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Chetwynd Curling Club

RETURN-TO-PLAY GUIDELINES, COVID-19 SAFETY PLAN

This plan, which is subject to change based on the ongoing COVID -19 requirements, was developed by following the guidelines and recommendations of the following:

- BC Provincial Health Authority
- viaSport
- Curl Canada
- Curl BC
- Curl AB
- Chetwynd & District Recreation Centre
- District of Chetwynd

CURRENT PHASE OF THE PROVINCIAL RESTART PLAN: Phase 3

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A SPECIAL NOTE: It is important that all individuals understand that when you choose to participate in physical activities outside the home during the pandemic, including curling, you may be at an increased risk of being exposed to and contracting COVID-19. This is an inherent risk of participating in activities in your community where you may interact with other individuals. Curl BC considers curling to be a MEDIUM risk sport for the contraction of COVID-19 due to the colder climate and poorer ventilation of indoor curling environments. Participants should carefully assess their personal health circumstances before engaging in curling activities.

A) GENERAL EXPECTATIONS:

1) All members are expected to practice good hygiene while in the curling facility which includes:

- Washing your hands often with soap and water for at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer.
- Curlers, volunteers, and spectators are required to wash or sanitize their hands upon entry and exit of the facility.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into the bend of your arm.
- Avoid touching surfaces people touch often, such as
 - toilets and sinks
 - door handles
 - bar and bar tables
 - stone handles (except your two stones in your game)

2) **Stay at home and self-isolate** if:

- **you, or someone in your household has travelled outside of Canada within the last 14 days.** (Self-isolate for 14 days and monitor for symptoms.)
- **you are ill** (or at risk for severe illness) **or exhibiting any of the following symptoms:** fever, cough, sore throat, painful swallowing, runny or stuffy nose, loss of sense of smell or taste, chills, shortness of breath, diarrhea, nausea, vomiting, fatigue, loss of appetite, new muscle aches or headache. (Use the online self-assessment tool at <https://bc.thrive.health/covid19/en>, Contact Health Link BC at 8-1-1, or contact a health care professional for further guidance.)
- **you are a close contact of a person who is exhibiting symptoms of COVID-19.** (Contact Health Link BC at 8-1-1 or a health care professional and follow their directive.)
- **you are a close contact of a person awaiting the results of a COVID-19 test.** (Self-isolate for 14 days and monitor for symptoms. You may return to play if the test comes back negative and you are not exhibiting any symptoms.)
- **you have come into contact with a person with a confirmed case of COVID-19.** (You will not be allowed in the curling facility for at least 14 days from your last contact with the infected person or as otherwise directed by public health authorities. Club members who you have come into close contact with will also be removed from the facility for at least 14 days. You may return after 14 days only if you have NO symptoms.)
- **you have been tested for and are awaiting the results of a COVID-19 test.** (Self-isolate until you have received the results of the test. If the test is negative and you have no symptoms, you may return to play.)
- **you have tested positive for COVID-19.** (You will not be permitted to return to the curling facility until you are free of the COVID-19 virus.)

3) If the Chetwynd Curling Club is informed of a confirmed or possible case of COVID-19 we will follow the direction of the Public Health Authority and postpone or cancel any league games if necessary.

B) LEARN TO CURL & ICE RENTALS:

1) Learn to Curl sessions may take place with a maximum of 6 individuals per sheet of ice (including the coach). It is preferable to have 3 individuals at each end of the sheet.

Adult Learn to Curl Sessions: Tuesday, October 13, 2020 at 7:00 pm
Wednesday, October 14, 2020 at 7:00 pm

2) Private ice rentals to non-club members will not occur this season.

C) REGISTRATION:

1) The registration form will be emailed to you. You may complete the form and email it back to the club or print it off and bring it with you to the first night of curling. (Extra forms will be available at the club.) Please make sure that all contact information is complete and accurate for contact tracing purposes (phone numbers and email addresses). This form **MUST** be completed before you step out onto the ice.

2) Payment can be made through e-transfer, cash or cheque. (Our preferred method of payment is e-transfer to chetwyndcurling@gmail.com and please make sure that the answer to the security question you ask is “curling” but without the quotation marks.) Individual payments are not being accepted. Please designate one player from each team to make one team payment. Fees for the curling season (October – March) are \$700 per team. Junior Fees are \$100 for the season.

