skates every 10–20 hours; avoid sharpening right before competitions.



- Competition Attire:
 - Wear age-appropriate dresses suitable for your level.
 - Recommended retailers: Skater's Edge (Cleveland), Amazon, Etsy, or brands like GK, Capezio, Jerry's Skating World, Mondor, Chloe Noel.
 - Use Chloe Noel or Mondor tights.
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Team & Event Expectations

- Conduct:
 - Represent White Township and the IPA Skate Team with professionalism and respect at all events (practices, competitions, shows).
 - Be courteous to maintain our team's positive reputation.
 - IPA Skate Team Membership (details forthcoming):
 - Requires enrollment in Figure Skating 101, payment of dues, and participation in at least one team activity.
 - All members must contribute a food item for team events.
 - Volunteering:
 - All skaters, parents, and coaches must volunteer (e.g., setup, cleanup, bringing food) at team events.
 - Non-contributors may be excluded from events.
 - Competition Protocols:
 - Only one parent per skater in locker rooms; no siblings or extended family.
 - Only coaches and skaters preparing for warm-ups/performances should be near ice entrances.
 - No parents/skaters in judges' boxes (except score sheet runners).
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Program Originality

- Create unique music, outfits, and choreography to reflect your style.
 - Do not copy others' programs without permission from all parties (coaches, skaters, parents).
 - Ensure programs at other rinks are distinct to avoid conflicts.
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Ice Time Requests

- Submit special ice time requests to the Skating Director, who will coordinate with the Rink Manager.
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Coaching Policies

- No coach may step on the ice without first providing proof of current ISI/USFS membership, liability insurance, and SafeSport training to the Skating Director. This applies to both staff and guest coaches.
- Authority: Coaches determine level progression, competition readiness, skate recommendations, and program choices.
- Coach Selection/Changes:
 - Contact the Skating Director to find a coach; do not approach coaches directly.
 - Resolve issues with your coach first before requesting a change through the Skating Director.
- Program Involvement & Coaching Expectations: To maintain a strong and supportive community, all private lesson providers; including coaches, junior instructors, and volunteers MUST contribute to assigned programs
 - Learn to Skate Participation: All approved coaches, junior instructors, and volunteers are required to assist with Learn to Skates sessions.
 - Advancement to Figure Skating 101 & 201: Only those who have received prior approval from the Skating Director may assist with instruction in Figure Skating 101 and Figure Skating 201.
 - Annual Approval & Promotions: All coaches, junior instructors, and volunteers; whether returning, newly applying, or seeking promotion; must reapply and be approved each year.
 - Performance-Based Approval: Annual approval is not guaranteed and will be based on performance, commitment, and conduct from the previous season.
 - Teaching Scope: Coaches should teach within their expertise (e.g., FS1 coaches should not teach FS4+ skaters).
- To maintain a respectful coaching environment, solicitation of another instructor's student(s) is not permitted in any program at the White Township facility. Professional boundaries and ethical conduct are expected at all times.
- To support the integrity of our programs, instructors may not promote or encourage participation in competing Learn to Skate classes at other facilities during White Township sessions.
- Guest coaches are not permitted to recruit or take on new students at White Township Recreation / S&T Bank Arena without approval from the Skating Director.



- **Coach Responsibility:** All coaches are responsible for the conduct and supervision of their skaters while at White Township Recreation Complex (WTRC) / S&T Bank Arena.
- **Professional Conduct:** Both skaters and coaches are expected to maintain a high level of professionalism at all times, on and off the ice, while on the grounds of WTRC / S&T Bank Arena and when representing the IPA Skate Team.
- White Township retains the authority to remove any coach as necessary to support a safe and effective recreational environment and facility operations.

Program Instructor Expectations

- **Instructional Accuracy:** Coaches must demonstrate and teach correct skating fundamentals. Inconsistent skills may lead to reassignment or dismissal.
- **Eligibility:**
 - **Learn to Skate:** Must perform Tot 1–4 and Pre-Alpha skills.
 - **Figure Skating 101:** Must perform Alpha–Delta skills.
 - **Figure Skating 201:** Must perform Freestyle 1–4 skills.
 - **Jump & Spin:** Covered by the Skating Director or appointed coaches.
- **Lead Instructor Duties:**
 - Lead instructors must maintain their role for the entire class and not delegate to unapproved helpers.
 - Notify the Skating Director before leaving a class and arrange an approved substitute.
- **Coaching Attire Guidelines:**
 - **Required Attire:** All coaches must wear the designated Team Jacket while on the ice. Team sweatshirts, hoodies, t-shirts, and other official team-branded apparel are also permissible. Black pants are required as part of the standard coaching uniform.
 - **Identifiability:** If you do not yet have official team attire, please be mindful that parents and skaters rely on visual cues to identify coaching staff. Dress in a professional and consistent manner to ensure approachability and visibility.
 - **Prohibited Attire:** Coaches must refrain from wearing:
 - Bare midriffs, Shorts, Oversized, Revealing, or Suggestive clothing and/or clothing with Long Strings or Cords that could pose a safety risk or restrict movement



- Pocket Safety: All pockets must be zipped and secured at all times to prevent personal items from falling onto the ice surface.
 - Guest Coach Attire: Guidelines
 - Guest coaches are asked not to wear apparel representing other teams while assisting with any program at White Township.
 - A plain black jacket is acceptable and preferred to maintain a unified and professional appearance.
 - Hockey sticks and pucks are not permitted on the ice during Learn to Skate.
 - Cold Hands: Please refrain from keeping your hands in your pockets while on the ice, this poses a safety risk in case of a fall. Instead, wear gloves to stay warm and keep your hands free for balance and movement.
 - Cell Phone Use: Please refrain from using your cell phone during programs unless it is for educational or instructional purposes directly related to the session.
 - Video Recording: Under no circumstances should anyone record a video of a child participating in a program without first notifying the Skating Director and obtaining permission from both the skater and their parent or guardian.
 - Headphone/Additional Speaker Policy: Headphones and additional portable speakers are not permitted during any program to ensure safety and awareness.
 - Punctuality: Arrive on time. Three or more tardies may result in pay reduction or program removal.
 - Team Collaboration: Coaches are expected to collaborate and work together to support all skaters in team-taught programs. A united coaching approach ensures consistency and a positive learning environment.
 - Inclusive Coaching: Provide equal attention to all skaters in your group; not just those who are excelling. Keep every skater moving, engaged, and improving. Remember, a group is only as strong as its least confident member. No one should be left behind.
 - Consistent Messaging: Maintain a unified voice when communicating with skaters and parents. If you are unsure of an answer, please refer the question to the Skating Director or let the patron know you will follow up.
 - Never provide a made-up answer just to satisfy the moment – accuracy and professionalism build trust.
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Consequences for Non-Compliance

To ensure fairness and safety, failure to follow these guidelines may result in:

- Verbal warnings or removal from the ice for the session.
 - Temporary loss of ice time or coaching privileges.
 - Permanent dismissal from the program (in severe cases).
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We're excited for a fantastic season! By working together and following these guidelines, we can create a supportive and thriving skating community. Thank you for your cooperation.

Skating Director: Stephanie

Email: stephanie@whitetownship.org

Phone: 724-403-3789

Coach Name (Print): _____

Coach Signature: _____

Date: _____