

GETTING YOUR FACILITIES FIT FOR SPORT

SPORTSCOTLAND OPERATIONAL GUIDANCE: INDOOR ICE RINKS

AUG 2020

INTRODUCTION

The information set out in this document applies to Scotland only and has been developed in line with current [Scottish Government: Exercise & Activity Guidance](#) for Phase 3.

We recommend that you keep up to date with the Scottish Government's guidance on health, physical distancing, and hygiene. Facility operators, clubs and participants should be aware of any updates and may need to adapt to changes in the guidance at short notice.

Information on the Scottish Government's approach to managing Coronavirus (COVID-19) is available at [Scottish Government: Coronavirus in Scotland Guidance](#).

Who is this guidance intended for?

This guidance is intended for facility operators to help them prepare for the opening of **indoor ice rinks** for curling, skating and ice hockey.

This appendix to our [Getting your facilities fit for sport guidance](#) will guide you through the key facility specific considerations and actions required before opening. It should be read in conjunction with, and not instead of, our overarching guidance. You should also refer to guidance published by [Scottish Curling](#), [British Ice Skating](#) and [British Ice Hockey](#).

Additional considerations

Scottish Governing Bodies of sport (SGBs), clubs and participants should be made aware that the easing of restrictions does not mean that all facilities will open immediately. Owners and operators will require time to consider the implications of opening facilities, putting plans in place to re-engage their staff and setting up operations that ensure the safety of participants, staff and volunteers.

Prior to any activity taking place at a facility, it is the responsibility of the operator to undertake a documented risk assessment, based on their local circumstances. Consider safety first, particularly focusing on minimising the risk of infection/transmission. Appropriate measures must be put in place to ensure participants, staff and volunteers are always protected.

Operators must ensure that all sport-specific organised activity planned and programmed at the facility is fully in accordance with the guidance issued by SGBs.

Please note it is now more important than ever that operators of facilities develop inclusive plans for everyone, ensuring extra support for people who may need it to be active.

Four-stage plan



The work carried out at the plan stage should now be put into action. This next stage will help you prepare your facility prior to opening.

VENTILATION AND DEHUMIDIFICATION

Checklist of actions

- Evidence continues to suggest that, in poorly ventilated indoor spaces, airborne aerosols are a possible transmission route. This is why ventilation is an important part of mitigating against the transmission of Coronavirus (COVID-19). Advice from the Chartered Institution of Building Services Engineers (CIBSE) is to increase ventilation as much as is reasonably possible, increasing the flow of outside air and preventing any pockets of stagnant air. Recirculation of air within buildings should be avoided where possible to reduce the risk of transmission.

Read the latest [CIBSE advice](#).

- In an ice rink, many of the heating, ventilation and air conditioning (HVAC) strategies rely on a large proportion of recirculated air. Bringing a lot of fresh air into your building is not conducive to running an efficient system and can be very detrimental to the ice quality and performance. This is particularly the case on wetter days when external humidity is high.

Ice rink operators will need to be vigilant when determining how to run their ventilation systems. It is advised that you seek professional assistance from a qualified building services engineer to determine whether changes can be easily made to your ventilation system to introduce more fresh /new air without significantly compromising ice quality.

We recommend you:

- run a pressure test to assess the natural ventilation/leakage of the building.
- reduce maximum capacity of each ice hall to allow a target of 8 litres per second per person of fresh air into the building.

For curling rinks this may mean no change to the number of users due to naturally low numbers. The physical distancing numbers are also relevant to your maximum capacity. Use whichever is the lower. The aim is to maintain good quality ice and safe venue conditions while providing as much fresh air as possible for each user. A facility specific risk assessment will be required.

- CIBSE guidance suggests that Nondispersive infrared (NDIR) CO₂ sensors can be used to monitor adequate ventilation is being provided to an occupied zone. Indoor ventilation dilutes exhaled CO₂ from occupants and so the CO₂ concentration in a space can be used to demonstrate ventilation rates. A CO₂ concentration of 1000ppm (parts per million) is generally indicative of an outdoor air supply of 8-10 litres per second per person.

