

BEFORE SKATING, PLEASE NOTE...

You may fall over!

We have knee pads and helmets in all sizes – just ask

All shoes, socks and bare feet are prohibited

Not suitable for skaters with knee, back or neck problems

Not suitable for anyone with a heart condition or pregnant

Babies and children must not be carried on the ice

Under 12 year olds must be accompanied by an adult

HOW TO BE THE PERFECT SKATER!

Hold skates from the top of the boot, not by the sharp blades

Check your skates are correctly tightened before skating

Follow the direction of the traffic flow (anti-clockwise)

Listen to our team and follow their instructions

Maintain a safe and moderate speed and don't endanger others

No racing, no chains and no playing tag

Enter and exit the ice surface carefully, when instructed

If you're unsure of anything, please talk to our team