

RULES AND REGULATIONS

☆ Skate Rink Users

1. Long-blade speed skates are not allowed.
2. Wear protective gloves when skating.
3. While skating, exercise good sense and safety in addition to these rules:
 - No high speeds • No zig-zagging • One-way, circular course
 - Don't cut in front • Don't skate 3 or more abreast
4. Do not sit on or jump over the fence.
5. Drinking and smoking in designated areas only.
6. Practice good standards of conduct and be courteous to those around you.
7. Obey the skate rink guide/leader.
 - * Failure to obey these regulations will result in ejection from the rink.

☆ Skate Rental

1. Bring admission ticket and rental ticket to the rental office. Provide your size and type of skate.
2. Beginner skaters must wear a helmet. Please inform office.
3. When returning rental skates, bring rental ticket.
4. Skates must be laced and tied upon return.

Rental List

Type	Size
Figure	16 cm ~ 30 cm
Hockey	22 cm ~ 28 cm • 31 cm
Half Speed	23 cm ~ 28 cm

☆ Training Room Users

1. Training shoes and appropriate attire must be worn.
2. Always do warm-up and cool-down exercises.
3. Pace and type of training varies with each person.
4. Take care not to over-exert yourself.
5. Follow safety instructions when using equipment.
6. Don't interfere with others who are training.
7. Safeguarding your valuables is your responsibility.
(Coin lockers are located in the changing room.)
8. If you have any physical ailments (such as asthma, heart condition, high blood pressure, etc.) please consult a physician before training.