

Safety

It is important that all participants and other ice users are kept safe on the ice. Listed below are general points which should be highlighted to first timers before they step on to the ice. Specific facility based points may need to be added. However it is recommended that these are restricted to an additional three as too much information will confuse the participants. Be prepared to repeat several points during the following sessions!

1. Always wear clean, flat soled shoes (trainers are ideal).
2. Do not lift stones; they are very heavy and could hurt you as well as damage the ice.
3. Stop and move stones with your brush, keeping your brush in contact with stone.
4. Keep your brush by your side when not in use (it is not a golf club, hockey stick etc)!
5. Step onto the ice with your **gripping** foot first.
6. Step off the ice with your **sliding** foot first.
7. Be careful to avoid walking in front of someone delivering a stone.
8. Stand up on your **gripping** foot first after delivering a stone.
9. Always walk back up the sides of the sheet of ice, and not the middle of the sheet of ice.
10. Call out 'ICE' if a stone is travelling towards someone and is of danger to them.
11. If you have any injuries we should know about, please tell your coach.

