

# PUBLIC SESSION RULES



**Ok we know you want to get on and skate and we want you to enjoy your time skating with us but we just have a few things that we need to make you aware of first to ensure your safety**

- This is a public skating session therefore, everyone that participates does so at their own risk
- Safety gear is recommended for all our skaters. We have wrist guards available for use at no extra charge should you wish to use them, please ask a member of staff
- No one can take part without fully completing a participation waiver which will be valid for a period of 12 months.
- Skates **MUST NOT** be worn outside of House of Sport 3 or on the blue tennis court under any circumstances.
- Skate anti-clockwise in a safe manner to ensure the safety of you and other skaters.
- You must not push or trip other skaters. Any behaviour deemed to be unsafe to our skating guests or staff will be asked to leave.
- Beginner or slower skaters please ensure that you remain on the outside of the rink and experienced and faster skaters, please skate more to the centre of the rink ensuring that you don't weave in and out of inexperienced skaters.
- Do not skate in the wrong direction and do not skate across the rink in the path of other skaters. If you need to leave the rink please continue to skate around until you reach the exit.
- Do not skate with items in your hands which you could drop and trip someone with i.e. mobile phones (probably not best to put them in your pockets either just in case you fall – you might damage them)
- Ensure long hair is tied back and out of your face and the wearing of hats is not permitted.
- Drinks are permitted outside of the rink only – on the orange surface.
- Food must not be eaten in any part of the hall or whilst skating
- All children must be supported by an adult if they are unable to skate at all times until you feel comfortable leaving them to skate unaided. Please ask a member of staff to advise you how best to support your child to ensure that they can skate unaided as quickly and as safely as possible.
- You **MUST NOT** leave any child under the age of 16 unattended at any time. We are not a child care facility and therefore cannot be left responsible for your child at any time.
- Coaches and volunteers are on hand for your safety, so please ensure you follow any instructions given. Failure to do so could cause injury.
- If you do happen to fall or injure yourself, please ensure that you notify a member of staff of any injuries immediately so that first aid treatment can be administered.
- If you are wearing hire skates, please ensure that you do not skate in a way that could cause damage to the skates. All skates are safety checked before every session however, if you do find that there is an issue, please notify a member of staff immediately.
- The House of Sport is a multisport facility and as such accommodates lots of other users. Please remain respectful of other users of the facility at all times following any directions given.