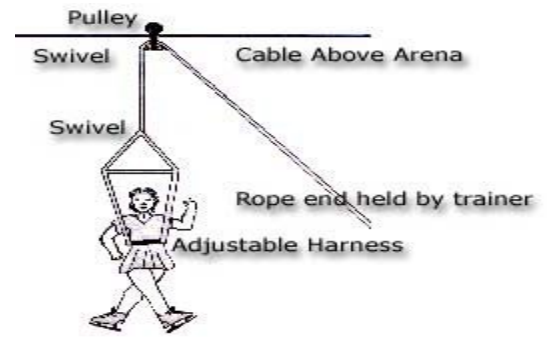


# Niles IceLand Jump Harness Rules and Policies



1. Prior to using the figure skating jump harness at Niles IceLand, figure skating coaches must have a valid certificate of liability insurance with Niles Park District named as additionally insured, on file in the front office.
2. Only ISI, PSA or USFS Professional Members will be granted permission to use the skating jump harness.
3. The harness will be stored in the office of the skating director. Any coach planning to use the harness must ask either the skating director or one of the assistants to the skating director to get it from the directors office. At no time should anyone other than the aforementioned be in the skating directors office.
4. It is the responsibility of the coach that uses the jump harness to ensure it's safe return to the skating directors office. Failure to do so will result in a loss of jump harness privileges for that particular coach.
5. Any coach wishing to use the jump harness must have an on ice training session with the skating director prior to using the jump harness. This on ice training will be at the convenience of the skating director.
6. The coach is responsible for the skater's safety and actions while using the jump harness during a private lesson.
7. Jump harness time should be no more than 15 minutes so that all who want to use the harness have time to do so on a freestyle session. Abuse of the time limit will result in a schedule and sign in sheet to be put in place.
8. It is the coach's responsibility to properly attach the harness to lifting rope and secure the skater at the start of their training session.
9. It is the coach's responsibility to remove the harness from the lifting rope at the end of their training session and return it to storage.
10. It is the coach's responsibility to only put skaters on the harness who are "ready" and are working on jumps that require use of the harness. Learning a waltz jump for example is not acceptable use of the harness.
11. Absolutely no horseplay or unsafe actions on the harness will be tolerated by any coach or skater.
12. Instructors must skate side by side in a parallel line, with their skater. If the harness is not permitting the skater natural flow, rhythm, speed, and direction, it is not a help to the skater. Having the skater jump and land, when the instructor is not lined up with the skater will result in poor landing perception, no landing flow, poor landing technique, and is improper use of the harness.
13. The harness is for safe support and guidance only. The harness is a useful tool in aiding the skater safely through techniques. The harness is NOT intended to support the full weight of the skater doing the jump.
14. The coach and skater using the harness need to yield to the soloist with the vest. The skater wearing the vest has the right of way.
15. During crowded freestyle sessions, safety of everyone should be taken into consideration when using the harness. If there is an issue of safety the harness will not be permitted to be used.
16. The Skating Director and Rink Manager reserve the right to refuse the use of the harness by any instructor at any time.

**Extreme caution must be used at all times when using the jump harness.**

**Failure to comply with these policies will result in loss of permission to use the jump harness.**

I have read and understand the rules and policies related to the use of the jump harness at Niles Park District IceLand. I agree to abide by these rules and policies and understand that my privileges to use the harness may be revoke for any abuses and/or violations of the policies.

**Coach's name:** \_\_\_\_\_

**Coach's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Skating Director Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date of harness training:** \_\_\_\_\_