



The Golden Rules for Safe Use of Ice and Traffic Patterns

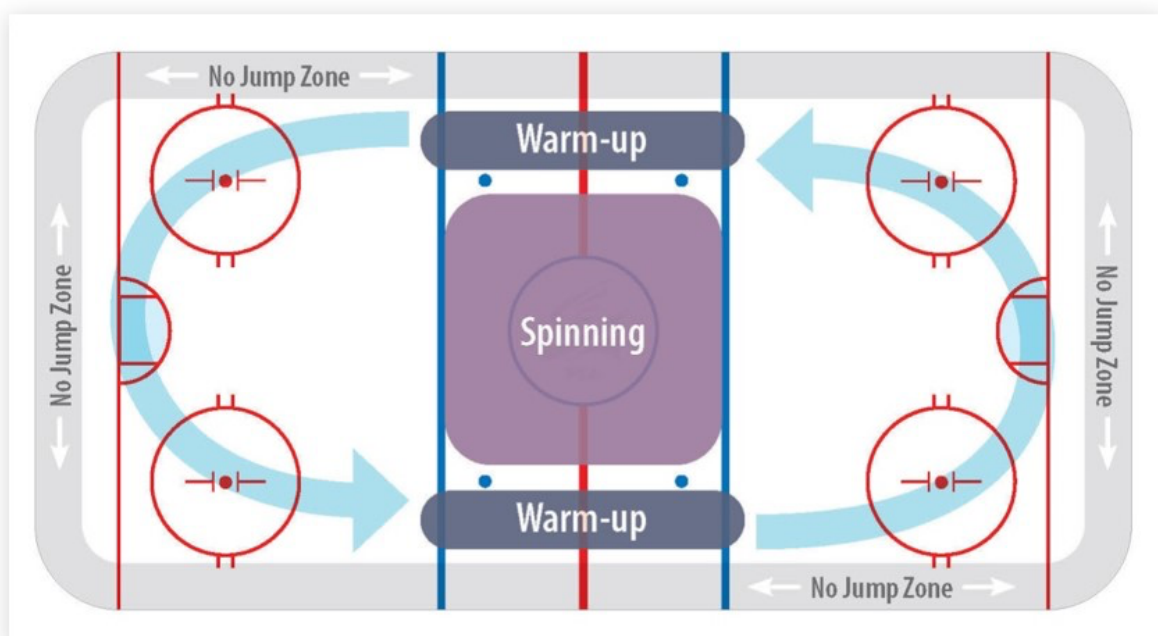
1. Traffic Pattern Diagrams

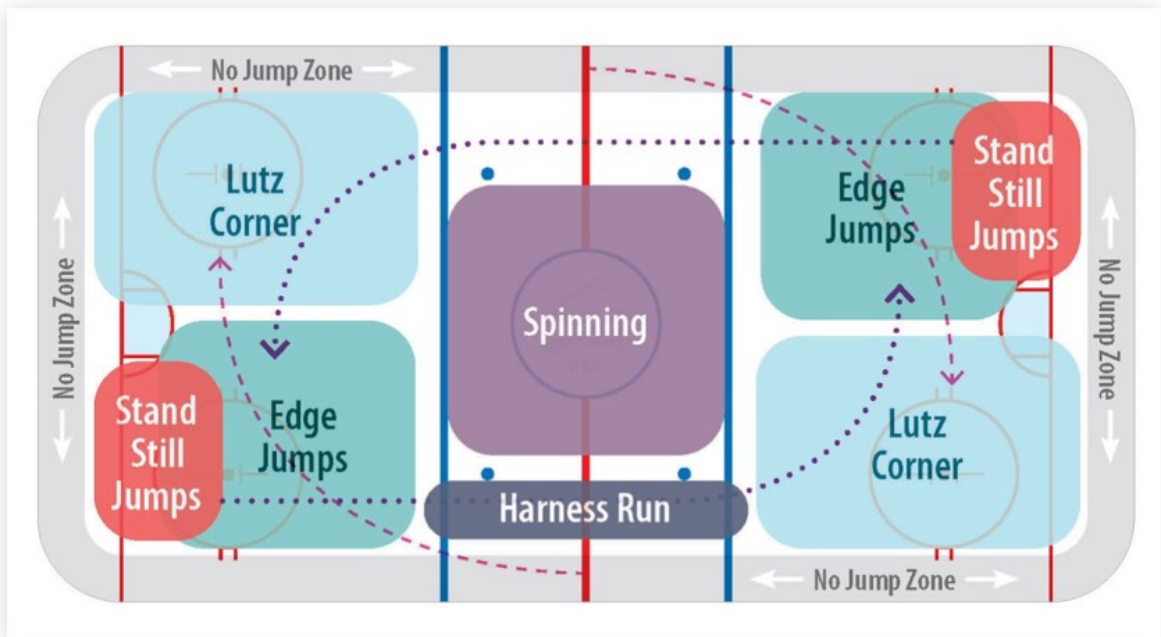
