

SPRING 2016

# EDGE

*The professional journal for the ice skating industry*

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**SPECIAL**  
PULL-OUT CONFERENCE SECTION

AED UPDATE

LED TECHNOLOGY

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For more information, contact the ISI office at 972-735-8800.



*Ice Skating Institute*





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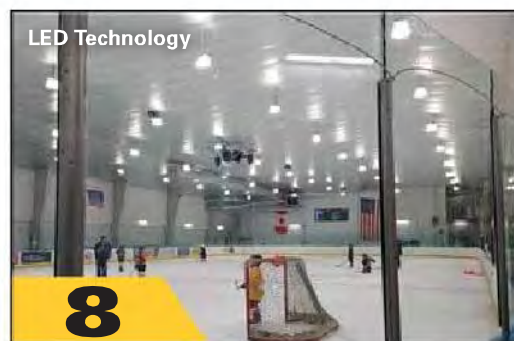


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and services to the ice skating industry.

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## ISI EXECUTIVE DIRECTOR PETER MARTELL TO RETIRE



ISI Executive Director Peter Martell, former president of the Ice Capades Chalets, will retire, effective Aug. 26, culminating a 19-year career with the association.

"The imprint he leaves on our industry goes far beyond his leadership roles with ISI," says ISI President Rob McBride. "He has spent a lifetime improving and professionalizing ice facilities. His commitment to the ISI principles of education, lifelong participation and the responsible growth of our industry and sport has resulted in advancements that would not otherwise have been possible."

### Some of the remarkable accomplishments that have occurred under Martell's leadership include:

- Creation of the Ice Arena Institute of Management (iAIM) training and certification program.
- Increase in the number of and participation levels in ISI national recreational skating events.
- Formation of the *weSKATE* instructor training program.
- Addition of a recreational hockey program, which increased individual membership.
- Formation of ISI affiliate organization in Asia, following negotiation of a licensing agreement.
- Growth of print and digital communications with smart device applications.
- Development of management software packages for ISI skating schools and competitions.
- Inception of an historic joint education agreement with the Professional Skaters Association.
- Purchase of first ISI-owned headquarters (in Plano, Texas).

### Early Years

After graduating from Ohio University, Martell managed the original Sky Rink in New York City, N.Y. He later worked for the Ice Capades Chalets — the largest commercial ice arena management company at the time — where he advanced in his profession, eventually serving as president of the organization.

Following his 17-year career with "Capades," Martell founded Sports Management Services, an ice arena management and consulting firm. He also served on the ISI board of directors for

# CrossCuts

17 years as commercial rinks representative and vice president. In December 1997, he was named ISI's executive director.

A search committee is currently recruiting qualified candidates to succeed him. For more information on the ISI executive director position, please visit the ISI website at [skateisi.org](http://skateisi.org).

## ISI ANNOUNCES PRO-RATED HOCKEY TEAM RATES

ISI announces its pro-rated *hockey team membership registration rates*, available March 1 through Aug. 31.

Rates are as low as \$200 for a youth team and \$275 for an adult team. For more information, contact the ISI office at 972-735-8800.



## RECREATIONAL ICE SKATING MAGAZINE NOW LIVE AT RISONLINE.ORG!

It's official! *Recreational Ice Skating* magazine can be found at its new home at **RISonline.org**.



Your ISI skaters, coaches and skating directors no longer have to wait for it to arrive in the mail. Now, with just a click of a mouse or the swipe of a screen — at any time and from anywhere — they can stay up-to-date on ISI news, events and coverage.

Those visiting the digital publication via their Android mobile device can download the RISonline app immediately. The iPhone app will be available shortly!

With our new digital format, we'll be able to deliver informative and entertaining articles and images to our readers — content that inspires them to continue skating in ISI programs and in your rink/s — on a more frequent basis. Spread the word! *RIS Online* will feature fresh content monthly and best of all, it will be available 24/7.

## BELMONT ICELAND ANNOUNCES CLOSURE

East Bay Iceland, the company that owns Belmont Iceland, has announced that the nearly 60-year-old facility will close by the end of April, citing rising capital expenses. Formerly known as Bel-Arena, Iceland was a charter member of the ISIA and has been a loyal supporter and member for over 50 years.



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*In deciding whether or not a defibrillator is needed at your arena, keep in mind that you have employees, skaters and spectators in your facility and their health and safety should be considered.*

# To Defibrillate or Not?

by Tom Morton

THE PURPOSE OF this article is to provide food for thought for ice rink managers to consider when addressing the question of whether the ice rink should have a defibrillator available at the rink. As with any safety equipment, there are both pros and cons to consider.

An automated external defibrillator, commonly referred to as an AED, is a small, portable electronic device designed to deliver an electric shock to the victim of a sudden cardiac arrest (heart attack). It is said that ventricular fibrillation may be restored to normal rhythm up to 60 percent of the time.

OSHA reports that approximately 890 deaths from heart disease occur outside of the hospital or emergency room daily — the majority caused by sudden loss of heart function.

Chances of survival from a sudden heart attack diminish by 7 to 10 percent for each minute without immediate CPR or defibrillation, according to OSHA. After 10 minutes, resuscitation rarely succeeds.

## State Regulations Vary

OSHA does not presently have a defibrillator regulation; however, OSHA does address exposure to first aid hazards in various specific standards for general industry.

There is no common law duty for a business to have an AED. However, depending on the state in which your rink is located, you may be required to have an AED. Therefore, each ice rink manager should determine whether their individual state has a regulation pertaining to defibrillators.

While space considerations do not allow a detailed review of each state's requirements, note that 50 states either have enacted legislation or have pending bills related to defibrillators. They relate to a variety of matters that may or may not specifically apply to an ice rink. Simply as a general overview, some states have required defibrillators in schools, health clubs, day care centers, dental offices, places of public assembly, athletic facilities, etc.

In the past, some businesses have expressed concerns regarding legal liability and litigation. They have perceived such concerns as a barrier to purchasing and using an AED. Some have also expressed concerns regarding the need for ongoing employee training in the use of an AED and cite its added cost and affect on insurance premiums.

On the other hand, those who are in favor of having a defibrillator available in any facility, including an ice rink, say that the possible saving of a life is reason enough to have one.

Some states, such as New Hampshire, Maine, Connecticut and New Jersey, have "Good Samaritan Protection," which protects certain persons and entities from liability in connection with the use of an AED. Rink owners need to consult with their own attorney regarding their use of an AED.

In deciding whether or not a defibrillator is needed at your arena, keep in mind that you have employees, skaters and spectators in your facility and their health and safety should be considered.



*Perhaps, it makes good sense for an ice rink to have a safety training program for employees, as well as an emergency plan, and to disseminate information by way of a notice posted or printed on a handout regarding the location and availability of emergency equipment, including an AED.*

## Duty to Disseminate Information

In a recent wrongful death lawsuit\* involving an AED and an ice rink in California, the California Court of Appeals considered the question of the legal duty of the ice rink facility “to provide information and notice to invitees — including the participants, officials, coaches and members of organizations that defendants regularly invited to participate in athletic events organized and sponsored by defendants on their premises — as to the existence, availability, location and purpose of all medical emergency response equipment, including AED units, and to effectively establish, disseminate and set into action a medical emergency response plan in the event of an emergency.” After an extensive review of common law, California statutory law and other legal precedents, the court ruled that “based on such precedents” the court “cannot find a legal duty in the circumstances here sufficient to support tort liability on the part of the ice rink facility.” The decision was welcome news to the ice rink.

Briefly stated, the facts are that on February 5, 2004, a 17-year-old hockey player, was participating in a tournament game at the rink. During the game, the player experienced a sudden cardiac arrest and collapsed on the ice. Some individuals applied CPR, but the player died. No one was aware that an AED was available on the wall where the player had collapsed. Hence, it was not used. The player’s parents brought a wrongful death action against the business entities that operated the ice rink. The parents contended that

the facility owners and operators had a duty to provide information and notice regarding the AED and that they had breached that duty.

