



# GUIDE FOR SAFE RETURN TO CURLING

Marpole Curling Club Safety Plan

Version 1.0    October 2020

MARPOLE CURLING CLUB

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## **Message From the President:**

Marpole Curling Family.

This curling season has begun under unprecedented conditions and will continue as such for the foreseeable future. The Board of Directors and I have reviewed and agreed upon the guidelines presented in this document and are a reflection of the conditions mandated by the government under which we must comply. Where there is any room for interpretation the Boards of Directors have decided that the safety and health of our members is our primary goal. Everyone wants to return to curling as quickly as possible, however at this time returning to how we curled previously is not possible. Therefore, we believe the guidelines listed in this document represent how best to return to curling until the Covid-19 virus is under control in British Columbia. The Board of Directors will decide shortly on the next steps in regard to our plans for the rest of the curling season.

Thank you for your patience and understanding.

Gregg C. Bruce

President of the Marpole Curling Club

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## Overview

All activities in our curling club must operate within current provincial health restrictions in order to limit the transmission of Covid-19 in our community. These guidelines meet the criteria set out in the CurlBC—Return to Curling Guidelines and expectations of WorksafeBC. They were generated by a Covid-19 Committee made up of the Club Manager, an Executive of the Board and several other Board members, in consultation with staff as needed. They have been approved by the Marpole Curling Club Board of Directors. In addition to specific return to curling requirements prompted by the pandemic, Covid-19 related risk assessment, and the general public health rules and directives for the curling public, club operations must also address the health and safety risk issues for staff and volunteers as outlined in the viaSport Guidelines.

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. If you have underlying health conditions that may make you more susceptible to COVID-19 complications, we recommend that you do not attend curling at the Marpole Curling Club at this time.

To help reduce the risk of infection to COVID-19, **The Marpole Curling Club Safety Plan** is required to be followed by Curlers, Staff, Volunteers and anyone who enters the facility. The plan is based on the following principles:

## 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>

## General

- All members, staff and volunteers must read, understand and comply with Club Guidelines/Safety Plan, and all relevant Policies (for example, the Illness Policy in appendix A) and posted Protocols.
- All members must sign a Liability Waiver and Declaration of Compliance (appendix B) at registration. If under the age of majority (19) – parents or guardians must also sign an Assumption of Risk document.

- Registrations will be done ONLINE only and credit card payments to be accepted ONLINE or over the phone.
  - In the event of a COVID-19 related closure the Marpole Curling Club Board of Directors will assess any potential partial refund of fees and communicate with Membership as appropriate. Note that Membership/Facility fees as well as fees paid to CurlBC and Curling Canada are non-refundable.
- Anyone entering the building (staff, volunteers, suppliers, maintenance groups, curlers, etc.) must sanitize hands without undue delay upon entering and departing the building.
- Masks will be mandatory in all areas except when curling at designated sheet in the ice shed or when seated in the lounge (if open).
- Sanitizing stations will be available throughout the club, for example within the lobby, in the ice shed and upstairs lounge.
- Occupancy signs will be posted in all public access common spaces, as appropriate.
- The café, games room, Dan Magnuson room and locker rooms will not be open until further notice.
- Health Declaration/Contract Tracing forms must be signed prior to each game upon entering the club, after reviewing the Health Declaration statements.
  - Staff/volunteers will be required to complete a Health Declaration each time they come into club
- Bonspiels and drop in practice ice are not scheduled until further notice.
- At this time, no outside food is allowed in the club.
- Private rentals/functions are not available until further notice
- Staff/volunteers will monitor all activities to ensure proper physical distancing and protocols are being followed at all times.

### Participant / Curler Guidelines – Phase 2 and 3

- STAY HOME if you are sick, have COVID-19 or flu-like symptoms or are required to self isolate, or if you are on the Prohibited Persons Policy.
- Arrive no sooner than 15 minutes before the start of your scheduled game. Consult your league's schedule to note your game's staggered start time and assigned sheet before arriving at the Club. If you arrive at the club, outside your game's designated staging time, remain in your vehicle until appropriate.
- You must don a mask or face-covering before entering the club.
- THE MAIN ENTRANCE TO BUILDING is for **ENTRY ONLY**, except for wheelchair use. Once inside, read the Health Declaration Statements and sign the Health Declaration/Contact Tracing sheet. Once the full draw has started, **the MAIN ENTRANCE** doors will be locked to prevent re-entry.
- Arrive dressed to play. Please limit bags, equipment, and personal belongings as much as possible as we will have limited space to store these items during the game time.
- Follow arrows to first available X/position markers (See Appendix C) and stand with your teammates in lobby, maintaining physical distance requirements, waiting for the 5 minute warning bell.
  - Each area will have a designated spot to change shoes, with available sanitizer. Curlers should sanitize the shoe change station before and after use.
  - Barriers, directional arrows, no standing zones and all other signs must be followed at all times. Please refrain from touching the barriers as much as possible.
- It is recommended that teams choose hammer and rock colour, by a suitable method, while waiting for ice shed entry. Maintain physical distancing during this process.

