



## *North Atlantic* **Figure Skating Club**

PO Box 6052 · Falmouth, ME 04105  
207-781-5058 · [www.northatlanticfigureskatingclub.org](http://www.northatlanticfigureskatingclub.org)

### **JUMP HARNESS POLICY**

1. Only U.S. Figure Skating Professional Members and/or PSA member coaches, approved by the Skating Coordinator or Club Management, will be allowed to operate a jumping harness, pole harness, or spinner harness. Prior to using the NAFSC owned jumping harness or spinner harness, figure skating coaches must provide a valid certificate of liability insurance to be filed in the NAFSC office.
2. Only Skating Professionals who have been trained may operate the NAFSC on-ice jump harness and NAFSC off-ice spinner harness.
3. Any Skating Professional wanting to use a personal harness (not owned by NAFSC) must complete the following steps before use can be approved:
  - a. Provide a valid certificate of liability insurance with North Atlantic Figure Skating Club and Family Ice Center listed as additionally insured. This certificate will be maintained in the NAFSC office.
  - b. Sign a hold harmless agreement that will be kept on file in the NAFSC office.
  - c. Personal equipment owner is responsible for upkeep and maintenance and is expected to have equipment inspected and replaced accordingly.
  - d. Sign a release verifying they have been trained in using the equipment.
4. A privately-owned harness can be operated **ONLY** by the Skating Professional who owns it and has completed the appropriate steps for operation on freestyle ice.
5. All skaters must be U.S. Figure Skating members and must sign an annual liability waiver before being permitted to use any NAFSC owned or privately-owned harness. If under 18 years of age, parent/guardian must sign waiver.
6. The use of any harness during NAFSC freestyle ice is governed by the following rules:
  - a. Use is prohibited when there are 15 skaters or more on freestyle ice.
  - b. **ONLY ONE** harness can be used at a time.
  - c. Use is limited to 15 minutes per skater when more than one coach wishes to use a harness. A signup sheet will be provided if needed.
  - d. When there are fewer than 15 skaters on freestyle ice, the following stipulations for harness use apply:
    - 1) Only skaters on lesson with a coach will be allowed to use a harness.
    - 2) All coaches/skaters using an on-ice harness need to yield to skaters wearing a pinnie and/or performing their program (if pinnies are not in use) as indicated in the right of way rules listed in the Code of Conduct and Disciplinary Procedures.

7. The NAFSC jump harness equipment and spin harness equipment will be stored in the club office when not in use.
8. The North Atlantic FSC releases Family Ice Center from any responsibility for the harness except the cable and support systems of the NAFSC owned harnesses. These will be inspected and certified yearly by FIC rink staff.
9. The Skating Coordinator and/or Club Management reserve the right to refuse the use of any harness at any time.
10. NAFSC reserves the right to amend this policy as needed.

**Extreme caution must be used at all times when using a harness.  
Failure to comply with these policies will result in loss of permission to use a harness.**

Revised:        January 1, 2022