As noted above, the California Court of Appeals ruled in favor of the ice rink, holding that the rink had no such duty. It is not the intent of this article to review all of the legal issues and the precedents that were addressed by the court. Of particular note, however, is a strong dissent by one of the judges. He stated that his analysis focused “*on the failure of the ice rink facility to have an emergency plan to disseminate information concerning the location and availability of whatever emergency equipment may have been present at the ice rink (whether an AED or other equipment) in the face of high-risk activity resulting in injury.*”

It must be kept in mind that this case involved a California State Court decision. The result reached in that case may or may not be the same as the result that might be reached in another state court jurisdiction.

## Emergency Plan

The purpose of this article is to address the opinion of the dissenting judge regarding dissemination of information pertaining to “emergency equipment.” In essence, the judge concluded that the ice rink had a duty to disseminate such information.

Perhaps, it makes good sense for an ice rink to have a safety training program for employees as well as an emergency plan and to disseminate information by way of a notice posted or printed on a handout regarding the location and availability of emergency equipment, including an AED. Many businesses have adopted an

Injury Prevention Program, commonly referred to as an IPP. In most instances the IPP includes availability and location of emergency equipment. Why not do something similar in your rink? After all, safety in the ice rink industry is certainly of major consideration. The availability and location of emergency equipment in an ice rink is a safety factor that a rink should want to share with those who use or visit its facility, including employees of the rink.

*\*California Court of Appeals, Sixth Appellate District, case No. H029936, filed 5/24/07.*



**Tom Morton is the senior member of the law firm of Morton, Morton & Associates in Zebulon, Ga. He is a longtime member of ISI and serves on the NEISMA Board of**

**Directors. ISI recently presented him with its Albert E. Tyldesley Excellence in Safety Award. He has authored numerous articles pertaining to safety in the ice rink industry.**

## AED RESOURCES

**For more information on AEDs and state laws pertaining to them, please visit [cpr.heart.org](http://cpr.heart.org) and [redcross.org](http://redcross.org).**





# LED TECHNOLOGY

## A GAME CHANGER FOR ICE RINKS!

by Bill Zak

OVER THE PAST 25 years, I have spent more time in ice arenas than I care to admit – first as a hockey dad driving my three sons to youth travel hockey games at scores of rinks throughout the Northeast, and later as a lighting consultant working with rinks to help them reduce energy consumption. In this role, I quickly recognized the need for better and more efficient lighting in ice rinks.

In 2002, I co-founded a lighting design company called IntellEnergy, LLC. We offered a custom designed high-intensity, energy-saving fluorescent luminaire (Arena Star Fixture) used specifically in ice rinks.

Typically, the fluorescent technology reduced lighting energy costs by 50 percent or more, improved the light levels by 40-percent-plus, and saved rinks ongoing maintenance costs due to its longer lifecycle. IntellEnergy installed the Arena Star Fixture in over 300 rinks in the country. Fluorescent lamps were considered the best lighting source for ice rinks.

In recent years, however, LED has found its way into the commercial and industrial

lighting sector as LED efficiency (lumens per watt) increased drastically. LED is now surpassing the more traditional HID and fluorescent lamps in popularity. In the last 18 months, LED has gained acceptance in high-bay applications and is quickly being recognized as an excellent luminary source for ice rinks.

Other benefits of LED lighting include a significantly longer life (80,000 to 100,000 hours) and zero maintenance (for at least 8 to 10 years). If a rink keeps these lights on at full output for 18 hours daily, they will last 15 years.

In the past 14 months, many rink owners have asked me: “Are LEDs worth the investment? Can they effectively light up the ice since the arena is a high-bay application?” (*In the past, this was a major challenge for LEDs in terms of light levels and optics.*)

### DIMMING = SAVINGS

Rink owners who have used our company to upgrade to LED (one-for-one replacement) in the past year have reported a 30-percent energy savings.

The ability to control the light fixtures via a dimming platform is the key, or “game changer,” to ice rink energy savings. Our experience has been that most rinks only need full illumination about 10 percent of the time.

A dimming platform provides customization through smart devices that can provide an additional 30 to 50 percent in energy savings. This wireless control system can easily and quickly adjust light levels to fit various events, eliminating the need to leave the fixtures on at full illumination the entire time the rink is in operation.

For example, the following foot-candle levels are guidelines for various events:

- |                           |             |
|---------------------------|-------------|
| • High School/Prep School | 65 to 75 fc |
| • Figure Skating          | 40 to 45 fc |
| • Public Skating          | 30 to 40 fc |
| • Ice Maintenance         | 10 fc -     |

When selecting a wireless control system for LED, look for one that is both simple and sophisticated and has a wide range of functionality and controllability from any on-site or remote location.



**Wonderland of Ice in Bridgeport, Conn., converted to LED lighting in 2015.**



The following are suggestions to consider when converting to LED:

- Consider a quality manufacturer who offers a minimum seven-year warranty, has a track record, and is based in the United States. As mentioned, LED is a new, high-bay technology.
- Choose only fixtures that have Design Lighting Consortium/Energy Star approval ratings. One or both designations may be essential in order to receive rebates from your local utility.
- Select an experienced vendor who has worked with ice arenas, since they are not standard high-bay venues.
- Require a point-by-point foot-candle diagram based on the fixtures' IES file to determine what the foot-candle levels will be at full lumen output when installed. From full lumen output, one can always dim the lights but never increase the output.
- When converting, do a one-for-one fixture replacement if possible. It will help you save on labor and material expenses.
- Select a fixture that has an effective thermal design and optics. Both features play critical roles in the rate of lumen depreciation and uniformity of light levels across the ice surface.
- Pick a 5000k color temperature for best color rendition. It gives players a better view of puck movement.
- Select a durable fixture that won't break if it happens to get hit by a puck.



**Bill Zak is a founder and managing director of IntelliEnergy in Darien, Conn. The company has been designing, selling and installing energy efficient lighting systems for ice rinks and parking garages for over 14 years. He can be reached at [bz@intellenergy.com](mailto:bz@intellenergy.com).**

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# NEW & RENEWING ISI Administrative Members

Keeping your ISI administrative membership current is extremely important and beneficial. Your membership allows you to utilize the **weSKATE Class Management software**, keep your skaters' memberships and tests up to date – and earn **ISI Rewards Bucks** at the same time. Ongoing membership also allows you to keep pace with all that is happening at ISI and in the ice arena industry, and offers you access to the ISI educational benefits designed to help you grow and run the best possible programs for your facility and customers.

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**Allen Community Ice Rink**  
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**Bloomington Ice Garden**  
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**Bode Sports Complex **NEW****  
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Montclair, NJ

**Clearwater Ice Arena**  
Clearwater, FL

**Cottage Grove Ice Arena**  
Cottage Grove, MN

**Crown Center Ice Terrace**  
Kansas City, MO

**Darien Sportsplex**  
Darien, IL

**Dimond Ice Chalet**  
Anchorage, AK

**Dorothy Hamill Skating Rink**  
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**Doug Woog Arena**  
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**Dr Pepper StarCenter McKinney@Craig Ranch**  
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**Eagles Ice-A-Rena**  
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**Edge Ice Arena**  
Bensenville, IL

**Englewood Field Club**  
Englewood, NJ

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**Nazareth Ice Oasis**  
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Portland, ME

**Princeton Day School**  
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**ProSkate**  
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**RDV Sportsplex Ice Den**  
Orlando, FL

**Riverbank State Park Skating Rink**  
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**Riverdale Ice**  
Mamaroneck, NY

**Rolling Meadows Park District Sports Complex**  
Rolling Meadows, IL

**Sacramento Iceland**  
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**Saddle & Cycle Club**  
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**Saratoga Springs Figure Skating Club**  
Saratoga Springs, NY

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The St. Louis Park Rec Center entrance

## ST. LOUIS PARK REC CENTER

# Staying Ahead of the Curve — from Refrigeration to Recreation

by Shelby Brooks

**W**HEN ST. LOUIS Park and Rec Center in Minnesota opened its doors in 1971, the approximately 40,000 square-foot facility showcased three pools and a single sheet of ice.

