





Appendix I



Safety: rules for curlers









Getting on to the ice

-  Place the gripper foot on to the ice first
-  Do not step over parked stones



Delivery

-  Don't get up until you have finished sliding
-  Stand up on your gripper foot first




Equipment

-  Don't swing your brush around
-  Stop stones with the brush not your feet
-  Move stones with the brush
-  Do not lift stone
-  Clear stones away carefully after an end
-  Prevent stones from hitting the hack or travelling in to another sheet





Getting off the ice

-  Put on gripper / remove slide before stepping off the ice
-  Do not step over parked stones

Ice Maintenance

-  Do not let the stone hit the hacks.
-  Limit time, the hands and body parts make contact with the ice.
-  Ensure equipment is clean

General

-  Don't cross in front of anyone playing or about to play
-  No running on the ice
-  When cleaning your stone, tilt the stone back towards hack.
-  The emergency call to alarm players is 'ICE'