3) All adult participants must sign a Waiver and a Declaration of Compliance Form. Parents or guardians will sign an Assumption of Risk Form and a Declaration of Compliance Form for minors. Please designate one player from each team to collect and hand-in all forms for your team. All forms will be emailed out ahead of time and can be submitted through email, printed off and turned in at the first league night, or completed at the club prior to stepping out onto the ice.

4) If cancellations or closures are necessary due to a COVID-19 outbreak, refunds or partial refunds (pro-rated) will be provided. A total amount per team would be refunded to the individual who made the original team payment and that individual would be responsible for dividing the refund amongst the team members. This will be confirmed at the next Civic Properties Commission meeting October 27, 2020.

D) UPON ARRIVAL AT THE CLUB:

1) All curlers are expected to arrive at the club ready to curl. Please change at home into your curling clothes and warm-up at home. Please arrive no sooner than 20 minutes before the start of your game.

2) Use of masks is not mandatory at this time. Curlers may consider using face masks while in the lobby, at their locker, or as they move upstairs to socialize after their game.

3) All curlers and spectators are expected to sign-in upon arrival at the Curling Rink. (Spares and spectators must provide a contact number. Spares must sign a Waiver, Declaration of Compliance Form, and a Participant Agreement Form prior to playing.) Please bring your own pen with you. If a parent/guardian is dropping a child off, they are not required to sign the log. Anyone who remains in the facility for longer than 15 minutes must be signed into the facility. **Attached to the sign-in log will be the daily check-list screening questions.**

4) All individuals are expected to immediately wash their hands with soap and water or sanitize them as soon as they enter the facility.

5) Please follow the traffic patterns throughout the facility. Some doors will be designated as "entry only" and others as "exit only".

6) Maintain physical distance between individuals at all times (2 metres).

7) The door to the curling rink ice will be propped open when it is time for everyone to move to the ice.

8) The boot boy will be removed for this season and replaced by sticky mats at each of the curling ice entrances. Please step onto the mats to clean your shoes.

9) All individuals are expected to immediately wash their hands with soap and water or sanitize them as soon as they leave the ice and if going upstairs for refreshments.

E) CLEANING PRACTICES:

1) Individual teams are responsible for sanitizing their own rock handles. (Each team must designate one player only to clean their rocks.) The cleaning supplies will be available on the back walkway (red carpeted area).

2) General cleaning of the facility including washing of door handles, bathrooms, chairs, etc, will be taken care of by the Recreation Centre staff. There will be increased frequency of cleaning for our safety.

3) Hand sanitizer and sanitizing wipes will be available at all times on the ice for curlers to use at their discretion.

4) Only the ice technicians and assistants should be handling any of the ice maintenance equipment (scrapers, nipper, pebbling cans, etc.) (Technicians are required to wash their hands with soap and water or sanitize them before and after the use of any equipment.) Equipment used needs to be sanitized prior to use.

5) The winning team will be responsible for cleaning the ice, as well as sanitizing the scoreboard numbers, rock handles, and the handles of any brooms or mops that they used.

F) EQUIPMENT:

1) All individuals (including our junior curlers) are encouraged to purchase their own sliders. New sliders (price to be determined) and used sliders (\$5) will be available for purchase at the club. Sliders can still be borrowed from the club for those individuals that do not have their own. Anyone who borrows a slider will need to sanitize it at the end of the evening and return it to the equipment room. We have a variety of used shoes at the club which can be borrowed for the season on a first-come, first-serve basis.

2) Brooms and stabilizers may still be borrowed from the club. Only touch the supplies that you are going to use. (Please make sure you wash your hands before going into the equipment room.) Do not share equipment with other players during the game. At the end of the evening, please make sure to sanitize the equipment you used. (We will be looking for a parent volunteer to help us sanitize the junior equipment.)

G) ARENA CAPACITY:

1) While waiting in the lobby, all curlers are asked to please maintain social distance (2 metres). There can be a maximum of 15 individuals in the main lobby, 8 individuals in the locker area and 12 individuals in the far lobby in front of our equipment room. Teams that are playing on sheet 1 are asked to wait in the lobby in front of the equipment room.

2) Curlers are asked to come to league nights as prepared as possible to curl. When accessing lockers, individuals are asked to gather their equipment quickly to allow others access as well. Everyone is asked to maintain social distance and to wait their turn until it is safe to access their locker. (Please note that some curlers will be asked to move to a new locker. This will allow us to space out our locker rentals as much as possible.) Individuals that share a locker might reconsider this practice and either rent multiple lockers or remove their belongings and have only one individual utilizing the locker.