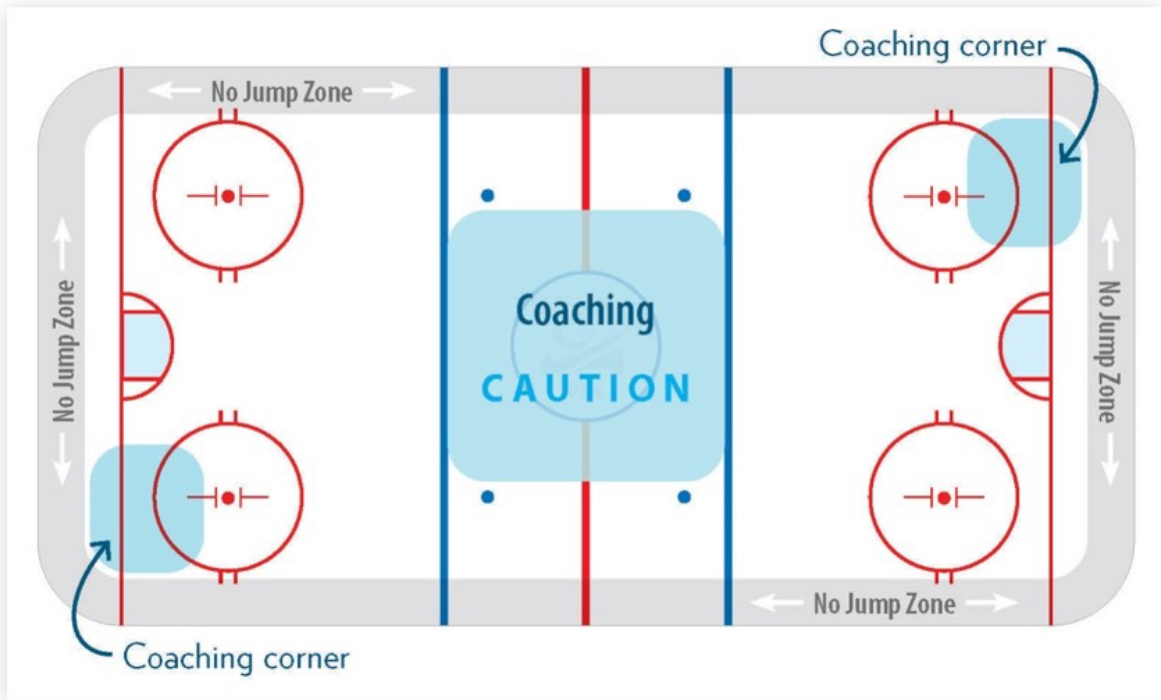
There are defined traffic patterns that are established etiquette on skating rinks across the world.

