

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