3) There is a maximum of 2 individuals in the bathroom at one time.

4) Our regular leagues are considered “events” and must therefore adhere to a maximum of 50 participants. Participants must be local or from a community in the area that we would normally draw from. Participants may take part in more than one league and in more than one community provided each of the clubs where they are curling are practicing social distancing.

H) BONSPIELS:

1) Bonspiels and Friday Funspiels will take place with a maximum of 50 participants. (No bonspiels may occur within the first month of play.)

- Friday Funspiels: November 20, 2020, January 8, 2021, March 12, 2021
- Doubles Bonspiel: Saturday, December 12, 2020
- Open Bonspiel: Friday/Saturday, February 5/6, 2021
- Junior Bonspiel: Saturday, February 27, 2021

I) GAME PLAY SAFETY CONSIDERATIONS:

- 1) Players select their two stones which should not be interchanged during a game. Players should not touch any stones other than their own. Let the player delivering the next stone retrieve his/her own stone. (If you do decide to exchange a stone with another player on your team, make sure that both stones are sanitized prior to making the switch.)
- 2) After each end of play, one player only from each team should be responsible for lining the rocks up for the next end of play. You may move other people's rocks using only your foot or your broom.
- 3) Players should not clean the bottom of the rock with their bare or gloved hand but instead use their broom to clean.
- 4) When measuring stones: remove gloves, sanitize your hands, conduct the measure, sanitize the measuring device, return it to its normal location, and sanitize your hands again.
- 5) Once teams enter the rink, it is important that they do not congregate on the walkway. When a player has reached his or her sheet they should immediately leave their bag or equipment, in the appropriate location and then move onto the ice surface and proceed as far along the sheet as is necessary to allow others to access the ice while maintaining at least two meters distance from others. (A maximum of 15 players can be on the near, red-carpeted walkway and a maximum of 12 individuals can be on the far walkway.)
- 6) Instead of shaking hands at the beginning and end of games, please wave, nod, or raise or tap your brooms together.
- 7) Bring your own coin for coin flips or use another method such as rock-paper-scissors, or a smartphone "heads or tails" application.
- 8) There will be designated standing areas along the sides of the sheets. These are to be used by the non-delivering team.
- 9) The third of the first team to score is responsible for putting up the score for both teams for the entire game. No other players should touch the scoreboard. (The numbers will have to be sanitized at the end of the game.) Teams also have the option of not using the scoreboard at all, but rather keeping score on their phone or on a piece of paper.
- 10) In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves.

J) GAME PLAY RULE CHANGES:

- 1) One sweeper only on all delivered stones. Relaying is not permitted (second sweeper taking over part way down the sheet). The designated sweeper is the only player that can sweep on a given play. This includes behind the t-line and "raised" or "tapped" rocks. The person in charge of the house (the skip or vice-skip) is not allowed to sweep under any circumstance.

- 2) The non-delivering team may not sweep any rocks. They cannot sweep their own rocks. They cannot sweep the opposition rocks behind the tee-line.
- 3) Three players are involved in delivering each stone; thrower, sweeper, and skip. The fourth player of the delivering team must take a place on the side of the sheet or the back of the sheet behind the thrower. This player may follow the play if they choose. All players must remain at least 2 meters apart from their teammates and opposition at all times.
- 4) The skip or vice-skip of the non-delivering team must remain behind the backline (preferably by the hack or on the walkway when possible) until the opposing team has vacated the house.
- 5) Only one member of the non-delivering team should be behind the backline. When the vice-skip and skip are exchanging control of the house, or discussing a call, they must remain at least 2 meters apart from each other.

