

**CAUTION**

# SAFETY!

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There are only a few safety rules to follow to make your experience more enjoyable.

1. Do not RUN onto the ice!
  - a. Your feet are warm and the ice is cold... It will be slippery at first!
  - b. Let your feet cool off for 10 seconds.
  - c. Then you can walk on the ice and your shoes will grip more.
2. The Rocks weigh 43 POUNDS! Please DO NOT PICK UP the rocks off the ice surface
  - a. If you drop it on your foot it will hurt!
  - b. If you drop it on the ice you will damage the ice surface!
3. Only throw rocks in ONE DIRECTION!
  - a. Do NOT throw rocks at each other.
  - b. The Rocks are irreplaceable and will break if they hit one another after being thrown from each end.
  - c. It is very dangerous if you get hit by a rock.
4. If a rock goes onto another sheet of ice, bring it back to yours.
5. Only use the Soul Gliders to THROW the rocks.
  - a. Pass it off to the next person.
  - b. To prevent any slips and falls ensure that the Sole Glider's are not left on the ice surface.
6. Have one person at the other end of the ice to catch the rocks so they do not hit the hacks, people or go onto other sheets.

“They can easily take out someone’s feet from underneath them”

- a. Do not let the rocks hit the hacks.
  - i. It will damage the hacks
  - ii. It will damage the ice around the hacks.

