



# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

September 9, 2020

Dear Delta Thistle Curling Members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, Delta Thistle Curling Club has been working with Curl BC and viaSport BC to understand the recommendations of our Chief Provincial Health Officer and how they best apply within our sport and club environment.

The attached “**Return to Curl Safety Plan**” has been developed for our club in order to ensure that:

- health and safety of all individuals is a priority;
- activities are in alignment with provincial health recommendations;
- modifications to activities are in place in order to reduce the risks to each of our curlers;
- our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this “**Return to Curl Safety Plan**” will be the new normal until we are advised otherwise by public health authorities, Curl BC and viaSport BC. Our opening dates for our facilities will be the week of September 27th and we will fully cooperate and work with our facility to ensure a safe return to sport. These guidelines may be updated as facility opening commence.

### **If you choose to participate, you must follow these rules: (Illness Plan see appendix A)**

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home;
- If you have traveled outside of Canada, you are not permitted at a practice until you have self- isolated for a minimum of 14 days;
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID- 19, you must stay home;
- Wash your hands before participating;
- Bring your own equipment, water bottle and hand sanitizer – strictly NO sharing of equipment allowed;
  - o Club Equipment rental will not be available this season
  - ie. Brooms, Grippers, Sliders and Delivery Aid/Stabilizer
- Comply with physical distancing measures at all time;
- Avoid physical contact with others, including shaking hands, high fives, etc.;
- Arrive and depart the facility as per facilities' guidelines.
- Wearing a mask or face covering is required inside the facility

Our “**Return to Curl Safety Plan**” is based on current public health, Curl BC and viaSport BC guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must consider your own circumstances and make the decision that is right for you.

Should you choose to join us, we require your full cooperation with our “**Return to Curl Safety Plan**”.

Sincerely,

Delta Thistle Board of Directors



# Delta Thistle Curling Club

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

### COVID-19 Background:

According to the BC CDC<sup>1</sup>, COVID-19 is a coronavirus which can cause various symptoms like fever, chills, cough, shortness of breath, sore throat, among others. The symptoms can range from mild to severe. Some people who are infected may also be asymptomatic.

Experts believe that COVID-19 is spread via liquid droplet contact (like coughing and sneezing). This transmission requires that a person is in close contact. However, should the liquid droplet be transmitted in the environment (such as a surface), it could potentially lead to a person getting infected should they touch their eyes, nose, mouth or face. As of the time of writing, it is not believed that COVID-19 is transmitted via airborne means.

### Risk Management:

Risk management is one of the responsibilities of a board of directors. While a board of directors may delegate the day to day management of risk to staff or other volunteers, it remains the legal duty of a board of directors to provide the oversight of an organization's risk management plan and strategies.

We have completed a risk assessment to identify and assess the various types and levels of risk in our operations.

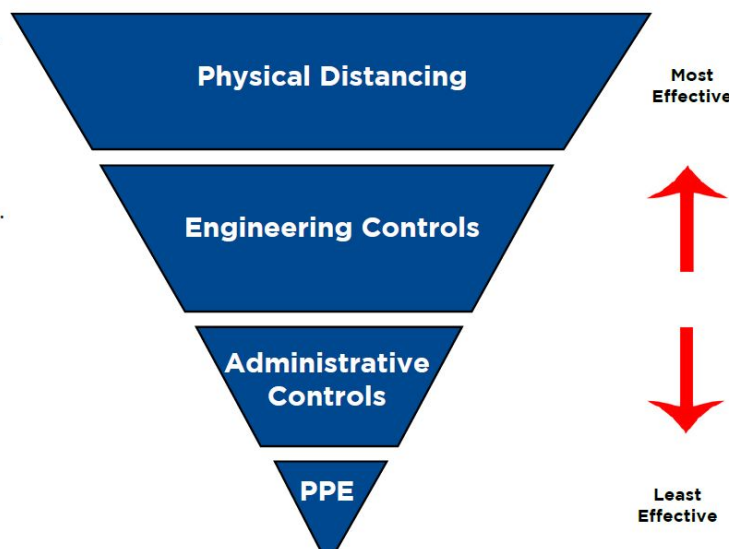
The viaSport Guidelines stipulate that any return to play plan must be based on "a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented".

### Hierarchy of Controls for Covid-19

The Hierarchy of Controls for Covid-19 is a framework for reducing transmission hazards.