- If you are restarting your air handling equipment for the first time, ensure that your contract engineering or staff member has carried out a thorough inspection of the plant prior to restart. If your air conditioning systems or dehumidifiers are not functioning correctly, it is strongly recommended to have the systems overhauled or repaired as soon as possible. You may also consider adding temporary equipment to introduce more air flow into your building where possible.
- Whether your HVAC system has been running in a low or idle mode or has been switched off during the unoccupied period, it is possible that air filters will have become dirty, so may need to be cleaned or replaced. Check and clean or replace filters regularly.
- It is good practice to start conditioning your building in advance of reducing the ice pad temperature. It is recommended that you condition your air space seven days ahead of re-cooling your ice pad. Check the plant and building regularly during restart to ensure conditions inside the building are reaching satisfactory levels.
- You may want to consider opening doors in the evening to maximise fresh air and then run the HVAC system overnight before using the next day.

PROGRAMMING

Checklist of actions

- Ensure enough time is allowed between sessions to thoroughly clean the barrier/plexi glass and any other 'high touch' points and any equipment used.
- A buffer time should be included between user sessions to prevent the crossover of participants, either within the building or externally in the car parking area/drop-off area.
- All participants should have left the rink space prior to any participants in the next class or group being allowed in. A one-way system, traffic-light system or controlled queuing system should be put in place to avoid any crossover of participants.
- Ensure pick-up and drop-off areas of the car park are clearly identified. This may need to be managed to prevent crossover of participants or build-up of traffic and people.

This stage includes actions to protect participants while your facility is open and operating. The work carried out at the plan and prepare stages should now be put into action.

PHYSICAL DISTANCING

Checklist of considerations

- Make sure the number of participants in the rink is in line with approved guidelines for each activity, enabling a physical distance of 2m at all times. Faster-moving activities require more space between participants to ensure that 2m distance is always achieved, preventing close face-to-face contact.
 - [Scottish Curling](#) guidelines: Maximum of 4 players per team, 2 teams per sheet.
 - [British Ice Skating](#) guidelines:
 - Patch / Figure skating club / public session allowing figure skating: 56 square metres (sqm) per person (including coaches).
 - Learn to skate: 25sqm per person (including coaches).
 - [Inclusive skating](#) lessons: 25sqm per person (including coaches).
 - Leisure and family public sessions skating in a circular direction: 15sqm per person.
 - [British Ice Hockey](#): Maximum of 20 players including coaches.

- We recommend that these capacities are posted publicly to reinforce compliance and increase user confidence.

- Participants skating on the move in close proximity should all face the same direction where possible and avoid face-to-face contact.

- Any activities that cannot be modified to meet physical distancing requirements should be suspended. No contact activity is allowed between athletes or between athletes and coaches.

- Mark the benches or space seating at the rink side to aid physical distancing when participants are changing boots/shoes. Users should be encouraged to arrive dressed for their activity so use of changing rooms is minimised.

- Any areas that require queueing or participant standing should be marked to aid physical distancing (e.g. skate hire, entry, end of curling sheet).

- Coaches or instructors may face their athletes but should always maintain 2m physical distance.
- Entrances and exits to the rink will need to be managed to maintain physical distancing.
- Spectators should be limited to a very small number such as a supervising parent or guardian.

HYGIENE, HEALTH AND SAFETY

Checklist of actions

- Hand sanitiser should be available to all participants on entry to the rink.
- Participants' personal equipment should be cleaned before and after a class/session.
- All clothing should be washed after every use, including staff uniforms, gloves and jackets.
- Ice skating / ice hockey coaches should use a mic when teaching and avoid shouting. Ideally each instructor should have their own head mic.
- Music should be played at low levels to avoid the need for participants to shout.

CLEANING

Checklist of actions

- Equipment such as curling stones, brushes and skating aids should be cleaned after every use. This can be done by the participant before and after use, with spray and disposable cloths provided – in addition to cleaning identified in your cleaning plan.
- Increase cleaning of barriers and all touch points. It is important to reinforce this to staff.
- Touch-point cleaning should be in addition to the planned daily cleaning schedules. A cleaning plan and sample schedule are available on our [Getting your facilities fit for sport resource page](#).

GOOD PRACTICE HELPS SAVE LIVES

If your risk assessment identifies any activity, space or facility that cannot be opened safely then these facilities or spaces must remain closed or the activity suspended.

CONTACT US

If you have any questions regarding the guidance please get in touch with one of **sportscotland's** Facilities Project Managers at facilities@sportscotland.org.uk

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Compiled in partnership with [The Scottish Ice Rinks Association](#)



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