Guidelines

Parent & Tot Skate

Parents and Tots is a free drop-in* opportunity to have one half of the rink available to practice skating skills while the other half is available for practice stick and puck drills and skills.

*No wristband required

Safety

- All children must be 0-6 years of age and be accompanied on-ice and actively supervised by a responsible person aged 13+
- Parents or children are not to stand in front of the net and mimic goaltending.
  - Tutor shooters can be requested from the Skate Monitor
- Pickup shinny play is not permitted. This includes but is not limited to:
  - Mock face offs
  - More than one-on-one play
- Shower use in change rooms is not permitted
- Skates must be worn on the ice
- All children require helmets and face shield/visor
- Sledge skating is permitted
- Skating aids are available for public use, however, skaters may bring their own commercially made skating aid product as long as it is in good working condition
- Use of cell phones and/or headphones while on the ice is not permitted
- Carrying an infant on the ice, regardless of helmet or safety attire, is not permitted
- Skaters should skate at a safe speed
  - Faster skaters are expected to skate on the outside while slower skaters should skate on the inside of the rink
- Skaters should not loiter along the arena boards or in areas that may block the flow of traffic
- Skaters are expected to rest at centre ice
  - Please do not sit on the boards
- Figure skating is not permitted, except during specified figure skating times
- Formal or organized coaching is not permitted
- Those displaying unsafe or inappropriate behaviour on or off the ice will be asked to leave
- The following items are not permitted during Parent & Tot, unless specified on the schedule:
  - Food or beverage, with the exception of sealed water bottles
  - Toboggans, sleighs or wagons
  - Child car seats, baby carriers or strollers
  - Blankets, stuffed animals or toys
  - Homemade skate aids
  - Shoes/boots

Register at MoveLearnPlay.edmonton.ca