

Rink Rules

1. OBEY THE SKATE GUARDS AT ALL TIMES. FAILURE TO COMPLY WITH THESE RULES WILL RESULT IN LOSS OF SKATING PRIVILEGES.
2. SKATE AT YOUR OWN RISK. THE CITY OF WORCESTER/ASM GLOBAL ARE NOT RESPONSIBLE FOR INJURIES OR ACCIDENTS THAT OCCUR ON THE ICE SURFACE.
3. SKATES MUST BE WORN ON THE ICE SURFACE AT ALL TIMES. NO SHOES ALLOWED ON ICE.
4. CHILDREN UNDER 14 MUST BE ACCOMPANIED BY AN ADULT.
5. NO HORSEPLAY, ROWDINESS OR SLIDING ON THE ICE. EXCESSIVE SPEEDING OR WEAVING THROUGH OTHER SKATERS IS PROHIBITED. SKATING TO ENDANGER OR INTERFERE WITH OTHER SKATERS IS STRICTLY FORBIDDEN.
6. NO HOCKEY STICKS OR PUCKS ALLOWED ON THE ICE.
7. NO JUMPING, SPINNING, SPIRALING OR FIGURE SKATING PRACTICE DURING OPEN SKATE. ALL SKATING SHALL BE IN A CLOCKWISE (OR COUNTER CLOCKWISE) DIRECTION.
8. NO THROWING OR PLAYING CATCH WITH BALLS OR OTHER OBJECTS ON THE ICE.
9. NO FOOD OR BEVERAGE ALLOWED ON THE ICE.
10. SMOKING IS PROHIBITED ON THE ICE AND WITHIN 50 FEET OF THE SKATING OVAL.
11. DO NOT CARRY CHILDREN OR SECONDARY ITEMS SUCH AS CAMERAS, HANDBAGS, WHILE SKATING. DO NOT BRING STROLLERS, TRAFFIC CONES OR CHAIRS ON ICE.
12. DO NOT LEAN, SIT ON OR LEAVE ARTICLES ON THE DASHER BOARDS. KEEP EXITS CLEAR.
13. PROFANITY OR FOUL LANGUAGE IS NOT PERMITTED.
14. PLEASE KEEP SKATES ON MATTED AREA WHEN OFF ICE.
15. NO ONE IS ALLOWED ON THE ICE DURING RESURFACING.
16. NO DOGS OR PETS PERMITTED ON THE ICE. UNDER Chapter 8, §14(a)(7) and §14(a)(8) DOGS ARE NOT ALLOWED IN THE PARK.
17. THE CITY OF WORCESTER/ASM GLOBAL ARE NOT RESPONSIBLE FOR LOST OR STOLEN ITEMS.

Skating Safety

Think safety first when lacing up your skates. Ice skating is an accessible and social pastime which offers a diverse range of health and fitness benefits. Whether you hope to improve balance, strengthen leg muscles or gain nimbler footwork, it could be time to get your skates on! Mass in Motion Worcester is offering these simple tips to families as they get out and move this winter!

- **Don't look down when skating** - Keep your head up and look in front of you so at least you can see who or what you are about to collide with! Never mind your feet, they know they are moving in the right direction.
- **Get some good skates** - If you're stepping out for the first time, then renting skates will be fine. But if you get the skating bug and decide to take it up, buy a decent pair of skates that will last and most importantly, fit well and provide good support.
- **Tie skates the correct way** - The right skates for you will not be the correct ones if they are tied incorrectly. Make sure your skates are not too tight or your feet will likely go numb, while having your skates too loose will not provide the proper support for your ankles.
- **Warm up for skating slowly** - Given that skating takes place generally in a cold arena, then your muscles are initially going to be cold. Prior to skating, it's not really wise to just throw your leg over a barrier and start stretching. Stretching in a cold environment can lead to muscle tears, so wrap up well (but not as to restrict your movement) and start with some bend and work up to stretching.
- **Take skating lessons** - If you really want to master the basics, then taking some lessons is an absolute must. Take a few group lessons which are available at most rinks and for a variety of ages. Also take a friend along, as learning with someone will help you relax on the ice.
- **Don't lean backwards when skating** - Leaning back will likely send you flying on your backside or worse. The best advice is to keep your knees bent and your weight forward. Hold your arms out in front of you and open them wide to help you stay balanced.
- **There's no stopping you!** - Naturally, one of the basics you'll need to know is how to stop. To stop, bend your knees, turn the toes of each foot inwards, point your heels out, and push out on your heels. This will slow you down and bring you to a stop. Now that's a relief!
- **Skate in the correct direction** - While initially the direction you are skating may not be of your choosing, there is usually a directional rule to follow on the ice, either clockwise or vice-versa. Don't try skating the wrong way round the ice rink as you'll end up hurting others and quite possibly yourself.

THANK YOU FOR YOUR COOPERATION