- At the 5-minute warning bell for their designated staggered start time, if the ice shed is available for entry, teams closest to the ice shed doorway will enter first, maintaining physical distancing at all times, followed by the remaining teams.
  - Do not enter the ice shed until and unless the ice staff have indicated it is safe to do so. Maintain your distance from ice staff at all times.
- Proceed directly to your designated sheet. Use the available storage areas adjacent to your sheet for bags and equipment, as needed, then proceed to your appropriate standing points on the ice in preparation for the game start (see appendix D). A bell will ring when your game is scheduled to begin, based on your staggered start time.
- Hand sanitizing stations will be set up at entrance to ice shed and at the near end of each sheet.
- Designate one player to sanitize your team's rock handles, prior to starting game. Follow the instructions provided.
- Refrain from touching other curlers equipment i.e. rocks, brooms, sliding devices, etc.
- Refrain from touching any and all icemaking equipment and/or club equipment (scraper, pebbling equipment, ladders, brooms, nipper, etc.)
- Instead of a handshake, perhaps give a friendly wave or tap brooms to start your game.
- Regular games will be a maximum of 1.5 hours in duration. There will be a 10-minute warning bell to announce the end of the game, depending on your game's staggered start time: follow the clock to be sure the bell is for your game. Once the bell rings, finish the end and the game is COMPLETE. Teams are not to start another end after the 10-minute bell has rung.
  - For other game formats (i.e. Mixed Doubles), follow the guidance of that league for start/end times, etc.
- Teams will be comprised of 3 or 4 players. One sweeper only is allowed on all delivered stones. Sweeping is only allowed between the T-lines. The person in charge of the house is NOT allowed to sweep under ANY circumstance. The skip of the non-delivering team must remain in the hack area until all stones come to rest.
  - Spares must be registered and paid active members of Marpole Curling Club of the 2020-21 season.
- Use the on ice decals to help maintain your physical distance and to locate the correct places to stand during the game.
  - Use of on-ice benches is discouraged. If used: a) only one person may seat at a time, b) be sure that using the seat does not disrupt effective people flow on the ice and c) maintain physical distance at all times.
- Do not use the scoreboards at any time. Skip's should agree on an alternative method for tracking the score (i.e. use cell phone capabilities, etc.).
- After the end is over, one designated person from each team is responsible for moving their team's rocks to the rock box area in preparation of the start of another end.
- Measuring: Respect the physical distancing of positions of players on sheets. Remove your gloves (if applicable), sanitize your hands, conduct the measure (maintaining physical distance at all times), return the device to its normal location and sanitize your hands
- Sanitize hands before leaving the ice shed area when game is complete or whenever you leave the ice shed (i.e. going to the washroom).
- Tissues and waste bins will be available at the near end of each sheet. Curlers reminded to cough or sneeze into sleeve and sanitize hands after using tissues.
- Ideally, Teams closest to the ice shed door should leave the ice shed at game end first, followed by teams further from the door. Respect physical distancing when leaving the rink. Do not enter the lobby until it is safe and clear to do so.
- Players exiting the ice shed at end of game or for any other reason (i.e. to use the washroom) must sanitize their hands before leaving the ice shed and also when re-entering the ice shed (if re-entering). Enter the lobby only if clear and safe to do so. Maintain physical distancing at all times. A mask must be worn any time you leave your designated sheet.

- Following game, curlers must proceed immediately to lounge or leave the building using the EXIT ONLY DOOR by the Locker rooms (North Door) to allow for sanitization and for subsequent draws to enter. See Appendix C.
  - Use of the elevator is allowed, however, minimize touching surfaces, do not touch the door handle and only use if needed. Observe physical distancing while moving to the elevator area through the staging areas of the lobby.
- Shoe change stations in the lobby may be used to change back to street shoes for those not attending the lobby. For those going to the lounge, please change your shoes in the lounge.
  - Sanitize lobby shoe change stations before and after use.
- The bulletin boards must not be used this season. All leagues are to use alternative means for recording wins/losses, communicating league standings, communicating sheet assignments for teams, etc. Report your game result to the appropriate League representative using their prescribed methods.
- There will be NO WATER STATIONS. It is recommended that Curlers bring their own water.
- No spectators or visitors are allowed, until further notice.
- Smoking area: The ashtray and smoking area will be relocated away from the front of the club to facilitate safe people flow into and out of the club. Smoking in a non-designated area will not be tolerated.

