

Returning to Curling – Beyond Level 0 Guidance

Indoor Curling		
	Adult	U18
Beyond Level 0	No restrictions on number of sweepers. No physical distancing required. No maximum number of participants per sheet.	

- All players, coaches, spectators and staff should follow the Scottish Government guidance on the use of face coverings when in an ice rink. Individuals must wear a face covering when in the ice rink. This is a mandatory requirement, unless an individual is exempt from wearing a face covering. Players may remove their face covering when on the ice, but coaches and non-participants should continue to wear theirs.
- The customer flow or journey should be managed by rinks from entry to exit to avoid pinch points and aid physical distancing where required.
- Each rink should consider introducing staggered start times if appropriate to assist with customer flow.
- All clubs should continue to have a COVID Officer and ensure a record of attendees is kept for Test and Protect contact tracing.
- Changing rooms and social areas may have altered usage – members are encouraged to arrive changed and ready to curl, as much as possible. Rinks to provide clear guidance on where curlers can change their footwear and leave any clothing.
- If curlers do not own their own brush, cue or delivery aid, one will need to be allocated to each curler per session and sanitised between uses.
- Beyond Level 0, Scottish Government guidance permits the shaking of hands. Curlers are encouraged to continue acknowledging good sportsmanship verbally and should be careful to consider the wishes of their teammates and opposition on this matter. In Level 0 and above, there should be no shaking of hands at beginning or end of games, with good sportsmanship acknowledged verbally.
- There is no maximum sheet capacity.