K) IF SOMEONE GETS SICK DURING A LEAGUE GAME OR COMPETITION:

- 1) Inform **an individual in a position of authority (coach or Chetwynd Curling Club executive member) immediately during a curling event or league night if you feel any symptoms of COVID-19** such as fever, cough, sore throat, painful swallowing, runny or stuffy nose, loss of sense of smell, chills, shortness of breath, diarrhea, vomiting, fatigue, loss of appetite, new muscle aches or headache.
- 2) If a curler or spectator starts exhibiting COVID-19 symptoms during a practice or league game:
 - Immediately isolate the individual from others.
 - Clean and disinfect all surfaces that may have come into contact with the symptomatic individual. (Notify the Recreation Centre.)
 - The individual needs to wash or sanitize their hands and put on a face mask.
 - Make arrangements for the individual to go home or to be picked up by a parent if they are a minor. (Call 9-1-1 if the symptoms are severe such as difficulty breathing or chest pain.)
 - If the individual cannot leave immediately, they will wait in the far lobby in front of the equipment room.
 - The individual should self-assess using the online self-assessment tool, contact Health Link BC at 8-1-1, or contact a health care provider for further guidance.

L) AFTER CURLING SOCIAL (COTTONWOOD HALL):

- 1) The maximum number of patrons allowed in the Cottonwood Hall is 72 people. (Our event capacity is 50 people.)

- 2) For the bar area in the Cottonwood hall, all tables must be 2m apart from each other. Chairs must also be 2m apart. We will be sitting at square tables (6' by 6') with 4 individuals per table. (Yes, this is correct according to Curl BC Guidelines.)
- 3) Patrons must wash their hands with soap and water or a sanitizing solution immediately upon entering the Cottonwood Hall.
- 4) All patrons should enter the hall, sanitize their hands, purchase a beverage (maintain social distance while waiting at the bar area), and then immediately go and sit at a table.
- 5) Patrons must remain seated, at their own table, except to use a self-serve station, use the washroom facilities, purchase a beverage (please avoid line-ups at the bar area) or to leave the premises.
- 6) All bar tenders must have their Serving It Right Certificate in order to serve alcohol. We ask that one person from each team please have their certification. There will be only one individual server in the bar for each night.
- 7) The bar needs to be thoroughly cleaned/sanitized at the end of each shift. (Counters, till, cooler doors, dishes, etc.)
- 8) Mixed night snacks (chips, etc.) will be given out on disposable plates served by the bartender.
- 9) Ladies night snacks will be self-serve. Individuals will need to sanitize their hands prior to getting snacks and will be serving themselves with a clean utensil. (There will be no sharing of serving utensils.)
- 10) The serving of beverages must end at 10:00 pm. All patrons must vacate the facility by 11:00 pm.

M) JUNIOR CURLING:

- 1) There will be a maximum of four junior curlers per sheet plus one coach. All individuals are required to maintain 2m of social distance at all times. Masks may be worn but are not mandatory. If the junior curlers are unable to maintain social distance, masks WILL become mandatory for all junior curlers.
- 2) All coaches/instructors are required to wear masks if within two metres of a junior curler.
- 3) Each curler will have ONE practice stone which they will use for the entire practice. They cannot touch other stones with their hands but may move them around with their broom or foot. (When we play games, each curler will be assigned TWO stones for the entire game.)
- 4) Spectators are asked to please maintain a 2m social distance at all times. If too many spectators becomes a problem for the Junior program (we don't anticipate that this will be an issue), parents will be asked to send only ONE parent per child to be a spectator.

N) COMPLIANCE:

Please Note:

- 1) These guidelines are for your safety and the safety of all our curlers.
- 2) All participants are expected to adhere to all the guidelines laid out in this Safety Plan. Anyone failing to comply will be asked to leave the activity/facility, either temporarily or permanently, upon the discretion of the Chetwynd Curling Club Board of Directors. No reimbursements will be provided.

O) REFERENCES:

BC Provincial Health Officer Notices and Guidance

<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

viaSport

<https://www.viasport.ca/return-sport>

Curling Canada Resources

<https://www.curling.ca/about-curling/business-of-curling/covid-19-club-stimulation-program/>

Curl BC

<https://www.curlbc.ca/resources/covid-19-resources/>

Curl AB

<https://curlingalberta.ca/member-club-resources>

District of Chetwynd Pandemic Control and Response Plan

Chetwynd & District Rec Centre COVID-19 Arena Safety Plan

Health information for BC residents

The best source for accurate and up-to-date health information on the COVID-19 pandemic in BC is the BC Centre for Disease Control website, which has links to the press conferences held by Dr Bonnie Henry, BC's provincial health officer, and Adrian Dix, minister of health. Visit <http://www.bccdc.ca/about/news-stories/stories/2020/information-on-novel-coronavirus>.

COVID-19 Self-Assessment Tool

found on the BC Centre for Disease Control website
<https://bc.thrive.health/covid19/en>