**Ice Rink Rules**

* Skaters may not enter the ice until the ice resurfacer doors are closed. Skaters must leave the ice promptly at the end of a session before the ice resurfacing begins.
* Skates must be worn to enter the ice unless the Rec Services staff approves otherwise.
* An adult must supervise patrons aged 14 or younger at all times.
* No racing or speed skating is allowed during recreational skate.
* Skating across traffic or cutting in front of skaters is prohibited.
* Beverages are only allowed in non-glass, spill-proof containers.
* Food is not permitted.
* Figure skaters may use center ice for spins unless crowd size poses a safety issue. Jumping raised leg maneuvers and routines are not allowed.
* Beginner skaters should skate along the sideboards.
* Skaters should avoid stopping next to sideboards, as beginners need to use this area.
* At most, two skaters may join hands while skating. Chain skating is not permitted.
* Carrying people or articles on the ice is not allowed.
* Do not sit on, lean over or leave articles on the sideboards.
* Lock all personal belongings in a locker. The ice rink is not responsible for lost or stolen items.
* Hockey pucks and sticks are not allowed during recreational skate.
* No private lessons are allowed.
* Stick and Puck is a practice time for shooting skills. Participants must supply a Hockey Equipment Certified Council (HECC) approved helmet with a face shield and stick. There will be no gameplay. Participants must be 18 years of age or CU students with a valid Recreation Services membership.
* Drop-in hockey is pick-up only and checking is not allowed. A HECC-certified helmet with a full-face shield, hockey gloves, shin guards, elbow pads, long pants and hockey skates are required. Participants must be 18 years of age or CU students with a valid Recreation Services membership.
* Neck laceration protectors are required for players under the age of 18.
* Individuals suspected of being under the influence of drugs or alcohol will be asked to leave the Recreation Center.
* Skating with headphones or earbuds in both ears is not allowed.
* All injuries must be reported immediately to the recreation staff.
* Unsafe behavior, as determined by Rec Center staff, is strictly prohibited.
* Vulgar or offensive language will not be tolerated.
* Violation of any rules may result in removal from the Recreation Center.