Today, the impressive community “playground,” owned and operated by the City of St. Louis Park, spans 100,000-square-feet and includes two NHL-size rinks and an outdoor aquatics park with all the “bells and whistles.” And that’s not all. Plans are underway for the construction of an outdoor ice rink in addition to major renovations to the existing indoor rinks.

“The Rec Center will be undergoing major renovations beginning in March,” says St. Louis Park Rec Center Manager Jason Eisold. “Both rink refrigeration systems and rink floors will be replaced with a single ammonia refrigeration plant.

This project will eliminate the current dependency on R-22, well ahead of the 2020 EPA ban on the manufacture and importation of R-22.” (See “EPA Ban on R-22,” Page 15)

The city will apply a \$400,000 grant from the Mighty Ducks Ice Arena Grant Program to fund part of the \$4.8-million renovation project. Commercial Refrigeration Systems will install the new ice-making systems for a cost of \$2.6 million. Other improvements include LED lighting, low emissivity ceiling and new dasher boards on both rinks; new dehumidification on the west rink and an RO water treatment system and melting pit and bleacher repairs on the east rink.

Design plans for the covered, outdoor ice rink, which will operate from November through March, are being finalized. In spring, the rink will be

converted to an athletic venue with artificial turf. During summer, it will be used for ‘dry floor’ events requiring a large open-air facility, such as weddings, flea markets and other special events.

**Due to their central location within the Twin Cities, the St. Louis Park Rec Center draws skaters from surrounding communities.**







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*St. Louis Park Rec Center Skating Director Amber Karcher-Ramos, on ISI's weSKATE program:*

*"It serves as a great feeder program to our freestyle and specialty classes. We see skating, whether it be for recreation or competitive, as a lifelong sport and work hard to instill the passion for skating in all of our students."*

## Ice Arena Staff

The Rec Center's ice arena staff includes a manager, skating director, 14 skating instructors, three skating assistants, two administrative assistants and 11 maintenance workers. Many attend the annual ISI District 10 seminar as well as other local trainings, and the skating instructors participate in the ISI Judge Certification Program.

"We have participated in the ISI Judge Certification Program for several years now and I can see the positive impact it has on our skating program," says skating director Amber Karcher-Ramos. "Our staff is skilled, knowledgeable, and eager to learn more to improve their expertise... We share ideas, successes and challenges and ask one another for advice or feedback regularly.

"Our veteran staff act as mentors to the new staff. Any time there is a challenge or obstacle, we work as a team to overcome it. Our main focus is the well-being of our skaters and we work diligently to ensure they meet their goals. Our amazing coaching team is one of the biggest components of the skating program's growing success."

## ISI Programming

The Rec Center uses ISI's *weSKATE* learn-to-skate program (Tots through Delta), Figure Skating (Freestyle, Figures, Adult, Open Freestyle), and Hockey. "It serves as a great feeder program to our freestyle and specialty classes," says Karcher-Ramos.

"We see skating, whether it be for recreation or competitive, as a lifelong sport and work to instill the passion for skating in all of our students. Our adult skating classes have been growing steadily and we have some adult skaters that are now interested in beginning to test and compete."

In addition to learn-to-skate classes, The Rec Center offers three hockey programs: hockey tots (age 4 to 6), hockey skills (age 7 to 14) and adult hockey skills (age 15 and up). The adult hockey skills class is a pilot program. Several adult hockey league players started showing up for adult classes, and as it turned out, some of the skating instructors on staff had experience in power and skating skills clinics with youth hockey teams. Seeing an opportunity to meet the skaters' unique needs and grow the program, they added the adult hockey skills class.

Due to their central location within the Twin Cities, The Rec Center draws skaters from surrounding communities. User groups include St. Louis Park High School hockey teams, the Benilde-St. Margaret's hockey teams, the St. Louis Park Hockey Association (325 participants) and the St. Louis Park Learn-to-Skate Program.

## Public Skating

Open skating is offered on Mondays, Wednesdays and Fridays during the day and on Saturday mornings and Sunday afternoons. During the busiest season of the year, there are as many as 100 skaters per session on the ice. These public sessions are monitored by skate guards

who double as skating assistants for The Rec Center's learn-to-skate program. They create interest in the program by talking to open skate participants about the program's rewards.

Several instructors give private lessons during open skate, which also encourages participation in the program. Karcher-Ramos found that scheduling the weekend open skating sessions right before or after the learn-to-skate program has its benefits – an increase in attendance at open skate and an easy way for learn-to-skate participants to get extra ice time.

Recently, the learn-to-skate program was adjusted to include Sunday evenings so as to accommodate the city's large Jewish population and other members of the community for whom Saturdays are not available for recreational activities. "This adjustment has been extremely successful and Sunday evening classes are a big hit!" says Eisold.

## ISI Competitions

The Rec Center has become more involved in ISI competitions. "We recently just dipped our toes into family spotlight, rhythmic, ensemble and interpretive," says Karcher-Ramos. "ISI events provide so many options to have fun in a team atmosphere. They have brought our competitive skaters, their families and coaches closer. We are all so supportive of one another and extremely proud to represent our rink and our growing skate school. The annual spring ice show starts to peak interest for a lot of our skaters to

**The facility offers open skating five days a week, where skate guards create interest in the ISI *weSKATE* learn-to-skate program. Instructors also give private lessons during open skating, which also encourages participation in *weSKATE*.**





try competitions or it inspires them to keep moving forward in lessons. Our little ones really look up to our older freestyle skaters and coaches—striving to be just like them.”

A variety of special skating events, such as Turkeys on Ice, Goblins on Ice, Disco Skating, Spring Ice Show, Summer Skating Camp, and Skate School Open Houses, are held throughout the year and skating promos are staged from December through February at nearby seasonal rinks.

To spread the word about their programs, The Rec Center makes use of their quarterly parks and recreation brochure, the city’s website and cable TV stations, the *St. Louis Park Magazine* and through a partnership with the local school district. They also use social media, including Facebook and Twitter.

“We are always evaluating our programs and strive to better serve our skaters and families,” says Karcher-Ramos. “St. Louis Park is a great place to live and work — we are beyond grateful to be a part of such a supportive and collaborative community. It is our goal to represent our community in the local skating world to the best of our ability.”

## EPA Ban on R-22

**For more than four decades, many ice arenas have been using R-22 refrigerant in their ice making systems. However, as part of a global initiative to prevent greenhouse gases from contributing to the depletion of the ozone layer, the U.S. Environmental Protection Agency (EPA) plans to terminate the production of R-22 entirely by 2020.**

**After that deadline, ice arenas will be able to use the odorless gas for existing refrigeration systems, but they will be dependent on recycled and leftover reserves of R-22, which could become costly.**

**Rink owners are faced with a gripping dilemma. Should they (or can they afford to) shell out over a million dollars for a new system? While some ice rink owners hope to stay with the system they’ve been using by doing preventative maintenance and catching leaks before they become a problem, others, including St. Louis Park Rec Center, are taking action to transition to environmentally friendly systems that use other refrigerants.**

*For further information, visit [epa.gov](http://epa.gov)*



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# ISI Judge Certification Tests

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Jeremy Vivit



## **SILVER**

Aimee Brainard  
Wendy Bricco-Meske

Robert Campbell  
Hannah Cooney  
Claire Godfrey  
Megan Hines  
Rachelle Johnson  
Kelli Lovdahl  
JoAnn Morrow  
Cara Murphy  
Jennifer Oster  
Gina Plotz  
Crystal Richardson  
Lauren Steen  
Cody Towell  
Gabriella Weissmann



