

# Drop-In Skating Guidelines

All Drop-in sessions:	<ul style="list-style-type: none"><li>• Must pay at reception and provide proof of payment to attendants</li><li>• Must wait for attendant to open the gate before entering ice</li><li>• No sitting on the boards</li><li>• Food or drink not permitted on the ice</li><li>• No throwing snowballs</li><li>• No outside coaching</li></ul>
Everyone Welcome:	<ul style="list-style-type: none"><li>• No spikes</li><li>• Must follow flow of traffic</li><li>• No entry in penalty boxes or players benches</li><li>• No sitting or standing on skate aids</li><li>• Patrons must keep skating aids within beginner area</li><li>• No hockey sticks</li><li>• No carrying children</li><li>• Strollers and wheelchairs are allowed<ul style="list-style-type: none"><li>◦ Child must be buckled in</li><li>◦ Helmets strongly recommended</li><li>◦ Children 2+ must wear skates in upright stroller</li></ul></li></ul>
Stick & Puck:	<ul style="list-style-type: none"><li>• Reserved drop in – <i>can register up to 7 days prior @ 7:30am</i></li><li>• No goalies, scrimmages, drills, or passing down the ice</li><li>• Helmet, hockey gloves, stick, hockey skates and appropriate clothing is mandatory</li><li>• Gates must be kept closed during session</li><li>• Please keep the front and behind the net clear</li><li>• Players benches and penalty boxes are available for rest periods</li><li>• No Slap shots. Snap shots and wrist shots only</li><li>• <b>You must check in with reception and the skate attendant before going on the ice to validate your reservation.</b></li></ul>
Parent & Child Hockey Social:	<ul style="list-style-type: none"><li>• Parent mandatory on ice – up to 2 kids per parent</li><li>• Ages 5-10 years old</li><li>• No spikes</li><li>• Sponge pucks only</li><li>• Helmets mandatory – cages and gloves mandatory for kids</li><li>• No slapshots</li><li>• No scrimmages or drills</li></ul>
Parent & Tot Ice Play:	<ul style="list-style-type: none"><li>• Up to 6 years old</li><li>• Parent mandatory on ice with children</li><li>• Spikes are allowed<ul style="list-style-type: none"><li>◦ Attendants will use discretion to adapt rule as deemed necessary (ie. If session is busy)</li></ul></li><li>• No carrying children</li><li>• Sponge pucks only</li><li>• Toys are available for use</li></ul>
Adult Skate:	<ul style="list-style-type: none"><li>• No hockey sticks</li><li>• Must follow flow of traffic</li><li>• No high-level figure skating skills<ul style="list-style-type: none"><li>◦ Attendants will use discretion to adapt rule as deemed necessary (ie. If session is busy)</li></ul></li></ul>
Adult Figure Skate:	<ul style="list-style-type: none"><li>• Figure skating etiquette applies:<ul style="list-style-type: none"><li>◦ Spins practiced in the centre of the ice</li><li>◦ Jumps practiced on the ends of the ice</li></ul></li></ul>