## Lockers, Change rooms & Washrooms

- There will be no lockers or change room usage this season. No equipment is to be stored on the premises. If your equipment is already at the Club from the previous season, please arrange an appointment to pick it up, before curling starts.
  - Extra bags/shoes/coats should be stored in your own bag. Limited storage will be available in the neutral zones between sheets 1/3 and 4/6. Please bring as little extra equipment as possible into the ice shed.
- Signage for physical distancing and handwashing protocols and recommendations will be placed throughout the building
- Only 1 person at a time is permitted in all washrooms. Please observe physical distancing when waiting for access to a washroom.
- Sanitizing stations will be located at appropriate places throughout the building.

## Masks

- All staff/volunteers and curlers must wear a mask before entering the building, and throughout the building, except as below.
- Once on designated ice sheet, curlers have the option of playing with or without masks.
- Masks must be stored in curlers pocket or in bag if not choosing to wear while playing game – If intending to wear a mask during game play, prepare to bring more than 1 as they get damp quickly, losing their effectiveness.
- Dispose of paper masks after use.
- Curlers must sanitize their hands immediately when finished their game and when removing/re-attaching mask following game.
- PPE - All staff to wear masks (or shields in certain circumstances) while working (will be provided to Manager, Ice technicians, and Bartenders).
- When seated at an assigned table in the lounge, masks can optionally be removed.

## Enhanced Cleaning Protocols

- The entire facility will go through a full building cleanup prior to start up of season.
- All high touch surfaces have been identified and excess items have been removed if unable to disinfect or the contaminant risk is considered high.
  - For example: Lobby benches, Boot Boy, etc.

- Daily disinfecting of identifiable surfaces and structures will be followed by staff.
- Hand sanitizer, disinfecting wipes, gloves, garbage bags and hand washing facilities are available throughout the building for staff performing cleaning.
- Cleaning protocols for public spaces (i.e. lobby, ice shed, washrooms, and lounge areas) will be posted.

## Staff & Volunteer Training and Protocols

Staff and volunteer safety are valued as a key component to minimizing the risk of COVID- 19 and a healthy working environment. Staff and volunteers will be educated in the following areas:

- Proper mask handling and glove fitting (including removal/disposal).
- Proper hygiene procedures – including hand washing and cough/sneeze etiquette.
- Location of sanitizers, disinfecting supplies, washing areas and PPE.
- Specific cleaning protocols will be provided and reviewed for ice technicians, coaches, and bartenders.
- How to report unsafe conditions, possible exposures to COVID -19 and understanding symptoms.
- Assessing health status and signing a Health Declaration each time they enter the building.

Documentation of staff training and materials will be kept on file.

Contracted workers (i.e. caterers) will be responsible to follow the Marpole Curling Club's Guidelines/Safety Plan for entry into the building and also to submit their own COVID-19 plan for approval.

## Rental Equipment – Grippers, Brooms, Sliders, throwing sticks and Gliders (crutches)

- Curlers are to sanitize any rental equipment used, before and after game.
- Rental brooms and grippers will be available in designated areas (i.e. neutral zones between sheets 1/3 and 4/6): limited supply equipment (gliders, throwing sticks, etc.) may be stored in a common area.
  - Note: Limited grippers will be available due to difficulties in sanitizing – we recommend purchasing grippers in advance.
- Please return rental equipment to the marked areas of ice shed. Payment should be made into the appropriate payment box located at the club.
  - Please remit, in broom box, \$2 per use.

## Pro shop/Office

- Office transactions and Pro shop sales are available by advance appointment only.
  - Regular Office hours will not be maintained until further notice.
- Stay home if you are feeling sick.
- Maximum 2 people (including manager) allowed in Office at one time.
- Mask must be worn at all times. Employees will wear PPE to protect themselves and members/guests.
- Disinfect hands upon entering.
- There will be no refunds / exchanges on merchandise.
- Respect physical distancing (6 feet/2 meters).
- Purchases to be made by debit or credit only.
- All high contact surfaces – debit machine, door handles, telephone, photocopier, storage bins, etc. will be sanitized daily.
- Please refrain from touching items, as much as possible, unless intending to purchase.