## **BRONZE**

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Stephanie Birnbaum  
Amelia Blahut  
Riley Block  
Meredith Boes  
Wendy Bricco-Meske  
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0	15	30	45	0	15	30	45	0	15	30	45	0	15	30	45	0	15	30	45
LUNCH (ON YOUR OWN)				ISI WELCOME AND INSTITUTE REPORT				ANCILLARY INCOME SOURCES FINANCIAL MANAGEMENT - PROGRAM BUDGETING REFRIGERATION THEORY - FUNDAMENTALS SYNCHRO & THEATER ON ICE TEAMS CONDUCTING GROUP CLASSES ISI JUDGING ISI NEWCOMERS MEETING CHANGING PERCEPTION OF THE ICE ARENA INDUSTRY				FOOD & BEVERAGE OPERATIONS THE BASICS OF INSTRUCTION REFRIGERATION THEORY - SYSTEM OVERVIEW DEVELOPING A PLAN FOR MARKETING & PROMOTING SKATING PROGRAMS BASICS OF BUDGETING & ACCOUNTING ISI REFEREE WORKSHOP EFFECTIVE MEANS OF SURVEYING YOUR CUSTOMERS AIR QUALITY / RINK SAFETY				CASH MAN & INVENTOR HUMAN RE FOR PROGR REFRIGERATION THEO & SYSTEM CO EFFECTIVE E MARKETING & COMPE PROGR HOW TO RUN ISI PRO 2016 ISI REVIS HIRING & TRA OWN HOC			
LUNCH (ON YOUR OWN)				PSA HOCKEY SKATING II CLASS ARENA INSURANCE - BUILDING & CONTENTS CUSTOMER SERVICE & RETENTION REFRIGERATION THEORY-HEAT RECLAIM & CONTROLS PROGRAM BUDGETING & ACCOUNTING PRINCIPLES OF RISK MANAGEMENT COMPONENTS OF ATHLETE AND COACH DEVELOPMENT SYNCHRONIZED SKATING PUBLIC SPEAKING				PSA HOCKEY SKATING III CLASS ARENA INSURANCE - LIABILITY PROGRAM MARKETING REFRIGERATION MAINTENANCE - PART 1 WORKING SYNERGISTICALLY WITH PSA, U.S. FIGURE SKATING, ISI HOSTING COMPETITIONS, SHOWS & EXHIBITIONS METHODOLOGY OF JUMPING BOUNCE BACK! RESILIENCE, MENTAL TOUGHNESS & STRONG BONDS RESUME WRITING & INTERVIEWING				PSA MEMBERSHIP MEETING EVENT & CROWD MANAGEMENT RISK MANAGEMENT REFRIGERATION MAINTENANCE - PART 2 THE SKATER DEVELOPMENT MODEL SKATING PROGRAMS - MARKETING & PROMOTIONAL STRATEGIES HOW TO BUILD YOUR SKATING "TEAM" CREATIVE CLASSES = CUSTOMERS FOR LIFE FISCAL REALITIES OF ICE ARENAS & REC FACILITIES							
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COACH FIELD				12-1 P.M. HIGH LEVEL JUMPS 12-1 P.M. TURNS AND DANCE STEPS				1-2 P.M. FUNDAMENTALS OF SPINNING 1-2 P.M. HOCKEY SKATING II & III				EFFECTIVE ADVERTISING THE USE OF COMPUTERS & TECHNOLOGY FOR PROGRAMMING REFRIGERATION TROUBLE SHOOTING RISK MANAGEMENT ESSENTIALS CUSTOMER SERVICE & RETENTION INSIDE THE SKATER'S STUDIO WITH TAI & RANDY CONCUSSION AWARENESS EVAPORATIVE CONDENSER HEALTH & SAFETY ISSUES				STUDY SESSION STUDY SESSION STUDY SESSION STUDY SESSION STUDY SESSION PSA HOCKEY SKATING II & III EXAMS HOW COACHES GROW THEIR BUSINESS WITH A CLEAR BRAND PHYSICAL ACTING FOR SKATERS HOW TO SPOT A PREDATOR			
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## Why Donate to the ISIA Education Foundation?

**T**HE ISIA EDUCATION Foundation was established to enhance the educational opportunities for ISI members by encouraging skaters to strive for educational excellence in addition to athletic achievement. The foundation believes that higher education and/or professional development will benefit skaters in their lifelong pursuits both on and off the ice.



NEW this year, the foundation is offering one year Professional Development scholarships (\$500 each) to current members of ISI for eligible programs that enhance their industry knowledge, including, but not limited to, training programs, certification programs and industry conferences. *(Scholarship cannot be applied to tuition and registration fees for ISI training and certifications; however, related fees are applicable.)*

The foundation also awards several four-year scholarships to students entering college/technical school. What's more, this year the organization introduced a one-year scholarship for skaters currently enrolled in a post-secondary institution.

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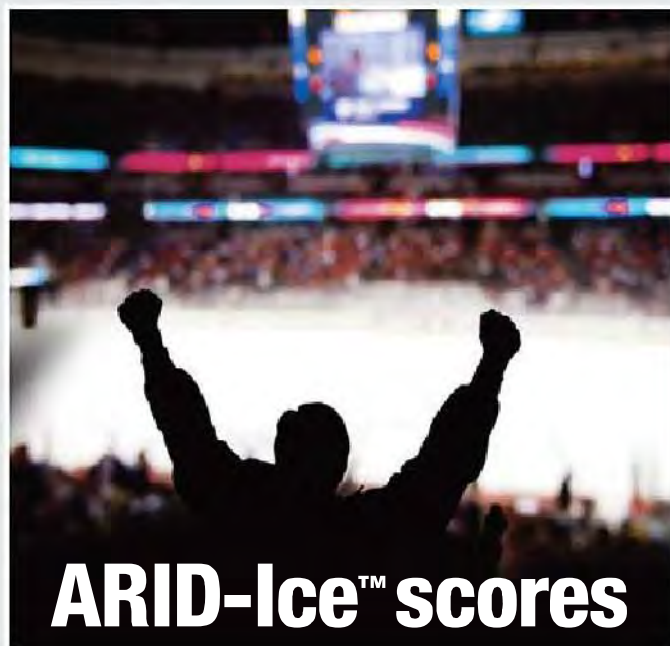
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For more information on donating to the Education Foundation or applying for a scholarship, please visit the ISI website at [skateisi.org](http://skateisi.org) or call 972-735-8800.

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# Injury Prevention in Figure Skating

by Ellen Geminiani, M.D.



**Coaches play a central role in injury prevention through careful assessment of the individual skater. Teaching development of sound skating skills, edges, control and stability is the foundation to prevent injury.**

**F**IGURE SKATING HAS evolved into a popular sport that combines the highest level of athleticism and artistry. Skaters of all ages and levels of ability pursue various disciplines of singles, pairs, ice dance, synchronized and theatre on ice.

Like all athletes, skaters are subject to injuries. Acute injuries result from a sudden fall or trauma causing sprains, fractures, lacerations or concussions. Mastery of skating requires continual practice of skills, which can lead to overuse injuries. The repetitive stress on the tissues without adequate recovery time between physical stressors can cause chronic sprains, strains or stress fractures. Overuse injuries account for more than 50 percent of figure skating injuries.

Determining the proper balance of training stress and recovery for the tissues is essential to injury prevention, but it is also extremely challenging. Numerous factors, some modifiable and others not, can influence establishing that balance. Components that are not modifiable include gender, anatomic alignment, joint mobility and rate and timing of growth and maturation. Although these factors are fixed, recognizing how they will affect stress on tissues during training is important.

## Growth Spurt Precautions

Some individuals are born with very loose ligament connections around the joints. This allows greater movement at the joints, which is often considered advantageous in achieving more extreme positions in sports like figure skating. Unfortunately, excessive movement at a joint can cause damage and destruction of the joint cartilage or growth plates.

This becomes a greater problem during the growth spurt when bone lengthens at a drastically faster rate than the muscle and/or tendon structures, creating a loss of flexibility of the joint movement. In order to achieve the desired extreme positions, the body will compensate for the loss of flexibility by using other structures including the loose joints if present. Repetitive shifting of the hypermobile joint can cause damage to the joint structures, especially in the skeletally immature athlete.

The growth spurt is a normal physiologic process that is genetically determined and can't be altered. The growth spurt, lasting about 24 to 36 months, begins at approximately age 9 to 10 for girls and age 11 to 12 for boys. For some it's a slow steady rate of growth and for others, a very rapid rate. This often creates significant changes in strength and flexibility that can lead to overuse injury. Coaches may notice subtle changes as skaters start to struggle with skills, losing technical proficiency and just seeming less comfortable with their bodies. Parents can help by advising coaches when growth is noted at home or at medical check-ups.