The most effective controls are at the top of the diagram.

We recommend using this control model to guide your decisions in reducing risk in your Covid-19 Safety Plans and/or Return to Curling Plans.



<sup>1</sup> <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/how-it-spreads>



# Delta Thistle Curling Club

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
 Fax: 604-594-5933  
 E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
 Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

COVID 19 Return to Curl Safety Plan  
 (as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
 Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

## Principles of Curling Guidelines:

BC'S Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document.

## Five principles for every situation

Personal Hygiene	Stay home if you are sick	Environmental Hygiene	Safe social interactions	Physical Modifications
<ul style="list-style-type: none"> <li>Frequent hand washing</li> <li>Cough into your sleeve</li> <li>Wear a non-medical mask</li> <li>No hand-shakes</li> </ul>	<ul style="list-style-type: none"> <li>Routine daily screening</li> <li>Anyone with any symptoms must stay away from others</li> <li>Returning travellers must self isolate</li> </ul>	<ul style="list-style-type: none"> <li>More frequent cleaning</li> <li>Enhanced surface sanitation</li> <li>Touchless technology</li> </ul>	<ul style="list-style-type: none"> <li>Meet with small numbers of people</li> <li>Maintain distance between you and people</li> <li>Size of room: the bigger the better</li> <li>Outdoor over indoor</li> </ul>	<ul style="list-style-type: none"> <li>Spacing within rooms or in transit</li> <li>Room design</li> <li>Plexiglass barriers</li> <li>Movement of people within spaces</li> </ul>

## Return to Curl Phases:

The four identified return to curling phases have been created to align with the guidance from the viaSport Guidelines and public health restrictions. The duration and dates of each phase will be determined by provincial health, government authorities, and Curl BC. This may not be a linear or consistent process around our province, and increasing restrictions locally may be required in response to fluctuating numbers of Covid-19 cases in the province.

Any movement between phases will be decided through collaboration with viaSport BC and the PHO and announced by Curl BC.

**Do not move from one phase to another without ensuring that you have the latest information, and are following the direction announced by Curl BC.**



Please see the Phases chart and more details about the programming in each phase available in Appendix C.



# ***Delta Thistle Curling Club***

*11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9*

**Phone: 604-594-2323**  
**Fax: 604-594-5933**  
**E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)**  
**Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)**

## **COVID 19 Return to Curl Safety Plan**

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

---

### **Club Operation:**

#### **Measures Relating to Staff and Volunteers:**

1. Educate staff on public health information and expectations related to the implementation of the Curling Guidelines and Delta Thistle Curling Club's Return to Curl Safety Plan
2. Implemented an Illness Policy (see appendix A) that outlines procedures for staffing that may be experiencing symptoms to stay home and away from the club until they are healthy again. Conduct routine daily symptom screening for all staffing through the use of Covid-19 self-assessment tool found on the BC Centre for Disease Control website <https://bc.thrive.health/covid19/en>
3. Staff and volunteers must follow an enhanced hygiene protocols:
  - a. Upon arrival at work, before/after breaks, after touching common equipment or frequent touch points in the club
  - b. Reminders to avoid touching eyes, nose, and mouth, and to use proper cough and sneeze etiquette
4. Implement measures for staffing to maintain physical distancing while at the club
  - a. Impermeable shield (e.g. plexiglass) at registrations or check-in desks
  - b. Limit of 2 people in the club office/pro shop to ensure physical distance can be maintained in these spaces (Posted occupancy limit)
  - c. Limit in-person meetings, training and staffing engagements and meet virtually when possible.
  - d. Communicate where possible through email, text and/or phone
5. Personal Protective Equipment such as gloves, masks, and face shields (the "PPE") is on hand and available to staffing. PPE must be required when the risk of exposure is high (cannot maintain distancing for a prolonged period of time), PPE should be required:
  - a. Train staff on how to properly use and dispose of PPE
  - b. Refer to Worksafe BC on specifics related to PPE
6. Minimize the use of shared equipment (ie. Office equipment and stationary)
7. Club Manager, bartenders and the club's board of directors understand the Right to Refuse unsafe work conditions and environment and the procedures in place to respond to such concerns.
8. Club Manager to ensure the implementation of safety protocols during any curling and/or operational activities within the club

#### **Measures Relating to Members and Participants:**



# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323

Fax: 604-594-5933

E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)

Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

1. Members and Participants must educate themselves on public health information and expectations related to the implementation of the Curling Guidelines and Delta Thistle Curling Club's Return to Curl Safety Plan
2. Implemented an Illness Policy (see appendix A) that outlines procedures for staffing that may be experiencing symptoms to stay home and away from the club until they are healthy again. Conduct routine daily symptom screening for all staffing through the use of Covid-19 self-assessment tool found on the BC Centre for Disease Control website <https://bc.thrive.health/covid19/en>

Signage are posted saying they should not be in the building if:

- They don't feel well or are displaying symptoms of Covid-19
- Someone in their household has Covid-19 or is showing symptoms of Covid-19
- You have traveled outside of Canada within the last 14 days
- Someone in your household has traveled outside of Canada within the last 14 days.

3. COVID-19 Participant Agreement and Waiver (see Appendix B) must be signed and prior to the first day on the ice.
4. Members and Participants must follow an enhanced hygiene protocols:
  - a. Upon arrival at work, before/after breaks, after touching common equipment or frequent touch points in the club
  - b. Reminders to avoid touching eyes, nose, and mouth, and to use proper cough and sneeze etiquette
5. The COVID-19 Return to Curl Safety Plan will be posted on our website and will be emailed to all returning members. Included in the email a disclaimer stating that members and participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.
6. League registrations will be through the Curling I/O website and in-person registration will be by appointments only.
7. Practice Ice will be through an email request to the Club Manager and will be limited 4 person per sheet and will be on a first come first serve basis.
8. League Games
  - Maximum of 48 people in the Arena
  - Stagger start time to alleviate congestion in the lobby (ie. 6:45pm/ sheet 1 & 2, 7:00pm/ sheet 3 & 4 and 7:15pm/ sheet 5 & 6) and starting on opposite ends.
  - Entrance to the arena will be through the east door and exit will be on the west door
  - A health declaration form must be filled out every game by each player prior to the start of each league game.
  - Spares will be club members only.

**PLEASE NOTE THAT WE ARE CURRENTLY IN PHASE 3 OF THE RETURN TO CURL  
GAMES WILL BE MODIFIED TO A FOUR PERSON TEAM**





# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

---

### Playing the Game:

- Wearing a mask or face covering is required inside the facility
- Instead of a hand shake, give a friendly wave or tap brooms to start the game.
- Do not use coins to decide the last stone advantage in the first end. The league convenors may assign them every game or use an online tool on your phone: <https://justflipacoin.com/>
- Players stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 1. This will keep players 10 feet apart.
- Insert two small markings, located four feet from each side of centre ice (roughly 69 feet from the end boards).
- Non-Delivering Team: The two sweepers of the non-delivering team should be positioned on these markings while the other team is throwing. The player of the non-delivering team whose turn it is next to deliver should be positioned at the hogline on the same side as the two sweepers.
- The Skip (or Vice-Skip) will stand on the backboards but no closer than the hack.
- Delivering Team: The Skip has control of the house. The player whose turn it is to deliver is in the hack. The non-sweeping player is on the backboards. The sweeping player is at the T-Line. Once the stone has been released, the player who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hog line if it is his/her turn next.
- After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hog line depending on their turn to deliver or not.
- As it is a labour-intensive activity to sanitize the scoreboard numbers after each game, consider other methods of keeping score (example: record on one person's phone; paper & pen)
- One sweeper only on all delivered stones. No relaying (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstance.
- The skip of the non-delivering must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone behind the tee-line. Lessening of physical distancing restrictions would/could allow this guideline to be removed.
- The skip or vice skip (not both) of the non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- Neither skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team.

### Cleaning Protocols:



# ***Delta Thistle Curling Club***

**11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9**

**Phone: 604-594-2323**  
**Fax: 604-594-5933**  
**E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)**  
**Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)**

## **COVID 19 Return to Curl Safety Plan**

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

---

1. Increase the frequency of cleaning and disinfection of high-touch surfaces and high traffic areas.
2. Hand sanitizer/disinfectant will be available at:
  - Entrances
  - Washrooms
  - Arena entrances
  - Shoe Cleaners
3. Ensure garbage bins are available for responsibly disposing of hygienic materials such as tissues and any PPE that is used in the course of activities.
4. At the start of each game, the following but not limited to will be sanitized:
  - stone handles
  - club equipment
  - measuring devices
  - scoreboards
  - Team captains/Skips will assign stones/rocks at the start of the game

### **Measures Related to Lobby and Common Areas:**

1. Copy of the COVID-19 Curl Safety Plan will be posted on the bulletin board and on our website
2. Occupancy limits will be posted in the lobby and lounge. Tables will be separated to ensure 2m distance and each table will have a limit of four chairs. Tables will be assigned to each team only.
3. There will be no access to the Club through the Recreation Centre. Entrance will be the North Doors (along the laneway), Exit via the West doors (by the stairs to the lounge)
4. Floor and directional markers will be posted to ensure flow of traffic.
5. No spectators at any time.

