



Start and arrival at the ice rink

When you come for the first time at the beginning of the season, please arrive on time. The start time of the skating school lesson means the start of ice time. When entering the ice rink please sign up to a MTK supervisor who can be found at the information desk. Upon registration you will get your panda pass and your first sticker. You can try out one to two times with the membership price. Of the membership payment and skating school, you will get a bill via email.

Figure skating is a happy and fun sport, which can give you the most memorable and special experience for kids, youngsters and even adults. MTK is a figure skating club which strives to give coaching at every skill level, in singles and in synchro. The supervisors and coaches strive to find a group for everyone at the beginning of the season. But if you want to ask or confirm about the groups, don't be afraid to ask the coaches, supervisors, or the club representee. Skating school is the perfect place to learn the basic skills of skating. You can be as long as you want or need to be in skating school, but if you at some point want more challenge, are there development groups in singles and synchro from school ages upwards.

Panda pass & Registration for lessons

At the rink there can be found an info spot, which you should visit during the first two weeks of skating school: weeks 2&3. At the beginning of the season there will be shared a panda pass. Please write your first and surname on it. The name tag must be attached to the child's clothing in a visible place and it must be worn during every skating lesson. From the name tag, the instructor recognizes the child as an MTK skater and it also acts as a membership card. Please also always sign up at the info spot before the ice sessions. At the info spot you will get a sticker in your panda pass, once there are enough stickers you will get different benefits. When your panda pass is full, you will get a small gift. During the season you will also get feedback and stickers from your supervisor or coach. Please be on time for the ice sessions, so that we can start them on time. The skater should be at the edge of the rink before sessions start. The skating school info/ registration will open 30 min before session start and will close 5 min before session start. However, if you are late, write the date of the skating school lesson in place of the stamp in your Panda pass, and you will receive two stamps next time. **Starting from week 4, you will receive a sticker from the instructor when you come to the ice, so please always bring your Panda Pass with you to the sideline.**

Seasonal calendar

In skating school, you skate to a seasonal calendar. In the calendar there can be found Parent info days and special days such as friend day, panda disco and for all the groups a common Christmas/Spring celebration. Please be sure to look at the calendar! The calendar will be sent to everyone via E- mail, but it can also be found at the club's website.

Diplomas

For finishing skating school, you will get a diploma. The receiving of the diploma will happen either at the spring or Christmas celebration at the end of the skating season, where all the skaters will perform.

Equipment

Having good equipment will bring the skater more comfort and will promote learning. **The skates** should be as supportive at the ankle as possible and comfortable, also the size should be right. Figure skating boots are different to training skates from supportiveness and blades. The toe picks on a figure skating boot are needed when skating and are not to be made smaller. The laces of the skate should be tied up so that they don't cause danger on the ice. Please remember that the laces should not be tied around the skate. The best place for buying new figure skating boots is at **a specialty store** for figure skating equipment. **Please note that we don't borrow or rent any skates.**

Remember to use blade guards when walking with skates at the rink. It is recommended to use normal socks instead of thicker wool socks even though the rink might seem cold. The blades on the skates should always be dried after the ice session and stored without blade guards, to keep the blades from rusting. Because of the ice rinks being cold, be sure to dress warmly enough. In skating school, it is preferred to dress in clothes suitable for skating, for example a skating leotard or dress. Please be sure to leave scarfs at home. Using a helmet is allowed and, in the beginning, even recommended. When leaving the helmet at home the first time it is recommended to use a hat or thicker head band on the ice. In the cold ice rink, it is also important to use gloves when on the ice. It is important that the skating clothes and gear are clean so that also the ice stays clean. Please mind that MTK will not be responsible for lost, dirty or broken property that may occur during your stay at the rink.



Specialty shops & sharpening

The most important equipment for a skater is good skates. Proper brand skates (e.g. Risport, Edea, Wifa, Riedell) are purchased from a shop specializing in figure skating accessories, e.g. Lucky Skate, Pakilantie 95, 00670 Helsinki or Skateshop, Malminraitti 17 , 00700 Helsinki. The shops sell both new and used figure skates. Sharpeners in the Helsinki region can be found, for example, in: Vuosaari Ice Hall Prosharp.

On the ice

Please make sure to eat before the ice session, and make sure to come without anything in your mouth on the ice. Also please use the bathroom before the ice session. The supervisors and coaches will take care of the kids on the ice, so we ask the parents to keep distance during the session. Please note that parents cannot come skating with their child. At the beginning of the season there will also be some of the skaters from the competition groups assisting. The sessions can be watched. You can watch the lesson from the upper stand of the ice rink. Please do not lean on the plexiglass during the ice session. Also, the substitute bench is of the limit during the ice sessions and can only be walked on by skates to avoid dirt getting on the ice. At the beginning of the season all skaters get a marker tape that will tell in which group the skater is. The marker tape should be attached to the right skate and should be always visible.

Insurance and pass

Skating school skaters will be insured by Still's skating school pass. The skating school pass is mandatory for everyone. Please make sure that the child's personal identification number can be found in our MyClub system. Only like this can we insure your child.

Absences

In case of an absence there is no need to inform us. Please also notice in case of absence, is there no possibility to replace the missing session.

If you want to skate more, please be sure to contact one of our supervisors or the manager of the skating school. Don't be afraid to ask us anything in your mind, we will do our best to help.

Happy Skating!

Ask us: info@myllypurontaitoluisteluklubi.net

www.myllypurontaitoluisteluklubi.net