## Modifiable Factors

Many factors are modifiable such as strength, flexibility and fitness level. Careful attention to these factors is an essential part of injury prevention. Minimizing the stressors to joints and tissues through correct technique and pattern of movement is protective against injury. Proper technique allows development of accurate neuromuscular control and coordination. This leads to balanced muscle strength around the joints creating stability and biomechanically sound movement patterns. Ensuring that skaters are properly fueling their bodies with good nutrition plays a role in injury prevention. Coaches should develop a strategy to manage training while considering each skater's status of growth, strength and flexibility. Managing training might include modifying time on the ice, what skills are trained and decreasing volume of jump repetitions.

One of the most common issues for skaters is a pattern of muscle tightness and weakness that creates an issue with spinal alignment. Tightness in the hip flexor muscles forces the spine into an extended or sway back position. Weakness of the lower abdominal muscles and small muscles around the spine fail to stabilize the position of the spine. This causes significant stress on the bones of the spine creating a risk of stress fracture in

the back especially as skaters try to achieve extreme positions. Incorrect spinal alignment and stability will also increase the physical stress to the low back during jump landings.

Coaches play a central role in injury prevention through careful assessment of the individual skater. Teaching development of sound skating skills, edges, control and stability is the foundation to prevent injury. Awareness of a skater's fitness needs, especially through the growth spurt, is essential. Remind yourselves, skaters and parents about long-term development for safe, healthy and successful skating!



**Dr. Ellen Geminiani is a practicing physician and faculty member in the division of sports medicine at Boston Children's Hospital. She has served as a Team USA physician since 1995 and is chair of the U.S. Figure Skating Sports Science & Medicine Committee. Her skating credentials include: USFSA gold medalist in figures and freestyle, pre-gold dance level and Adult Eastern Dance champion.**

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## *Skaters At-Risk*

# Basics of Creating a Healthier Rink

*In part II of a new series of articles on eating disorders and their effect on the figure skating community, the EDGE looks at specific steps that skaters, coaches and rink personnel can take to build a body-positive ice arena.*

---

IN A STUDY published in the *International Journal of Sports Psychology*, a group of female pair and dance figure skaters were asked to fill out the Eating Disorder Inventory, a questionnaire used to assess the presence of eating disorders. After reviewing their answers, researchers found that the skaters' scores more closely resembled those of an eating disorder population than those of non-athlete girls of similar age.

Whether these results come as a surprise to readers or not, they demonstrate that the figure skating community has room to grow when it comes to raising skaters with healthy body image and eating habits. Coaches and skaters can both take actions to create a skating community that discourages eating disorders and instead promotes mental, physical and nutritional well-being.

***In addition to creating a warm and open environment, rinks can support healthy skaters by providing and/or encouraging nutritious food options. Some skaters are at the rink for hours with access to only a concession stand or vending machines.***

***Arena managers might consider stocking healthier food options like granola bars and fruit.***



### Building a Healthy Rink

As the home away from home for many skaters (and coaches!), the ice arena itself is an important place to start when it comes to building an atmosphere that promotes health and well-being.

Despite its icy and cold climate, an ice arena should exude a warm and inviting atmosphere. It already holds the unique privilege of being a place where people go to do something they love and to work off stress — a great starting place for creating a welcoming setting. Building a strong team-based spirit can help, too. Figure skaters are oftentimes individual athletes, but that doesn't mean they shouldn't be encouraged to work together and support one another. Coaches and arena staff can help foster a friendly environment by establishing open communication. Easy access to coaches and arena staff allows skaters and parents to bring up questions or concerns they might have.

In addition to creating a warm and open atmosphere, rinks can support healthy skaters by providing and/or encouraging nutritious food options. Some skaters are at the rink for hours with access to only a concession stand or vending machines. Arena managers might consider stocking healthier food options like granola bars and fruit. Or, rinks can bring in a nutrition expert to lead a seminar on packing healthy snacks from home.

### What Coaches Can Do

Sometimes, coaches joke that half their job is playing the role of psychologist — and in many ways, it's true. These men and women might be the only person a skater opens up to about their life outside of skating, especially during testy teenage years. For that reason, it helps for coaches to be educated in the basics of physical and mental health so they can recognize an eating disorder and its symptoms and risk factors (for example, depression and anxiety).



Effective and consistent communication with a skater's parents is another way for coaches to be a skater's health advocate. By getting to know their skaters' parents, a coach will feel more comfortable sharing their concerns should a skater's health become an issue (and vice versa).

If there ever comes a time when a coach feels that a skater is not healthy enough to skate, they should end the session immediately and consult with the skater and parents as soon as possible. Coaches can prepare themselves for a conversation like this by gathering resources and information (on eating disorders, mental health and nutrition) to distribute to parents.

### Share with Skaters

Make sure your skaters are aware that optimal performance requires a strong and nourished body. Making smart food choices and refraining from training too hard keeps the body energized, well-rested and ready to perform. Just as important is a skater's mental mindset. Holding oneself to unreachable standards will ultimately lead to feelings of frustration and disappointment. Instruct your skaters to strive to enter and leave the rink with a positive mindset even if they have had a tough practice session.

Encourage skaters to join and support the rink's community of skaters and coaches. Developing a relationship with a coach or someone else at the arena gives a skater someone to turn to if they're concerned about their physical and mental well-being.

***Coaches and arena staff can help add to a rink's friendly environment by establishing an open communication standard. Easy access to coaches and arena staff allows skaters and parents to bring up questions or concerns they might have.***

On the flip side, skaters can be there for one another, too. If a skater feels that one of their peers is struggling, they should not feel hesitant to speak up about their concerns.

**Article submitted by The Emily Program. Since 1993, The Emily Program's experienced multidisciplinary staff has provided exceptional care and effective treatment for individuals struggling with eating disorders and related issues, including anorexia nervosa, bulimia nervosa, compulsive overeating, binge eating disorder, compulsive exercise and related mental health concerns. Facilities are located in Minnesota, Washington, Ohio and Pennsylvania. For information, visit [emilyprogram.com](http://emilyprogram.com).**



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# The Basics of Digital Music Editing

by Tiesha DiMaggio

*Digital music is superior in so many ways — no skipping CDs, no tapes getting eaten and no scratched records. Millennials have the distinct advantage in this new world, but anyone can master basic music editing if they take advantage of some simple and easy-to-use tools and programs.*

and easy-to-use tools and programs.

## GETTING STARTED

The first thing to do is acquire music editing software. There are many programs out there that range from a minimal (or free) investment to expensive professional grade music editing software. So the question is, “What do I use?” One thing I recommend to coaches that are new to music editing is to ask colleagues what they are using. If you opt for software that others in the rink are already using, you can rely on someone to help you if you get stuck when you are first starting out.

There are many different programs that have an easy-to-use interface with pre-set functionality. Some of the more popular programs that are commonly used are SoundForge, GoldWave, WavePad, GarageBand and Adobe Audition. Many music editors have a trial edition so you can see which one best suits your needs. There are many free online tutorials on YouTube and more advanced training on websites such as Lynda.com that can help any coach become more proficient with their music editing skills.





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Once you have selected a music editor, the next step is to build your library. If you have 100s of old CDs and cassettes that you have purchased over the years, you can upload your old music library to your computer. For those who do not have an extensive music library, visit iTunes or Amazon Music for easy access to a vast amount of music that you can listen to before purchasing.

