
	<b>ICE SKATING</b>	
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**DESCRIPTION:**

This is usually done as a recreational activity. At any higher level all recommendations for teaching and safety must be followed.

**QUALIFICATIONS:**

There are no specific qualifications required for leading this activity at recreational level other than it would be an expectation that staff have experience of the activity.

At any higher level the instructor must have the appropriate instructor award for leading the activity

**STAFFING RATIO:**

It is recommended that for recreational skating this should be 1 / 10 with a minimum of 2.

**PROTECTIVE EQUIPMENT:**

Warm clothing and gloves must be worn when on the ice. It is a recommendation that hard shell head protection is worn if this is available and also that elbow and knee pads are worn if available.

For all other skating sports the full safety apparel must be worn that is relevant to the sport.

**HAZARDS:**

- Cold
- Cuts from ice skate blades
- Wet clothing sustained from slips and falls
- Injuries sustained from slips and falls

**GUIDANCE:**

It is important that participants follow the skating rink code of conduct for movement direction and behaviour when on the ice.

**OTHER INFORMATION**

National Ice Skating Association: <http://www.iceskating.org.uk/>