



Return to Curling Guidelines V2

These Guidelines are framed with reference to the Scottish Government's advice to indoor sport and leisure operators of 8th October, SportsScotland's Operational Guidance for Indoor Ice Rinks of August, and v8 of Scottish Curling's Return to Curling Guidelines of 29th October. The last of those rightly recognises that each ice rink is unique with its own challenges to overcome to be ready and safe to reopen.

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1. Foreword

While we can prepare Curl Aberdeen for use, and organise entry and exit systems, changing and bar facilities, as well as curl in different ways from normal so as to help maintain social distancing, we are ultimately all individually and collectively responsible for our own and others wellbeing.

2. Curler Responsibilities

Scottish Government general advice currently includes:

- regular hand washing
- appropriate cough and sneeze etiquette
- being acutely aware of the symptoms of the virus
- engaging with the Test and Protect system
- isolating if you have (or someone you have been in contact with has) the virus.

Members or visitors should not come to the rink if:

- they are showing any symptoms of, or have been diagnosed with, the virus
- they have any family or household members diagnosed with or displaying symptoms of the virus
- they or their household have been asked to self-isolate as part of Test and Protect.

Members or visitors coming to the rink should:

- avoid coming to the ice rink more than 30 minutes before their scheduled game
- avoid car sharing and using public transport (if possible)
- arrive ready to play (other than changing footwear) with minimal personal items.

Members details are held by Curl Aberdeen, and their entry to the building will be recorded for Test and Protect by the swiping of their membership card upon entry. Scorecards will be used as a back up to this system. Please ensure that the name of all players is clearly written before starting play, or as soon as possible after starting. During your game, our staff will photograph the scorecards. We will keep a digital record of these for 3 weeks, in line with Test and Protect requirements.

Non members coming to the rink should sign in on the clip board in the corner of the lounge.

Face Coverings

All those entering the ice rink must wear a face covering (unless exempt), but may remove it when on the ice if playing or in the lounge sitting to drink or eat. Coaches must wear a covering when on the ice.

Physical Distancing

When not on the ice, normal Scottish Government physical distancing and household number guidelines (ie 2m and 2 households) should be followed. Spectating is not allowed other than to supervise a child or vulnerable adult. Children 11 years and younger are not required to physically distance at any time.

Physical Distancing in the Ice Rink

- To help members maintain social distancing in the rink we have created a one-way system
- Enter at the front door, sanitise your hands and swipe your membership card.
- Proceed directly to the area marked for shoe changing. Change your shoes leaving your outdoor shoes in the shoe rack. If you need to fully change please go to changing rooms (maximum 13 people at one time) to change into curling wear bringing all items out of the changing room. No belongings can be left in the changing room. These must be put back in your car or taken into the ice hall with you
- The toilets will be available with maximum occupancy of 3 at any one time
- Pay your ice fees at the bar. Card payment is preferred
- After curling please change your shoes and collect any personal belongings. It will not be possible to leave/store any belongings (including brushes) at the rink and any left may be destroyed to minimise risk of infection
- Face coverings must be worn in the lounge unless seated to eat or drink
- Each table may be used by no more than 2 households
- Curl Aberdeen staff will take your bar and catering orders at the bar. Please maintain social distancing while waiting for the bar
- Once you have finished your meal or drink please leave the table to allow it to be cleaned and sanitised for use by other members
- Follow directional arrows on the floor to the exit
- Use hand sanitiser before leaving the rink

Physical Distancing on the Ice

- All curlers delivering from the hack should have their opposition 2 meters away
- Only one designated sweeper can sweep at a time from hog to tee
- The spare sweeper stands at the side of the sheet on one of the standing marks
- The playing skip must maintain social distancing from the sweeper as they arrive in the head
- The opposition sweepers stand to the side, also on the standing marks
- The opposition skip must remain behind the far hack unless catching a stone

3. Ice Rink Responsibilities

As recommended by Scottish Government and SportScotland, Curl Aberdeen has adopted the 4 stage plan for return to curling.

The four stages are:

- 1. Plan**
- 2. Prepare**
- 3. Protect**
- 4. Review**

3.1 Plan

We have appointed a Covid Officer responsible for implementation of our Return to Curling, and for liaising with the Covid Officer that each club must appoint. They are:

- Reviewing and updating existing health and safety policies
- Confirming we have systems to record attendance at the rink
- Ensuring the staff understand changes to systems and processes (including managing the flow of members into and out of the rink, physical distancing requirements, cleaning of equipment and stones)
- Undertaking a full risk assessment of the ice rink and its plans
- Assessing our revised cleaning and disinfecting processes.