### IMPORTANT MUSIC CUTTING TIPS

- **Cut at the zero point:** The zero point is the point in the waveform where the positive and negative side of a wave meet. This is where the volume of the wave is zero. By cutting there, you can avoid clicks and pops in your audio. If you cannot cut at the zero point, cut music where the waveforms are in the same dynamic range to match volume levels.
- **Do not change the time signature in the middle of an edit:** Time signatures define the amount and type of notes that each measure contains. When you change the time signature abruptly, it sounds like your music is missing a beat.
- **Music expanding/contracting:** Make sure if you are expanding or contracting a piece of music (making it longer or shorter) that you do not do it to extreme levels. Expanding a piece of music too much can create digital voids or gaps in the music. Contracting it too much can create an overlap of sounds. Also, make sure that you choose editing software that is capable of changing the length of a piece of music without changing the pitch.
- **Raise the volume of your music sections:** (for skating programs where older sound systems are used.) Raise the volume of the sections that are low and soft to keep the dynamic range consistent throughout the piece of music. Music will still have its nuances but this eliminates the need for volume adjustment on your edited piece of music while it is playing in the rink.
- **Edit before mixing:** When mixing different pieces of music together, edit all sections first before mixing together.
- **Use tools/pre-sets:** Spend some time with your editing software practicing with the tools and pre-sets that are provided to help make cutting music sound more professional without needing to know how to do it manually.
- **Remove pops/clicks from recording:** Expand out the viewing area and put your start and finish marker on either side of the click then delete.
- **Join sections together to sound seamless:**
  - *Create zero-crossings.* As previously mentioned, cutting regions at zero crossing will start the new file from silence instead of at a point within the sound.
  - *Use cross-fading.* When overlapping regions or placing



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one directly after the other, a useful method is to apply a cross-fade across the two. A cross-fade dims the volume of one region at the same time as fading in another. The effect of this sounds less harsh on the ears than one file stopping and another starting. You can also overlap the cross faded sections using the MIX feature to seamlessly blend the two parts together by layering one over the other where the volume levels are similar.

- *Leave a natural gap in-between regions.* Listen to the files and adjust according to what it sounds like as well as what the waveform looks like. Musical files need to keep to the tempo or feel of the piece and care should be taken when aligning regions of spoken word, allowing gaps where a breath might take place.
- *Adjust the volumes of regions.* It may be necessary to adjust the volume of one region to match that of another. Although this can be done by visual comparison, it is imperative to listen to any adjustments you make and base further decisions on the audible results.
- **KISS: Keep It Simple Stupid!** Music sounds good when it is edited well. You are not getting bonus points for how many cuts you have or how many editing tools you use. Even if you can only do basic music editing, DO IT WELL. It is always fun to experiment with new tools and features, but make sure

you are completely comfortable working with them before you use them on a final edit that is given to your skaters.

After you have edited your music, make sure your creations are backed up. For anyone that has had their computer crash, it is a frustrating experience, and if you do not have your edited files backed up in an additional place, you will have to re-edit all the music that is lost. Most edited music is unique and it is difficult to recreate. It is important to make sure your creations are saved in more than one location. Music and video files take up a lot of space on a computer so it's a good idea to purchase an external hard drive with plenty of disk space. If you buy one with a larger capacity, you can also store skating videos and other files all in one location. Other options include storing music files on your computer's hard drive, a portable drive and/or using cloud storage.



**Tiesha DiMaggio is assistant manager at RoseGarden Ice Arena in Norwich, Conn. She has been giving music editing presentations at various ISI district and national conferences since 2003. She serves as District 3 director on the ISI board of directors.**

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# MIRMA CELEBRATES 40 YEARS!

by Lisa Fedick, MIRMA secretary

THE METROPOLITAN Ice Rink Manager's Association (MIRMA) celebrated our 40th anniversary in October at our annual fall meeting and mini trade show. As charter members, The Park District of Great Neck, N.Y., proved to be wonderful hosts. As members grew sentimental in approaching this milestone, we compiled a history of MIRMA and our members. Today, MIRMA enjoys the distinction of being one of the oldest ice arena trade organizations.



**MIRMA President Judy Sniffen cuts the ceremonial cake in celebration of MIRMA's 40<sup>th</sup> anniversary recently.**

Former ISI Treasurer Richard Arenella, founded MIRMA with our "original nine" charter member rinks in 1975, immediately following the ISIA conference in St. Louis, Mo. MIRMA was initially viewed as a renegade organization, but the ISIA quickly recognized that MIRMA was in fact formed to support not only the Institute's efforts at the local and regional levels but also those of the industry as a whole.

MIRMA's mission is multifaceted. First, the organization encourages and promotes ice skating in all forms as both a participant sport and a lifelong recreational activity. MIRMA hosts the annual ISI District 3 "Skate for Knowledge" Championships, which culminates in the awarding of college scholarships to qualified participants.



**Former ISI Treasurer Richard Arenella shows off his Zamboni-inspired raffle prize at the meeting.**



From left, Doug Peters, Zamboni Company; MIRMA President Judy Sniffen and husband, Burt; MIRMA secretary Lisa Fedick; ISI Executive Director Peter Martell; and Scott Lebedz of Athletico.

Our second objective is to offer information and guidance for the benefit of our members and the industry as a whole. We hold regular meetings to provide education on the best practices for operating ice arenas while fostering the exchange of information and ideas through networking.

You can find membership information, events calendars, helpful tips and a classified section at [skateMIRMA.org](http://skateMIRMA.org). MIRMA also has a social media presence on Facebook. Please "like" us!

MIRMA board members have a long, proud history of being leaders in our industry. Led by longtime president, Judy Sniffen, MIRMA is currently working with the legislatures of New York and New Jersey on regulations that affect ice arenas, particularly on the matter of indoor air quality.

## Meeting Highlights

During the meeting, Bill Zak of IntellEnergy gave an informative presentation on the recent advances in LED rink lighting.

Troy Shutler of the Rochester Midland Corporation also provided updates on the New York State cooling tower regulations, which were designed for protection against the legionella pneumophila bacteria, which can cause the potentially fatal Legionnaire's disease. The bacteria were first identified in Philadelphia in 1976. The bacteria commonly exist at microscopic levels in ground water, and unfortunately, untreated cooling towers and evaporative condensers can provide ideal breeding grounds, particularly in summer.

Once a problem unique to the Northeast, legionella incidents have now popped up in Ohio, Florida, Pennsylvania and Ontario. To date, only New York and Quebec have regulations in place.

Zamboni's Doug Peters presented on "all things Zamboni," and an active Q&A session followed.

MIRMA extends appreciation to ISI Executive Director Peter Martell

and Jim Hartnett, ISI past president, for participating in the meeting. Special thanks go to our generous meeting sponsors, Becker Arena Products, Safehold Insurance, CIMCO Refrigeration and Frontline Solutions!


## Other News

The Floyd Hall Arena in Little Falls, N. J., will host the 2016 MIRMA ISI District 3 "Skate for Knowledge" competition on Sunday, April 17. Once again, to encourage participation, MIRMA will award a full 2016 ISI/PSA Las Vegas Conference registration with a \$500 travel expense stipend to the ISI Professional member with the most event starts at the competition.

MIRMA continues to monitor and distribute proposals evolving at the state level for indoor air quality regulation. New York, New Jersey and Connecticut legislators now seem to be passing legislation back and forth as they approach this ongoing issue.

The helmet law is now on the books in New Jersey. This issue is being revisited by legislators throughout the tri-state area. As facilities, we do not want to be responsible for supplying helmets, primarily due to compliance and sanitary considerations. Corey Cash of Safehold Insurance noted that our primary defense is still the Assumption of Risk: "Skaters must assume inherent risks when partaking in the sport of ice skating."

We continue to encourage our member facilities to be proactive rather than reactive in their approach to this issue.

Two \$500 college scholarships for skaters will be awarded for the 2015 -2016 "Skate for Knowledge" competitive season. These funds will be placed in 529 accounts until released to a college or university. These annual awards are based on the quality and quantity of participation in District 3, as well as in ISI national events. One update to this program is the change in dates for our competitive season, which now runs from Sept. 1 to Aug. 31 to mirror the ISI 



# FOLLOW IN FLIP'S FOOTSTEPS TO SEE WHERE ISI TAKES **YOU** IN 2016

Being a part of ISI means that you have the opportunity to travel all over the country to perform and compete, meet new friends, see new places and, most importantly, have fun! Grab your skates, lace up your shoes and be sure to follow us to some exciting destinations in 2016!



