



River Lakes Figure Skating Club 2023/2024 Season

Rules, Regulations, and Frequently Asked Questions:

Who can skate?

1. No skater may be on ice unless it is their scheduled lesson time **or** there is open practice ice (determined by the Board).
2. No skater may be on ice unless they have completed a Member Application form & are a current LTS USA member or have permission from the Board. Non-members on the ice during a special event **MUST** sign a waiver – this includes all parents. Parents are not allowed to walk onto the ice during lessons, please let our coaching staff do their job.

What should I wear?

1. **The arena is cold, so dress warm!** We suggest lots of comfortable layers. **Jeans are not acceptable!**
2. Protective head gear (a bike helmet works well), while not required, is highly recommended for beginning skaters.
3. Hats, headbands, or earbands are also great for younger skaters. Just make sure they can see. **All skaters must have their hair pulled out of their face.**
4. Gloves or mittens (preferably water resistant) are a must, the air and the ice are very cold.
5. We recommend a skate with **LOTS** of ankle support. Look for a sturdy skate made with extra padding around the ankle (You should not be able to fold the top of the skate). Molded plastic skates may inhibit early skating skill development. Brand new is not necessary. If you are unsure about skates, please ask a coach for assistance.

Parent Involvement Requirements for each family:

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1. **An adult must be present or easily accessible for skaters 10 years old and younger while at the arena.** This is for their comfort and also for safety if an accident or incident should occur.
 2. **Each family is required to help with at least one Meat Raffle (watch for e-mails from SignUp Genius to select your date)** RLFSC reserves the right to charge families who do not fulfill their obligation.
 3. **Each family is required to volunteer for at least 5 hours during the Spring Shows. If you have more than one skater in your family, you may be asked to volunteer for additional hours during the shows. If you do not sign up, you will be assigned a job and/or charged \$25 per required hour.**

How are the groups decided for the show?

1. Snowplow Sam skaters are in 1 song
2. Basic 1 – Basic 3 are in 1 or 2 songs (determined by the Board) but will only be required to purchase 1 costume
3. Basic 4 and up are in 2 songs with 2 different costumes
4. Each group is decided both by their current level and skating ability (not by height or age)
5. **All skaters will be included in the Finale**
6. Skaters in Freestyle 5 and higher have the option to be included in the Intro group

What if my skater wants to do something "special" in the March Show?

1. Duets: Your skater must have passed Freestyle 4 to be considered
2. Features: Your skater must have passed Freestyle 6 to be considered
3. Solos: Reserved for our seniors in high school – except in a year with no seniors, the Board may make changes
4. **Seniors in High School** will be allowed to perform a **solo, duet, or feature (whichever they choose)** for the Spring Show regardless of their level. Seniors must have also skated with RLFSC and participated in our show during their junior year to be eligible for a senior specialty number
5. Any skater doing something "special" in the show must also skate with their level in a group song
6. Only skaters performing a solo will have any input into their costume. All other skaters will purchase approved costumes
7. The Parent Number will be offered to any Parent(s)/Legal Guardian(s) to skate with their skater(s)
8. **The RLFSC Board has the option of modifying any of these guidelines**