### **Measures Related to Change Rooms/Locker Rooms:**

1. Members and participants must come dressed to curl (curling shoes being the exception).
2. Locker will not be available this season.

### **Measures Related to Club Equipment:**

1. Disinfectant will be available at both ends of the ice.
2. Members and Participants will disinfect delivery aid and measuring devices.

### **Measures Related to Washrooms and Water Fountains:**



# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

---

1. Please bring your own water, it won't be available in the rink.
2. Occupancy limits will be posted in each of the washrooms.
3. Soap and paper towels are available in each of the washrooms.

### **Measures Related to Playing Surface:**

1. Signage will be posted regarding teams draw times and playing sheets.
2. Sanitation and disinfectant will be available in each sheet.
3. See appendix C for detailed 2 person, 3 person and 4 person curling rules and physical distancing etiquette.

### **Food and Beverage Service:**

1. The lounge will be limited to a maximum of 48 people.
2. All service will be at the table. NOT at the bar/bar window.
3. Directional arrows will be placed on the lounge stairs to encourage one-way flow traffic
4. Tables and Chairs will be set-up so that there are no more than 4 seats at a table, and seats are set two metres apart from each other, and 2m from seats at another table.
5. Teams will have assigned tables after each game. (For examples Sheet 1 - Red Rocks)
6. Bartenders and other staff will be required to wear a mask while working in the lounge.
7. No spectators in the lounge.
8. Liquor service in the lounge will cease at 10:00pm
9. The lounge will close at 11:00pm.

### **Emergency Response:**

#### **Measures Related to First Aid:**

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. Ensure that these are at hand.

WorkSafeBC's [protocols for occupational first aid attendants](#) on safely treating individuals may prove to be a valuable resource.

Red Cross Canada's [protocols for an unresponsive person during COVID-19](#) provides additional resources.





# ***Delta Thistle Curling Club***

**11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9**

**Phone: 604-594-2323**  
**Fax: 604-594-5933**  
**E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)**  
**Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)**

## **COVID 19 Return to Curl Safety Plan**

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

### **Measures Related to Cases and Outbreaks:**

1. In the event of an COVID-19 outbreak, the club member must contact and send an email to the President, Brian Cole at [president@deltathistle.ca](mailto:president@deltathistle.ca)
2. Brian will notify the club manager and the City of Delta if any curlers or staff member report they are confirmed to have COVID-19
3. Brian and the Board of Directors will decide whether the club will modify, restrict, postpone, or cancel activities.
4. The Illness Policy (see Appendix A) will be implemented and we advise individuals to:
  - Self-isolate;
  - Monitor symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of COVID-19 symptoms;
  - Use the COVID-19 self-assessment tool ([BC COVID-19 Self-Assessment Tool](#)) to determine if further assessment or testing is needed.
  - Return to curl / work if the individual or family member/household occupant is test for COVID-19 and is negative;
  - Return to curl / work if the individual or family member/household occupant is not tested, and 14 days have passed since they became ill and they are symptom free.
5. In the event any curlers or participants has to leave a practice/league game, notify the City of Delta immediately to proceed and follow disinfection protocols
6. In the event of a positive COVID-19 result, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your illness Policy and enhanced measures
7. Should a medical health officer contact our Board of Directors, we will fully cooperate in the contact tracing.

### **Insurance and Waivers:**

On June 10, 2020, the Province issued a ministerial order that protects non-profit sport organizations like our curling club from liability for damages to an individual who has been infected or exposed to Covid-19 in any of our member clubs if the club was “organizing, administering, facilitating, or providing” curling in accordance with “all applicable emergency and public health guidance”.