## ISI Winter Classic

Feb. 12-14  
RDV Sportsplex Ice Den  
Orlando, FL  
Entry/test deadline: Dec. 1  
[skateisi.org/winterclassic](http://skateisi.org/winterclassic)



## ISI Synchronized Championships

April 8-10  
St. Peters Rec-Plex  
St. Peters, MO  
Entry deadline: Feb. 1  
[skateisi.org/synchro](http://skateisi.org/synchro)



## ISI World Recreational Team Championships

July 25-30  
Schwan Super Rink  
Blaine, MN  
Test deadline: May 1  
Entry deadline: May 10  
[skateisi.org/worlds](http://skateisi.org/worlds)

## ISI Adult Championships

Nov. 18-20  
Sharks Ice at San Jose  
San Jose, CA  
Entry/test deadline: Sept. 20  
[skateisi.org/adultchamps](http://skateisi.org/adultchamps)



## ISI Holiday Challenge

Nov. 18-20  
Sharks Ice at San Jose  
San Jose, CA  
Entry/test deadline: Sept. 20  
[skateisi.org/holidaychallenge](http://skateisi.org/holidaychallenge)



# CALENDAR

## ISI-Endorsed Competitions and Shows & Exhibitions

Deadline for the next EDGE calendar: March 31  
For calendar updates, see [skateisi.org](http://skateisi.org) (Events).

### COMPETITIONS

#### FEBRUARY

- 20** ..... **Brockton MA**  
FMC Asiaf Arena  
Skate for the Love of It
- 21** ..... **Vacaville CA**  
Vacaville Ice Sports  
Ice Sports Champs
- 20-21** ..... **Yankton SD**  
Yankton Kiwanis 4-H Ice Arena  
Yankton Winter Miracle 2016
- 21** ..... **Brooklyn NY**  
Lakeside Brooklyn  
Lakeside Open Competition
- 27-28**..... **Newark OH**  
Lou & Gib Reese Arena  
2016 Newark Spring Open

#### MARCH

- 4-6**..... **Northbrook IL**  
Northbrook Sports Center  
2016 ISI District 8 Championships
- 4-6**..... **Minneapolis MN**  
Parade Ice Garden  
Skate Parade
- 5** ..... **Belmont CA**  
Belmont Iceland  
Silver Spin
- 5** ..... **Roseville CA**  
Skatetown  
Be A Star
- 5-6** ..... **San Diego CA**  
San Diego Ice Arena  
California State Games

- 5-6** ..... **Natick MA**  
FMC William Chase Arena  
Natick 45th Annual ISI Competition
- 5-6** ..... **Webster Groves MO**  
Webster Groves Ice Arena  
Meet Me in St. Louis
- 6**..... **College Park MD**  
Herbert Wells Ice Rink  
Spring Invitational
- 11-13** ..... **Park Ridge IL**  
Oakton Ice Arena  
Ice Breaker Classic
- 12-13** ..... **Van Nuys CA**  
Van Nuys Iceland  
13th Annual ISI Open Competition
- 12-13** ..... **Sioux Falls SD**  
Sioux Falls Figure Skating FSC  
2016 Sioux Falls Ice Classic
- 12-13** ..... **San Francisco CA**  
Yerba Buena Ice Skating Center  
Shamrock Skate 2016
- 13**..... **Pittsburgh PA**  
RMU Island Sports Center  
2016 Shamrock Skate
- 18-20**..... **Brookings SD**  
Brookings FSC – Larson Ice Center  
Prairie Polar Blast 2016
- 18-20**..... **Jefferson City MO**  
Washington Park Ice Arena  
23rd Annual Capital City Classic
- 19-20**..... **Wasilla AK**  
Brett Memorial Ice Arena  
Iditarod Days Skatefest
- 19-20**..... **Riverside CA**  
Riverside Icetown  
Orange Twist Open
- 19-20**..... **York PA**  
York City Ice Arena  
Pennsylvania Skating Championships
- 20** ..... **Dallas TX**  
Galleria Ice Skating Center  
2016 Annual In House  
Competition at Galleria Dallas

#### APRIL

- 1-3**..... **Knoxville TN**  
Ice Chalet – Knoxville  
47th Annual Robert Unger ISI  
Team Competition
- 1-3**..... **Oldsmar FL**  
Tampa Bay Skating Academy – Oldsmar  
ISI Spring Fling Competition
- 2** ..... **Pittsburgh PA**  
Alpha Ice Complex  
Golden Blades Championship  
of Pittsburgh
- 2-3**..... **Franklin Park IL**  
Franklin Park Ice Arena  
Spring Fever Skating Competition



- 8-10**..... **St. Peters MO**  
**St. Peters Rec-Plex**  
**ISI Synchronized**  
**Championships**

- 16-17** ..... **El Segundo CA**  
Toyota Sports Center  
2016 Annual Spring Fling ISI  
Open Competition
- 23** ..... **Boxborough MA**  
Nashoba Valley Olympia Inc.  
Nashoba Valley Olympia 35th  
Annual Team Competition
- 30-May 1** ..... **Fairfax VA**  
Fairfax Ice Arena  
Fairfax Ice Arena's 2016 Annual  
ISI Competition

#### MAY

- 1**..... **Montclair NJ**  
Clary Anderson Arena  
Clary Anderson Open
- 21** ..... **Flushing NY**  
World Ice Arena  
World Ice Spring Open
- 29**..... **San Diego CA**  
San Diego Ice Arena  
San Diego Ice Arena ISI Open  
Championships



## JUNE

- 3-5.....New York NY**  
Sky Rink @ Chelsea Piers  
30th Annual Sky Rink ISI  
Endorsed Team Competition
- 4-5.....Centennial CO**  
South Suburban Ice Arena  
South Suburban Summer  
Skatefest ISI Competition
- 24-26 .....Clearwater FL**  
Clearwater Ice Arena  
30th Annual Summer Competition
- 25-26 .....Johnstown PA**  
Planet Ice  
Crown and Glory Invitational
- 25-28 .....Natick MA**  
FMC William L. Chase Arena  
26th Annual ISI District 1  
Championships

## JULY

- 9 .....Wilmette IL**  
Centennial – Wilmette  
Mid-Summer Classic



- 25-30 .....Blaine MN**  
**Schwan Super Rink**  
**ISI World**  
**Recreational Team**  
**Championships**

## SHOWS & EXHIBITIONS

## MARCH

- 4-6.....Jefferson City MO**  
Washington Park Ice Arena  
Off the Pages
- 5 .....Flushing NY**  
World Ice Arena  
Spring Showcase
- 5-6 .....Hutchinson MN**  
Burich Arena  
Skating to the Beat

- 6 .....Salem MA**  
Salem State University's Rockett Arena  
Hooray for Hollywood
- 6 .....Easton MD**  
Talbot County Ice Arena  
2016 Spring Exhibition
- 12.....Brooklyn NY**  
Lakeside Brooklyn  
Lakeside Spring Show
- 12.....Tacoma WA**  
Sprinker Recreation Center  
Hearts and Ice Camp Showtime
- 18-19 .....Luverne MN**  
Blue Mound Ice Arena  
Super Skate XXV
- 18-20 .....Findlay OH**  
The Cube: Findlay Sportsplex  
Under the Big Top

## APRIL

- 2-3.....Stevens Point WI**  
K.B. Willett Ice Arena  
Lights, Camera, Skate/Take 2
- 8-9.....Joliet IL**  
Joliet Park District/Inwood Ice Arena  
All The World's A Stage
- 9-10.....College Park MD**  
Herbert Wells Ice Rink  
The Little Mermaid
- 22-24 .....Park Ridge IL**  
Oakton Ice Arena  
Frozen Magic
- 22-24 .....Roseville MN**  
Roseville Skating Center  
Skateopoly
- 29-30 .....Darien IL**  
Darien Sportsplex  
"Blast from the Past"
- 29-30 .....Newark OH**  
Lou & Gib Reese Ice Arena  
11th Annual Jane McConnell  
Spring Ice Show
- 30 .....Wasilla AK**  
Brett Memorial Ice Arena  
Spring Fling

- 30 .....Peoria IL**  
Owens Recreation Center – Peoria  
Broadway

## MAY

- 6-7 .....Cottage Grove MN**  
Cottage Grove Ice Arena  
Flick Picks
- 6-8 .....Chicago IL**  
McFetridge Sports Center  
Peace, Love, Skate
- 13-15 .....Wilmette IL**  
Centennial Ice Rinks – Wilmette  
41-DERFUL
- 13-15 .....Franklin Park IL**  
Franklin Park Ice Arena  
Spring Ice Show
- 13-15 .....St. Peters MO**  
St. Peters Rec-Plex  
Journey to Neverland – 22nd Annual  
Spring Ice Show

## JUNE

- 11-12 .....Boxborough MA**  
Nashoba Valley Olympia  
Ice Magic 2016
- 26 .....Flushing NY**  
World Ice Arena  
End of Season Spectacular

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## And Another Thing...

