



Return to Curling Guidelines

These Guidelines are framed with reference to the Scottish Government’s advice to indoor sport and leisure operators of 17th August, SportsScotland’s Operational Guidance for Indoor Ice Rinks of August, and v5.1 of Scottish Curling’s Return to Curling Guidelines of 28th August. 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. The Boards of Murrayfield Curling Limited and Edinburgh Curling Club Limited believe they have met that challenge and trust that members and visitors alike feel able to return to curling this season.

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1. Background

Professor Jason Leitch said as recently as Wednesday 2nd September “human behaviour is our only treatment against this disease”. It follows that while we can prepare ice rinks 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 coming to the rink **should**:

- avoid coming to the ice rink more than 15 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 Edinburgh Curling Club, but their participation will be recorded on an amended scorecard which **must** be completed before play commences. All names to be printed - non-members playing must provide contact details on the scorecard.

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. 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 3 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.

Return to Curling at Curl Edinburgh Season 2020/21

To assist social distancing, we will not have all 7 sheets starting at the same time. A group of 3 sheets will start followed by 4 sheets starting 30 minutes later. This will significantly reduce the number of curlers entering, exiting, and changing at the same time.

Further to this, each sheet will have stones positioned to start from alternating ends.

All games will have a bell after 1 hour 45 minutes.

Please be aware that there are now only 5 sessions per day to accommodate the staggered start of each sessions. There is therefore no late ice midweek.

Monday – Friday

Session	Early stagger	Late stagger
FIRST	09:30	10:00
SECOND	11:45	12:15
THIRD	14:30	15:00
FOURTH	17:30	18:00
FIFTH	19:45	20:15

Saturday / Sunday

Session	Early stagger	Late stagger
FIRST	10:00	10:30
SECOND	12:15	12:45
THIRD	14:30	15:00
FOURTH	16:45	17:15
FIFTH	19:00	19:30

Cashless Facility

To minimise the risks in handling cash, both boards have taken the decision that cash will not be accepted anywhere in the facility. This includes both the clubrooms and the curling hall. The only mechanism to pay is with your membership card or your credit/debit card.

We have increased the discount on purchases with your membership card in the Bar/Café to 10% but there will no longer be any discount on purchases in the shop. No discount when paying for curling.

We have partnered with a company called Wisepay to design a bespoke system that will allow you to load your membership card with cash remotely and provide a record of your purchases in the facility. This system is free to use, will speed up the transaction processing, and reduce the contact with our employees. We expect all members to sign up to this service and only in exceptional circumstances will you be able to top up your card in the curling rink. More details will follow shortly.

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 usual door (the inner door will be unlocked) and sanitise your hands
- Proceed directly to either the changing rooms (8 seats) to change into curling shoes, or use the new individual bench and shoe rack at the end of each sheet
- The toilets will be available with maximum occupancy of 4 at any one time
- 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**
- If you wish to use the clubrooms **go up the right hand side of the stairs and at the top of the stairs turn RIGHT into the balcony area**
- **Face coverings must be worn unless seated to use bar or catering facilities**
- Upstairs and around the clubrooms follow directions to an available table
- **Each table may be used by no more than 3 households**
- Place your order for drinks on the order sheet - your drinks will be brought to you
- To order food follow the directional arrows to the food display and pay with your membership card. Your food and cutlery will be delivered to your table.
- 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.
- To leave the clubrooms go through the door beside the bar, turn right and go down the right hand side of the stairs, **enter the ice hall and turn right** towards the lift.
- Use hand sanitiser before leaving the ice rink.
- A door to the right of the lift will access a corridor to the new one-way exit.

REMEMBER - STAY RIGHT TO KEEP RIGHT

Physical Distancing on the Ice

- All curlers delivering from the hack should have their opposition 2 meters away
- The designated sweeper can sweep from tee to tee
- The spare sweeper stands at the side of the sheet in one of the standing spots
- The opposition sweepers stand to the side, also in standing spots
- The skip receiving their stone may sweep from the scoring hog line to the tee line
- The opposition skip must remain behind the far hack unless catching a stone.

3. Ice Rink Responsibilities

As recommended by Scottish Government and Sportscotland, Murrayfield Curling Ltd 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 Aaron Forsythe as our Covid Officer responsible for implementation of our Return to Curling, and for liaising with the Covid Officer each club must appoint. He is:

- 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. Scott Henderson, 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 56 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.

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 each sheet
- 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 clubrooms), but to avoid overcrowding and manage capacity limited numbers only will be allowed to use the changing and clubrooms at any one time (eg 8 in changing and 50 in club rooms).

- Distances will be marked in the changing rooms.
- The lift may only be used by one person at a time - unless the user requires assistance.
- 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

Short videos 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 spots.

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 own their own brush, cue or delivery aid, one will be allocated 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 meter 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 v5.1 and the link there to Scottish Disability Sport.

Anticipated Key Dates for the Season (subject to change)

2020

Season opens	Sunday	27	September
Scottish Curling's Asham U21 Slam	Fri-Sun	9-11	October
ECC's Jackson Trophy	Sat/Sun	17/18	October
Rugby Autumn Tests (Home)*	Saturday	7	November
Edinburgh International Seniors competition	Fri-Sun	13-15	November
Rugby Autumn Tests (Home)*	Saturday	21	November
ECC Open Pairs (entries welcome)	Saturday	28	November
Festive availability (incl. Twixmas Bonspiel)	Mon-Wed	28-30	December

2021

Ladies Open, Sellar Trophy	Tues/Wed	26/27	January
Rugby 6 Nations (Home)*	Saturday	13	February
Ladies Pairs	Wednesday	17	February
Scottish Curling's Maxwell Trophy Finals	Tuesday	9	March
Rugby 6 Nations (Home)*	Sunday	14	March
Scottish Curling's Mixed Championships	Fri-Sun	19-21	March
British Players' Curling Championship	Fri-Sun	26-28	March
Season end	TBC	TBC	TBC

**We are planning to stay open during these rugby dates, unless crowds are confirmed, which may necessitate our closure for the day.*