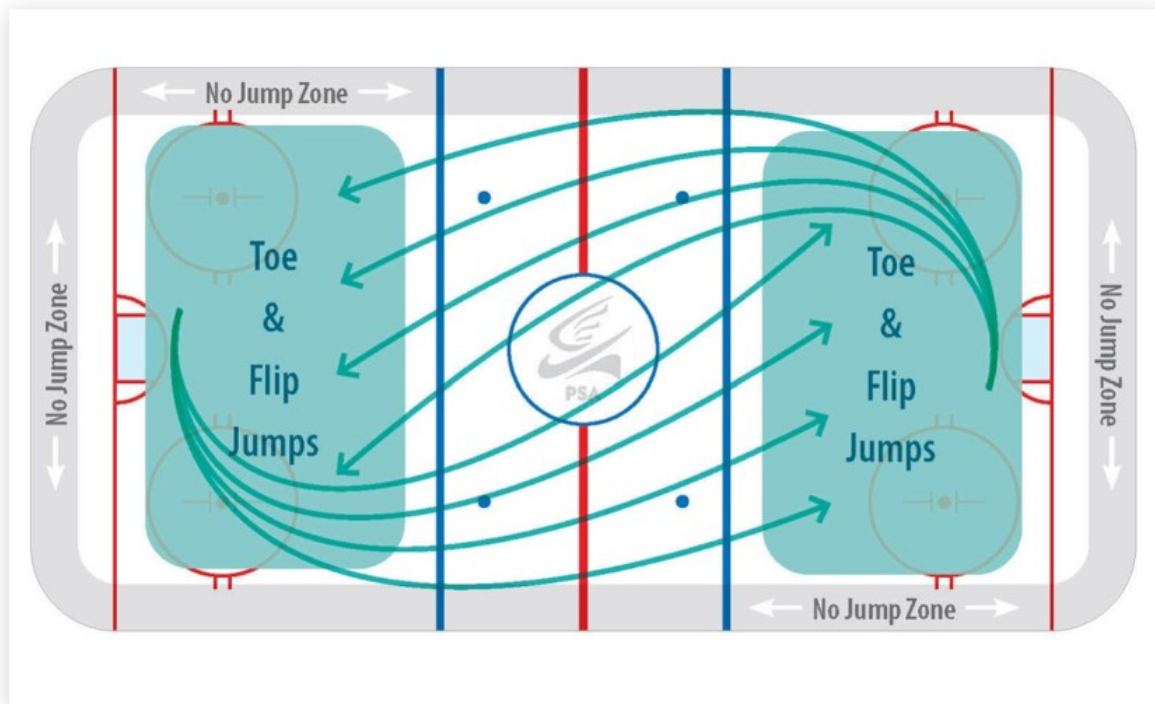
The PSA version of traffic patterns is available See below.

These must be shared with all Inclusive Skaters throughout their training so they are aware of them. Traffic patterns are especially difficult for Inclusive Skaters and they may require additional support to comply with the etiquette.

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2. Space around Inclusive Skater

All Skaters must leave a safe distance around each inclusive skater. Approximately a minimum of a 5 metre circle. This is greater than is necessary for Unified Skaters and is necessary to accommodate delayed response etc of the average Inclusive Skater. More space may be required if the skater is participating with the support of a guide or facilitator.

3. Do not Skate between the Guide/ Facilitator and the Inclusive Skater

It is an absolute rule that no skater should skate between the Inclusive Skater and their guide or facilitator. This is extremely dangerous. Unified Skaters must be made aware of this.

4. Make Reasonable Adjustments to the Priority Rules for Inclusive Skaters

Unified Skaters must accommodate Inclusive Skaters and give priority to the Inclusive Skaters who may not be able to give way under the normal priority rules. Unified Skaters must not shout "excuse me" to a visually impaired skater and their guide expecting them to give way when they are on task and skating.

5. Music should be set to allow safe communication between Guide/ Facilitator and the Inclusive Skater

The Guide Facilitator must be able to communicate to the Inclusive Skater, especially if they are visually impaired. If the music is too loud the Inclusive Skater may not be able to hear instructions. Loud music may also compromise participation for skaters with sensory loss or issues.