

The Sport of Dan Perceval's Xtreme Ice Skating

- Safety Manual -

www.XtremeIceSkating.com

1. DO wear:

- a. A helmet that is firmly strapped to your head
- b. Wrist guards, knee pads and elbow pads; all of which must be firmly strapped onto your body.
- c. You **MUST** wear the above safety equipment before entering the ice. You must also keep all safety equipment on and may not take it off until **AFTER** you have left the ice. You will be asked to leave the ice if any equipment is missing and/or damaged.

2. DO arrive 15-20 minutes early:

- a. Allow time for putting your skates and equipment on.
- b. Lessons start and end promptly during scheduled times.

3. DO make sure your skates are tied TIGHTLY:

- a. It is suggested that you wrap your laces around your skate once or twice and double knot them if wearing hockey skates. Ankle support is crucial in the sport of Xtreme Ice Skating. If wearing Xtreme Ice Skates or figure skates, wrapping your laces is not needed.

4. DO make sure your skates are SHARP:

- a. This sport requires you to have extremely sharp skates to make quick turns and stops.
- b. If your skill level is in the Intermediary category or above, make sure you have a ¼ inch hollow sharpening. A deep hollow sharpening will prevent injuries because it reduces sliding out and from “losing your edge”. It also supports our thrill-seeking nature.

5. DO be mentally and physically prepared for lessons:

- a. Xtreme Ice Skating lessons are designed to challenge your fears and inhibitions.
- b. If you feel you **can not** attempt a trick, then **DO** step aside momentarily and give in to your own limitations. It is important that you not only have fun, but stay safe.
- b. Be physically and mentally prepared to skate like you have never skated before.

6. DO be open and willing to try new things:

- a. This is a totally new sport that takes on the attributes of other extreme sports such as skateboarding, aggressive inline skating, biking, surfing, and snowboarding.
- b. Be open to new tricks and moves.
- c. Be open and friendly to others around you. Xtreme Ice Skating is a very social sport.

7. DO be on the ice within 1-2 minutes of start time:

- a. Ice time is precious and we do try to stay as strict as possible to scheduled lesson times.

8. DO communicate:

- a. If you have a problem, conflict with anyone, or a suggestion, please let the instructor know immediately.

----Please refrain from the following:----

1. DO NOT:

- a. Do not Show up on-time or late to lessons. Please be early.
- b. Do not “Horse play”, show-boat, or motivate others to act defiantly.
- c. Do not Ridicule, entice, speak down to, bad mouth, harass, or treat ANYONE disrespectfully including other skaters, coaches, parents, siblings, staff of the facility or any person whatsoever.
- d. Do not Leave your belongings, papers, food or any mess within the facility.
- e. Do not Damage or destroy your own skates, equipment, or anyone else’s property.
- f. Do not attempt your own tricks, techniques, or practice unless instructed.
- g. Do not wear headphones, jewelry, or any kind of obstruction.
- h. Do not throw snowballs or any object whatsoever.
- i. Do not physically harm anyone. Xtreme Ice Skating is a non-contact sport.
- j. Do not use foul language.