



## Public Skating Rules:

1. Must respect all Olympic Oval staff members and users.
2. Helmets are MANDATORY for all ages and skill levels during public skating.
3. Please refrain from reckless behavior. Tag, play fighting, racing, etc., is NOT allowed.
4. Please do not carry children while skating.
5. Stay off the ice during flooding and do not return until directed by the ice patrol.
6. MUST YIELD TO ZAMBONI and ice patrol STOP sign.
7. No boots or shoes allowed on ice. Skates ONLY on ice.
8. Do not walk on the cement with skates. This will damage skate blades and the concrete.
9. Coaching/practicing skating drills on the ice is not allowed.
10. Hockey sticks, pucks, rings, and other sporting devices are not allowed on the Oval ice surface.
11. Food and drinks are not allowed on the ice.  
They can be enjoyed away from the ice.
12. Please do not lean, sit, or push the blue mats and grey bumpers surrounding the ice.
13. Skate in a counter-clockwise direction ONLY.
14. Please do not throw or kick gloves on ice.
15. Strollers are allowed on the ice as long as the child is safely strapped in.
16. Wheelchairs are allowed on the ice as long as the user is wearing a helmet.
17. Fast speed skating is not allowed on the Oval ice during public skating.

## Public Running Rules:

1. ALL RUNNERS MUST YIELD TO ZAMBONI.
2. Must respect all Olympic Oval staff members and users.
3. Run in a counter-clockwise direction ONLY.
4. Slower runners/walkers stay to the left lane. Allow passing ONLY on the right.
5. Access limited to 450m two lane running track.