As of June 18, 2020, Wawanesa Insurance, which provides Curl BC members with commercial general liability through the National Curling Centre Insurance program, has confirmed that the liability policy coverage has no pandemic exclusion. The insurer will respond to allegations of negligence related to the pandemic, if filed against a covered curling club, subject to the terms and conditions of the policy wording. However, if your club’s commercial liability insurance coverage is with a different insurer, please contact your local broker for additional information and advice on your specific liability policy.

## **APPENDIX A**

### **Illness Policy (Delta Thistle Curling Club)**





# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

In this policy, “Team member” includes an employee, volunteer, participant or parent/spectator.

1. Inform an individual in a position of authority (coach, team manager, skip, club manager) immediately if, you feel any symptoms of COVID-19 such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. Assessment
  - a. Team members must respond to a pre-training oral questionnaire before their shift/practice/activity/game to attest that they are not feeling any of the COVID 19 symptoms.
  - b. Coaches/Skips will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
  - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
3. If a Team Member is feeling sick with COVID-19 symptoms
  - a. They should remain at home and contact Health Link BC at 8-1-1.
  - b. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
  - c. No Team Member may participate in a practice/activity if they are symptomatic.
4. If a Team Member tests positive for COVID-19 or has symptoms
  - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus. They will be required to self isolate for a minimum of 10 days after the start of symptoms or until symptoms are resolved, whichever is longest.
  - b. Any Team Members who work/play closely with the COVID + Team Member will also be asked to remain home and self isolate and self monitor for 14 days after the last contact.
  - c. Close off, clean and disinfect their work/practice/facility area immediately and any surfaces that could have potentially be infected/touched. Clean and disinfect common areas once per day with regular cleaning products. Use a solution of 1:50 bleach/water for high touch surfaces.
5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test
  - a. As with the confirmed case, the Team Member must remain at home and self isolate and self monitor until they receive their test results. **A person with a negative test that has symptoms** is required to self isolate for a minimum of 10 days after the start of symptoms or until symptoms are resolved, whichever is longest.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call 8-1-1.
  - c. Other Team Members who may have been exposed will be informed and asked to remain at home for 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19
  - a. Team Members must advise their employer/coach/skip if they reasonably believe they have been exposed to COVID-19.



# ***Delta Thistle Curling Club***

***11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9***

**Phone: 604-594-2323**

**Fax: 604-594-5933**

**E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)**

**Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)**

## **COVID 19 Return to Curl Safety Plan**

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

- b. Once the contact is confirmed, the Team Member will be asked to remain at home and self isolate and self monitor for 14 days after the last contact or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be asked to remain at home and self isolate and self monitor for 14 days after the last contact or as otherwise directed by public authority.
  - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. Quarantine or Self-Isolate if:
- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self isolate. As per the Federal Quarantine Act.
  - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must self-isolate and self monitor for a minimum of 10 days after the start of symptoms or until symptoms are resolved, whichever is longest.
  - c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must self-isolate and self monitor for 14 days after exposure or as directed by the public health authority.
  - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an Covid + case or in families who are self-isolating, is not permitted to enter any part of the facility without completing 14 days of self isolation and monitoring unless otherwise directed by the health authority.

## **APPENDIX B**

### **Participant Agreement**





# ***Delta Thistle Curling Club***

***11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9***

**Phone: 604-594-2323**  
**Fax: 604-594-5933**  
**E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)**  
**Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)**

## **COVID 19 Return to Curl Safety Plan**

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

---

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities (“Participants”)

All Participants of Delta Thistle Curling Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.

I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.

I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.

I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).

I agree to continue to follow social distancing protocols of staying at least 2m away from others.

I agree to not share any equipment during practice times.

I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.

I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.

I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

I acknowledge and understand the “Illness Policy” as outlined in Appendix A

---

Parent Name (if under 16+yrs)

Date Signed

Curler’s Name

Date Signed

## **APPENDIX C**



# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines



- Curling Clubs/Centres Closed
- No Events/Activities Allowed
- No non-essential Travel
- Virtual Activities OK
- Individual off-ice or outdoor training

1. Curling clubs and centres close
2. Initiate shut down procedures for the following scenarios:
  - a. Temporary closure (2 weeks- 1 month)
  - b. Suspended closure (1 month- 3 months)
  - c. Long Term Closure (3 month- 1 year)
3. Follow WorkSafeBC procedures
4. Follow Technical Safety procedures
5. Secure any Financial Funding
  - a. Government grants
  - b. Government financial relief programs
  - c. Limited membership drive
  - d. Sponsorship agreements
6. Initiate Crisis Communication Protocols
  - a. Update your members and participants on any decisions and actions of the club.
  - b. Utilize technology for staff, board, volunteer, meetings or annual general meetings.
7. Support your staff and volunteers during this time.
8. No in person activities or events allowed
9. Virtual Activities are OK
10. Members and participants may engage in individual training activities off-ice or outdoors.





