

Dress for comfort

- It can be hard to know what to wear when ice skating – So, it's best to wear layers that you can easily take off if you get a little too hot. Casual, comfortable clothes that you can easily move around in are perfect. You might want to wear a pair of leggings or sports trousers. Opt for something with a looser fit

It's a good idea to wear gloves and a hat.

Wear skates that fit

Hull Ice Arena provides skate rentals. It's important to choose a pair that **fits well and feels comfortable**. Your regular shoe size is usually the right fit, but trying on different sizes may help you find the perfect match.

- Skates should feel **snug but not too tight**—your toes shouldn't feel cramped.
- They also shouldn't be too loose at the ankle, as this could increase the risk of injury.

Finding the right size is only half the job—**securely fastening your skates** is just as important. Some skates use **laces, while others have clips and laces** (like those at Hull Ice Arena). Ensure they are properly secured before stepping onto the ice.

Don't look down when you skate

- It's tempting to look at what your feet are doing when you're learning how to skate, but it's important to keep your gaze focused and looking forward. This will help you to maintain your balance.

Don't lean backwards

- Try not to lean too far backwards when you skate as this will shift your centre of gravity and make it more likely that you'll fall over. Instead, keep your torso upright and bend your knees. You can put your arms out to the side or in front of you to steady your balance.

Always follow the ice rink rules

- Every ice rink has its own set of rules, but one of the most important ones is make sure you skate in the right direction. This is to avoid any collisions and keep everyone safe! Remember, you can always stay close to the handrail as you're building up your confidence – there's no need to make your way into the middle of the ice rink if you're not comfortable.
- This list of Dos and Don'ts outlines ways we intend to reduce the risk to our centre users on and off the ice.

There are numerous signs around the building to help skaters have a safe and enjoyable visit, Ice Rink Attendance's are responsible in implement Do's and Don'ts of the ice rink.

Do's

- Put your skates on in the designated skate change area
- Skate anticlockwise unless instructed otherwise
- Maintain social distancing when overtaking other skaters and keep moving where possible
- Follow instruction from staff and adhere to signage and information displayed
- Put litter in the bins provided
- Ensure your skates are fitted correctly
- Once the session has finished skaters need to vacate the ice
- Be safe and courteous
- Have Fun and enjoy your session safely
- Respect the staff



Don'ts

- No personal stereos or other headsets permitted on the ice
- Digging, chipping, spraying or throwing ice
- Skate at excessive speed
- Carry young babies or children whilst on the ice
- Cut across the middle whilst lessons are in progress
- Run around the rink
- Skate backwards without due care and attention to other skaters
- Use mobile phones, MP3, electrical devices
- Play tag games on the ice
- Skate in chains of three or more people
- Wear hats, scarves & long coats on the ice (exemptions are for religious / medical reasons)
- Stand still or gather in groups in the middle of the ice
- Eat or drink on the ice
- Please refrain from using inappropriate language
- Excessive shouting or screaming is not permitted



If customers do not follow the safety guidance provided by Ice Rink Attendants, they increase the risk of injury for themselves and others. In such cases, they will receive up to three verbal warnings. If non-compliance continues, they will be asked to leave the ice under the Hull Culture and Leisure Anti-Social Behaviour procedure.