



GYC What to Expect At The Rink

As part of Greenacres Young Curlers commitment to ensuring safe participation in the sport please see below some procedures which should be adhered to when training or playing with GYC

Before travelling

Before travelling you should inform the 'Greenacres Young Curlers ' WhatsApp chat that you intend to attend the training session. Ideally this should be the day before the session. If you are not a member of this group then please contact Simon Grant 07952 211939 to be added.

This will allow us to create a register for the day and to plan how many coaches are required and on which sheet training bubbles will be.

Please follow Scottish Curling guidelines on travel to the rink. Avoid car share, public transport, etc.

You should arrive as ready as possible for training. Changing facilities (other than shoes) will NOT be available.

On Arrival

On arrival at the rink you should proceed into the shoe changing tent and enter the rink as set out by the Greenacres Ice Rink procedures.

On entering the rink your Greenacres Ice Rink membership card MUST be shown. This is required for the rink under track and trace regulations.

Whilst still in the downstairs corridor a screen will display which sheet your training bubble will be playing on. Please proceed to your sheet following Greenacres Ice Rink guidelines.

You should check in with GYC and collect any equipment required (brushes, delivery aids etc.) These will be fitted with colour coded bands. Corresponding bands will be provided for you to wear on your wrist. These should be made visible to coaches on request to ensure no cross contamination of equipment. All equipment and bands will be cleaned / quarantined following use.

Please answer health questions truthfully.

Shoe hire on the day is NOT available. Greenacres Ice Rink have agreed to a season long hire for £10. Please advise GYC if this is required, including shoe size.



On The Ice

Whilst on the ice you should follow your coaches instructions, follow Scottish Curling guidelines and those of Greenacres Ice rink.

Please listen to your coaches and follow the coaching plan for the day. This coaching plan may include a break.

Break times will be staggered to minimise the number of people in the bar area at any one time. Please take note of the time that your expected back on the ice as over running may result in other players break being disrupted.

Should you require snacks/ drinks etc during your break please order before break time using the form provided by Greenacres Ice Rink.

The second half of the session may involve a competitive game of doubles.

You may move from one sheet to another only if directed by your coach. Current guidelines in Scotland allow a playing bubble of up to 30 people. By only moving sheet where directed GYC will remain well within this number.

Spectators

In line with Sport Scotland we encourage ONE parent/ guardian to stay and spectate. This is subject to available space and social distancing requirements within the bar area. Please see Greenacres Ice Rink procedures for further information.

Departure

You should leave the rink via the 'fire exit' in the bar and to the car park via the ramp, in line with Greenacres Ice Rink procedures.

By following the above we can all help to minimise and reduce the spread of the virus. We appreciate that things are going to be very different for the foreseeable future, however if we work together, we can make the return curling fun, productive but above all else safe.

Please take time to familiarise yourselves with Scottish Curling, Greenacres Ice Rink and GYC return to curling risk assessments, procedures and policies before returning to the ice.

Full GYC risk assessments are available on our website, in the ice rink and on request.