# Delta Thistle Curling Club

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)  
Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines



- Clubs/Centres slowly open
- 2m Physical Distancing
- No events >50 people
- Non-contact training
- Local community participation only
- Modified play
  - Individual/Family practices
  - Skill development activities
  - 2 person games\*
  - 3 person games \*
  - No or limited spectators

1. Curling clubs and centres slowly open.
    - a. Ensure 2m physical distancing measures are in place.
    - b. Ensure your policies, protocols, and procedures are in place and can be maintained.
    - c. Encourage local participation only.
    - d. Phase in modified play activities.
  2. Modified/phased-in activities.
    - a. Non-contact training to start.
    - b. Scheduled small group practices (1-6 people per sheet).
      - i. Scheduled individual and/or family practices.
      - ii. Scheduled team practices.
- CHECKPOINT
- a. Ensure all measures to minimize the transmission of Covid-19 are working before starting leagues or offering programming.
  - b. Ensure all members and participants understand the policies, protocols, and procedures.
3. Introduce scheduled doubles games
  - a. 2 players per team on the ice
  - b. Consider phasing in sweeping
- CHECKPOINT
- a. If all measures continue to work continue to add other leagues and/or programming.
4. Phase in triples games
  - a. 3 players per team on the ice.
  - b. 1 sweeper only between the hoglines.
  - c. Ensure physical distancing can be maintained.
5. Phase in other Curling Programming
  - a. Lessons with physical distancing coaching groups 1-4 people per sheet
  - b. Doubles Learn to Curl
  - c. Hit-Draw-Tap Competition
  - d. Youth Programming
6. No events >50 People
  - a. Events includes: Open houses, clinics/lessons, bonspiels, rental groups
7. No or limited spectators
  - a. Create protocols and procedures for spectators.



# Delta Thistle Curling Club

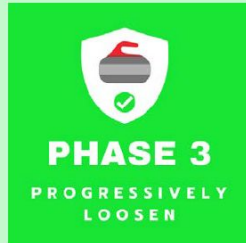
11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines



- 2m Physical Distancing
- Facility access expanded
- Regional Participation/Events\*
- Provincial Participation/Events\*
- 3 person games\*
- 4 person games\*
- Spectator Group Size increases

1. Maintain 2m physical distancing.
2. Curling Clubs and Centres may consider expanding facility access.
3. Regional Participation/Events
  - a. Regional events may occur
  - b. All events following current restrictions ([click her for the latest update](#))
4. Provincial Participation/Events
  - a. Provincial events may occur.
  - b. All events following current restrictions ([click here for the latest update](#))
5. Game modifications
  - a. Continue to schedule all on-ice activities.
  - b. Continue to phase in programming.
  - c. Continue to offer doubles and triples curling activities.
  - d. Phase in four-person curling.
    - i. Physical distancing must be maintained.
    - ii. See resources page for alternative options.

### CHECKPOINT

- a. Evaluate policies, protocols, and procedures and make any adjustments.
  - b. Clearly communicate transitions of activities to your members and participants.
6. Spectator Group Sizes Increases
    - a. Based on your capacity with physical distancing measures.
    - b. Spectators subject to screening protocols and procedures.
  7. Programming Resources can be found on our website: <https://www.curlbc.ca/resources/documents-forms-covid-19/>



# *Delta Thistle Curling Club*

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines



- Continued alignment with government guidance
- National and/or International Travel
- Large Spectator Group sizes allowed
- Large Scale Events may return
- 4 person games

1. Return to traditional curling activities (with no or limited restrictions)
  - a. Bonspiels
  - b. Curling socials
  - c. Full competitions
    - i. Regional
    - ii. Provincial
    - iii. National
    - iv. International
  - d. Four person curling
2. National and international travel resumes.
3. Spectators and large groups are allowed.
4. Continue enhanced cleaning protocols.
5. Continue using adapted policies, procedures, and protocols.
6. Continue using waivers.



