



## FIELD TRIP GUIDELINES:

### Ice Skating In Rinks

#### OVERVIEW:

This guideline covers trips to indoor and outdoor skating rinks. It does not include skating on lakes or other bodies of water that a skater could fall through, and that are not structured or maintained. It does not cover sports activities such as hockey or figure skating. Those activities present different hazards, and they require a different approach.

#### KEY INJURIES ARE:

In 1998, more than 15,500 children ages 5 to 14 were treated in hospital emergency rooms for ice skating-related injuries. Injuries result from collisions with objects or other skaters, and falls. Beginners are much more likely to be injured than experienced skaters. A common injury that occurs while ice skating is a wrist fracture. The wrist is often fractured during a fall on an outstretched arm. In this position, the arm remains straight and the wrist takes the full force of the fall. Other common injuries include landing on a tailbone and cuts from being run over by a skating blade.

#### BEFORE THE TRIP:

1. This activity should have an adult/student ratio of 1:10, or 1:5 for grades 1 through 4.
2. Wear comfortable jeans, not too tight or baggy. Warm-up suits are great.
3. Your shirt can be long or short-sleeved, but please keep in mind the rink's temperature might be on the cold side. Note: The average indoor rink's temperature is 50 to 60 degrees, and the temperature of the ice is usually below 20 degrees. A light jacket, windbreaker, sweater or warm-up jacket is advisable. Remember, you can always remove articles of clothing. For outdoor rinks, warm clothing appropriate to conditions should be worn.
4. Gloves or mittens. They should be warm and waterproof.
5. If you're a beginner, hip, knee, elbow and wrist pads or guards may be worn as can a helmet. Younger students should be required to wear helmets.
6. Comfortable socks, please! No ultra-thick socks are needed. Keep in mind that MANY people before you have put their feet into those rental skates!

#### DURING THE TRIP:

1. Be aware of where the exits are when you first enter the rink. As a group leader, check in with the management.
2. Have at least one adult remain off the ice at any time. It is easier to supervise the students while you are not skating, and students that are not skating at the moment also need supervision.
3. Get skates that fit. Your shoe size may or may not be your skate size. Your heel must be snug against the back of the skate. There should be enough room to ever so slightly wiggle your toes up and down. Skates must be well fitting. Too tight, you'll know it. If they're too loose, go down in ½ sizes.
4. Lacing Them: Skates need to be laced correctly and fully to work properly. Rental skates are NOT a fashion trend; they must be laced up all the way! The long laces baffle most beginners. Especially when they do lace them correctly, they have at least a foot of extra lace. \* DO NOT WRAP THIS AROUND YOUR ANKLE AREA! This can cause the laces to slip plus it creates

unnecessary strain on the boot itself. Once you lace your skates, tightly, but not constricting your circulation, wrap the extra length back down around the hooks.

5. The black or dark-colored rubber matting that's around the rink and near the skate rental counter is there to protect the blades. **DO NOT WALK ON CONCRETE IN ICE SKATES!** Whether they're rentals or your own, concrete will damage the blade.
6. Before you step onto the ice, please observe the rules of the rink. These rules are usually posted throughout the rink and are usually standardized. Read the rules aloud to your students.
7. The first rule you'll observe is to watch the entrance and make sure there is no one in your way when you are entering, and that no one is entering when you are skating past the entrance. In a crowded session this is even more important.
8. No food and beverages are allowed on the ice for obvious reasons.
9. Warm up before and after skating.
10. If you're just learning, take a lesson.
11. Beginners should stay along the dasher boards on the perimeter of the rink.
12. Fall on your behind rather than outstretched hands.
13. Skate in the same direction as the other skaters, which is often in the counter-clockwise direction. Many rinks have a Reverse Skate and this allows people to strengthen their other side, or for the skater who's naturally inclined to be a clockwise skater, to feel at home for a few minutes!
14. Playing 'Crack the Whip' is not tolerated in most rinks, nor will groups of skaters be allowed to hold hands or link arms. Two or three skaters are certainly allowed to do this, especially if a more experienced skater is being of assistance to a beginner skater.
15. Excessively fast skating, playing tag, weaving through slower skaters, "between the legs" dance moves, and other reckless types of activities are not allowed on the ice.
16. Throwing snowballs is prohibited.