3.2 Prepare

Ventilation

We acknowledge that in poorly ventilated indoor spaces airborne aerosols are a possible transmission route and we have taken steps to increase ventilation, increasing fresh air to meet requirements. However bringing in a lot of fresh air is very detrimental to ice quality and performance, especially when external humidity is high. We have consulted with Munters, a global leader in air treatment and climate solutions, and CiBSE and modified our equipment as recommended by them. Tom Brewster, our Manager, is part of the Scottish Ice Rink Association team working closely with the Scottish Government on achieving safe air quality in ice rinks. We are confident that with 48 curlers maximum on ice there will be an adequate supply of fresh air (at least 8 litres per second per person) and 25 sq m of space per person so clearly exceeding the required 9m sq m per person. Carbon dioxide levels will be monitored to ensure air quality.

Cleaning

The entire rink will undergo a thorough deep clean before the season commences.

Once operational we will:

- Clean all equipment and furniture regularly and at the end of the day
- Identify and regularly clean all high traffic touch points (eg handles)
- Regularly clean all equipment such as desks, phones, pay machines
- Wipe the upper surface and handles of stones after each session.

Hygiene

We will provide:

- Hand sanitising stations on entry, at changing areas, and in the ice hall
- Handwashing facilities in the toilets (cleaned and restocked regularly)
- Clear marking of physical distance requirements in changing areas.

Physical Distancing

All areas of the ice rink will be open for use (ie ice pad, changing rooms and lounge), but to avoid overcrowding and manage capacity limited numbers only will be allowed to use the changing rooms and lounge at any one time.

- Distances will be marked in the changing rooms
- Spectating is not allowed unless supervising a child or vulnerable adult.

3.3 Protect

We will:

- Maintain a record of users - both members and visitors to rink and bar
- Maintain a record of scheduled cleaning as implemented
- Issue appropriate PPE to all staff
- Monitor compliance with social distancing obligations.

3.4 Review

On at least a monthly basis during the curling season we will review:

- Our operating policies in line with Scottish Government guidance
- Our risk assessments in line with above and operational experience
- Our cleaning plan and respond to any issues which emerge
- The implementation of hygiene and physical distancing measures.

We will, in addition, consider and plan for the possible increase in restrictions at any stage.

Video

A Short video will be produced before the season starts to show members the one-way system in operation and the location of the on-ice designated standing markings and other changes around the facility.

4. On Ice

- Scottish Government guidance indicates that face coverings may be removed while on the ice. Individuals are welcome to wear a face covering while curling should they choose to do so
- If curlers do not have their own brush, cue or delivery aid, one will be made available (as last season) to each curler per session and sanitised between uses
- If a measure is required, the player measuring must wipe down the measure with wipes available both before and after use
- If a player requires to clean the bottom of a stone, they should only do so using their brush head, avoiding using their hand or glove
- There should be a maximum of nine people on any sheet of ice
- Physical distancing guidance must be followed at all times

- Participants on each sheet will form a 'Field of Play Bubble', meaning that they are exempt from the restrictions on the number of households allowed to gather. Physical distancing must still be maintained within the bubble, and participants should avoid interacting with other bubbles
- With each sheet of ice having a maximum of nine people at any one-time, curling activity will remain within 30-person limit for indoor sport specified by the Scottish Government
- To maintain physical distancing, there will be some restrictions to sweeping:
- Only one sweeper is permitted, the other players standing to the side of the sheet. The sweeper should maintain a 2-metre distance from the thrower
- No sweeping is permitted behind the tee line
- Players in charge of the head will remain behind the hack when it is not their turn and should not move forward to sweep any stones
- No player should sweep any stone during the opposition's turn
- No shaking of hands at beginning or end of games. Good sportsmanship should still be acknowledged verbally
- Communication between players is important in our sport, hand signals should be the default method, to reduce shouting where possible during games
- Curlers with a disability and disability clubs should consider the further guidance issued by Scottish Curling in RtC v8 and the link there to Scottish Disability Sport

5. Version Control

Status	Date	Action
Public Version 1 to Club Secretaries	30/10/20	V1 sent to Club Secretaries and SC Covid Officer
Public Version 2 to all members	03/11/20	Updated following feedback from SC Covid Officer