# Delta Thistle Curling Club

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

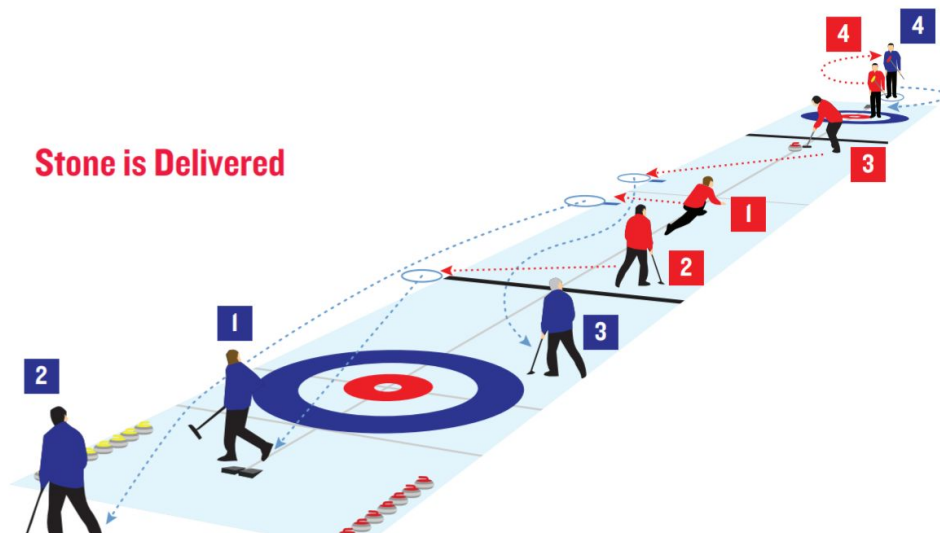
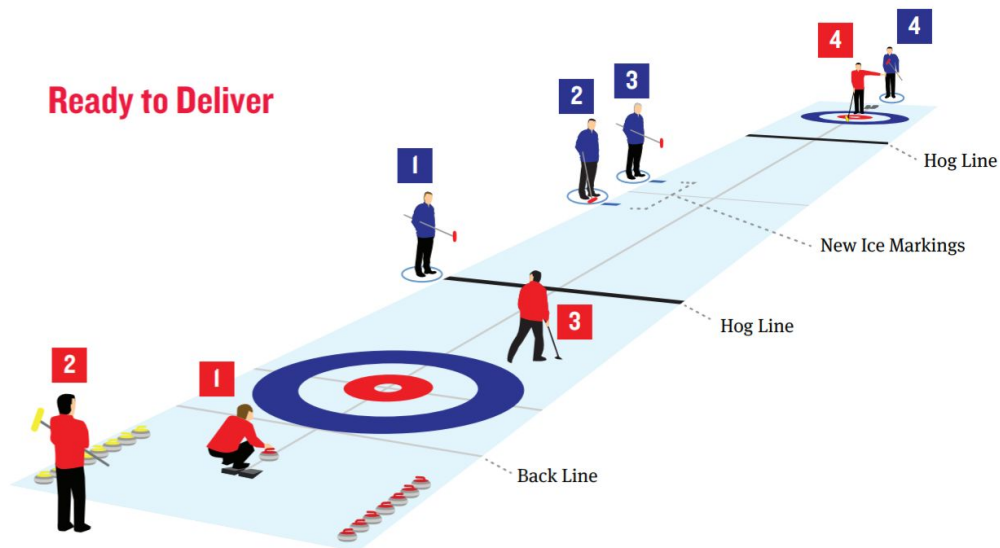
Phone: 604-594-2323  
Fax: 604-594-5933  
E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

### APPENDIX D 4v4 Curling (Phase 3 and 4)







# Delta Thistle Curling Club

11415 84<sup>th</sup> Avenue, Delta, BC V4C 2L9

Phone: 604-594-2323  
 Fax: 604-594-5933  
 E-mail: [info@deltathistle.ca](mailto:info@deltathistle.ca)  
 Web Site: [www.deltathistle.ca](http://www.deltathistle.ca)

## COVID 19 Return to Curl Safety Plan

(as Required by the City of Delta, BCRPA Recreation and Parks Sector Guideline for Restarting Operations Document p15)

Adapted from Documents from viaSport Return to Sport Plan, BCRPA, WorkSafeBC, Curling Canada Canada and CurlBC Return to Curling Guidelines