**Peter Martell**  
ISI Executive Director

## Keeping Our Business Alive...

OUR ISI NEWS recently carried two stories about separate incidents in the same metropolitan area within the same week where adult hockey players suffered cardiac arrest at the rink. In both cases, the men survived due to prompt and professional response by the arena staff – with the assistance of an AED or Automated External Defibrillator.

Tom Morton's article (Page 6) details another incident where a teenage hockey player who suffered a heart attack during a game died despite the efforts of others to administer CPR. In this case, apparently there was an AED located on an adjacent wall but, unfortunately, none of the arena

staff were aware of its presence or trained in how to use it. As Mr. Morton points out, the dissenting judge expressed a strong opinion *"on the failure of the ice rink facility to have an emergency plan to disseminate information concerning the location and availability of whatever emergency equipment may have been present at the ice rink (whether an AED or other equipment) in the face of high-risk activity resulting in injury."*

These three incidents and their differing responses and results illustrate both the probability of life-threatening incidents and the importance of lifesaving equipment and training in places of public assembly – including ice arenas. While most facilities have always provided some form of basic first aid for staff and patrons, not all have provided professional training or equipment for their employees to enhance the quality of aid and, potentially, offer lifesaving assistance when needed. A recent article by Michael Phillips in the *Wall Street Journal* highlights a new White House initiative "to make tourniquets as commonplace as AEDs in U.S. schools, stadiums, airports, malls and other places of public assembly." According to

the report, "the military discovered in Iraq and Afghanistan that uncontrolled bleeding presented a far more lethal risk (than the possibility of nerve damage or permanent damage to an arm or leg), and that a patient could wear tourniquets for hours without losing limbs."

According to Dr. Alexander Eastman, a trauma surgeon and lieutenant in the Dallas Police Department, "51 of 78 major city police agencies have or are equipping officers with hemorrhage-control kits. In Dallas alone, police have saved 15 people in the past 20 months with tourniquets."

In Rochester, Minn., The Mayo Clinic provides tourniquet education to farmers at the annual agricultural show.

Considering that ice arenas are places of public assembly where patrons "wear knives on their feet" and that there are documented accounts of severe wounds causing arterial bleeding to both hockey players and skaters, perhaps hemorrhage control kits should be added to the list of essentials for every ice arena along with annual staff training on the proper use and storage of such kits.

After all, keeping our customers alive can only be good for business! ☺

## WIN A PROFESSIONAL DEVELOPMENT SCHOLARSHIP!



**Application Deadline is September 1**

The ISIA Education Foundation program encourages ISI members to acquire higher education and/or professional development to benefit them in their lifelong pursuits both on and off the ice.

NEW this year, the Foundation is offering one-year Professional Development scholarships (\$500 each) to current members of ISI for eligible programs that enhance their industry knowledge, including, but not limited to, training programs, certification programs and industry conferences. (Scholarship cannot be applied to tuition and registration fees for ISI training and certifications; however, related travel fees are eligible.)

**For details and to receive a scholarship application, go to the Education Foundation section of the ISI website: [skateisi.org](http://skateisi.org) or call (972) 735-8800.**





# MARCH TO MINNEAPOLIS!

## ISI WORLD RECREATIONAL TEAM CHAMPIONSHIPS

July 25-30

Schwan Super Rink  
Blaine, MN

*Test deadline: May 1*

*Entry deadline: May 10*



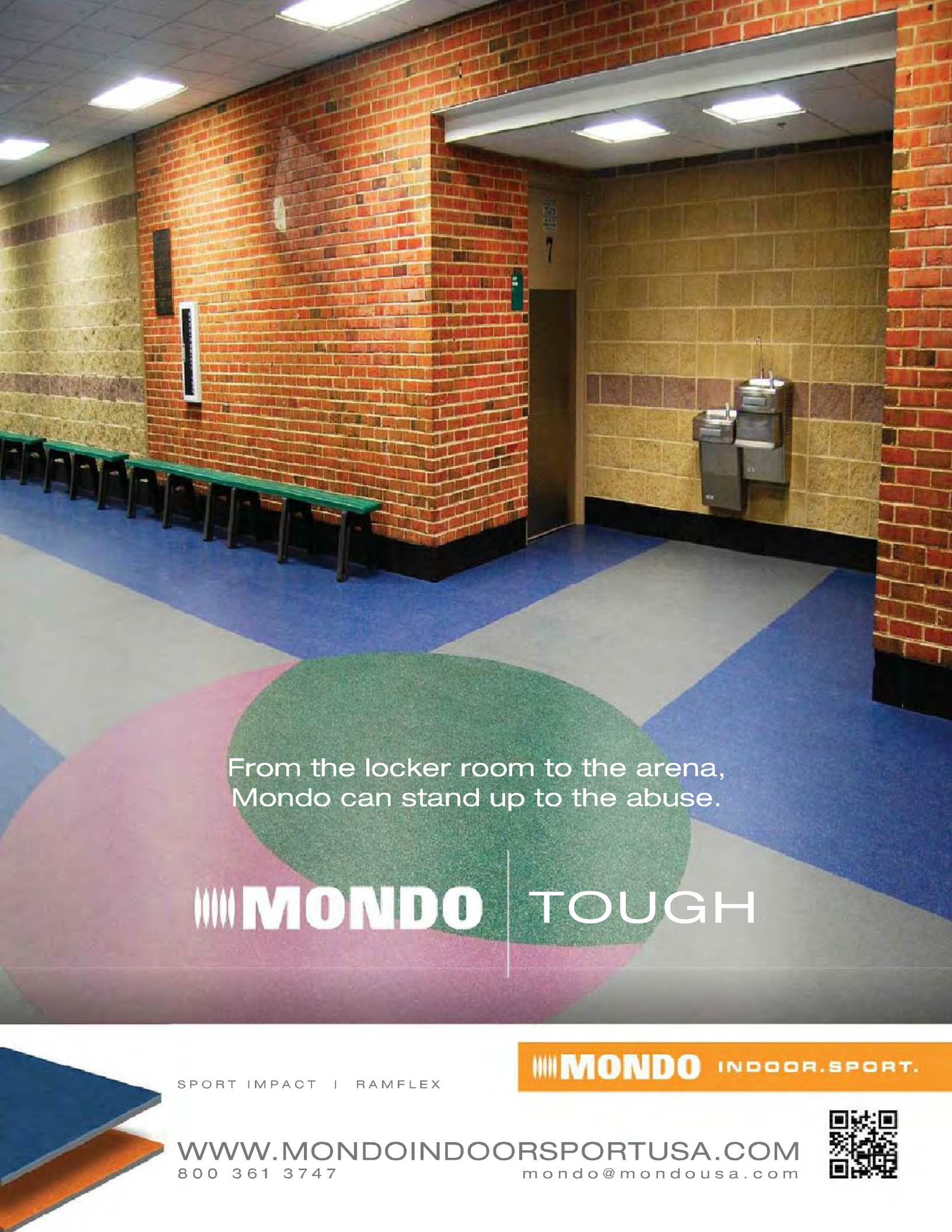
*Presented by  
Twin Cities Gateway*

Left, Left, Left Right Left...  
Your marching orders:  
Follow the North Star straight  
to ISI World Recreational  
Championships at Schwan  
Super Rink in Minneapolis. One  
of the largest amateur sports  
complexes on Earth, with a  
spot in the "Guinness Book of  
Worlds Records," the Schwan  
Rink features eight ice rinks  
under one roof! What better  
place to experience the largest  
annual recreational ice skating  
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