## Upstairs Lounge, Dan Magnuson Room and Games Room

- Games room and Dan Magnuson Room are not open until further notice.
- Masks must be worn at all times until and unless seated.
  - Masks must be worn when going to washroom, taking advantage of self-service bar or leaving the area. Sanitize (or wash) hands any time masks are removed or replaced.
- Maximum occupancy of 1 person at a time in each washroom. Maintain physical distance at all times, when waiting for the washroom to be available (follow posted instructions).
- Lounge will not be open prior to game time. Lounge may be available; for limited time only after your draw.
  - Maximum lounge time is 60 minutes following the end of your game's staggered time slot. For example, game finished at 8:30 pm, please depart by 9:30 PM.
  - Last call and closing times will be posted and strictly followed.
- Spectators are not allowed until further notice.
- Please sit at your assigned table: Each team on each sheet will have a table assigned to them.
  - Please use the assigned storage areas (as need) for any equipment brought to the lounge.
- Once seated, there must be no moving from table to table.
- Tables of 4 persons only.
- Self service bar is available – please follow distancing markers while waiting.
  - Self serve water station will not be available. Please ask bartender for water service.
  - Limited snacks will be available. No sharing please. No outside food allowed.
  - No access to public use microwave, coffee station, plates/utensils, etc.
  - Debit or credit is highly preferred over cash.
- Staff will wear PPE at all times and the bar area will have appropriate barriers.
- 50/50 (and related) draws are discontinued in all leagues, until further notice.
- Please place your used glassware in designated bins. Do not put dirty glassware on the bar counter.
- Staff will thoroughly disinfect all tables, chairs and debit machine after use and follow enhanced protocols for cleaning before and after draws.

## Medical / First Aid

- If at any time a player/employee feels unwell, they must be removed from the general area and they will be asked to leave or placed in the isolation room (Ladies locker room) if unable to leave without undue delay. Please refer to illness policy (see Appendix A).
- If someone requires first aid, PPE (mask and gloves) must be used and will be available (located in first aid cabinet in the lobby) to attending any injury or illness.
- WorkSafeBC's protocols for occupational first aid attendants on safely treating individuals may prove to be a valuable resource (see References).
- Red Cross Canada's protocols for an unresponsive person during COVID-19 provides additional resources (see References).

## Reporting COVID-19 Cases or Outbreaks:

- In the case of a known or suspected case or an outbreak of Covid-19, the Marpole Curling Club Illness Policy (see Appendix A) will be followed.
- Should a medical health officer contact our Club Manager or President (see the posted Health and Safety Contact sheet), we will fully cooperate with the Public Health Office instructions.
  - The club may modify, restrict, postpone, or cancel activities and contact members as soon as possible, as a result.

## **Health and Safety Issues:**

All people in the building are key in maintaining a safe curling and work environment. Any unsafe conditions or acts should be reported to the Health and Safety Committee members, posted throughout the club. The Health and Safety Committee will investigate as needed and address any concerns brought forward, as per provincial guidelines, in a timely manner.

The Health and Safety Committee will continually monitor for new, changed, or previously unanticipated risks and address these, in a timely manner, as appropriate.

## **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.

## **Appendices:**

- A. Marpole Curling Club Illness Policy
- B. Declaration of Compliance
- C. Upper and Lower Directional Floor Plan
- D. Curl Canada On Ice Marker Player Designation Layout / Player Designation
- E. ViaSport/Curl BC Return to Curling Phases
- F. Modified 4 Person Curling Options
- G. ViaSport Activity Chart
- H. Covid-19 Primer
- I. Covid Procedures

## APPENDIX A – MARPOLE CURLING CLUB ILLNESS POLICY (v1.0, October 2, 2020)

(“Team Member” refers to any staff, participant or volunteer)

1. Team Members must inform the Club Manager and League Rep (if applicable) without undue delay 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 review the self-assessment signage located throughout the facility each day before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
  - b. Manager/league reps 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 without undue delay and contact 8-1-1 or a doctor for further guidance.
  - c. No Team Member may work or participate in a practice/activity, if they are symptomatic.
4. If a Team Member tests positive for COVID-19
  - a. The Team Member will not be permitted to return to the workplace/practice/facility until they are free of the COVID-19 virus.
  - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
  - c. The Curling Club will be closed off, cleaned and disinfected without undue delay, including any surfaces that could have potentially been infected/touched.
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 be removed from the workplace/practice/facility.
  - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
  - c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
  - d. The Curling Club will be closed off, cleaned, and disinfected without undue delay, including any other surfaces that could have potentially been infected/touched.
6. If a Team Member has come into contact with someone who is confirmed to have COVID-19

- a. Team Members must advise the Club Manager & League Rep (if applicable).
  - b. Once the contact is confirmed, the Team Member will be removed from the Curling Club for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the affected Team Member will also be removed from the workplace for at least 14 days.
  - c. The Curling Club will be closed off, cleaned, and disinfected without undue delay, including 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.
  - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
  - 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 quarantine and self-isolate.
  - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

**APPENDIX B    DECLARATION OF COMPLIANCE (v1.0, October 7, 2020)**

**\*\* WARNING! ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION \*\***

Curling Canada, Curl BC, Marpole Curling Club (collectively the “Organization”) requires the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

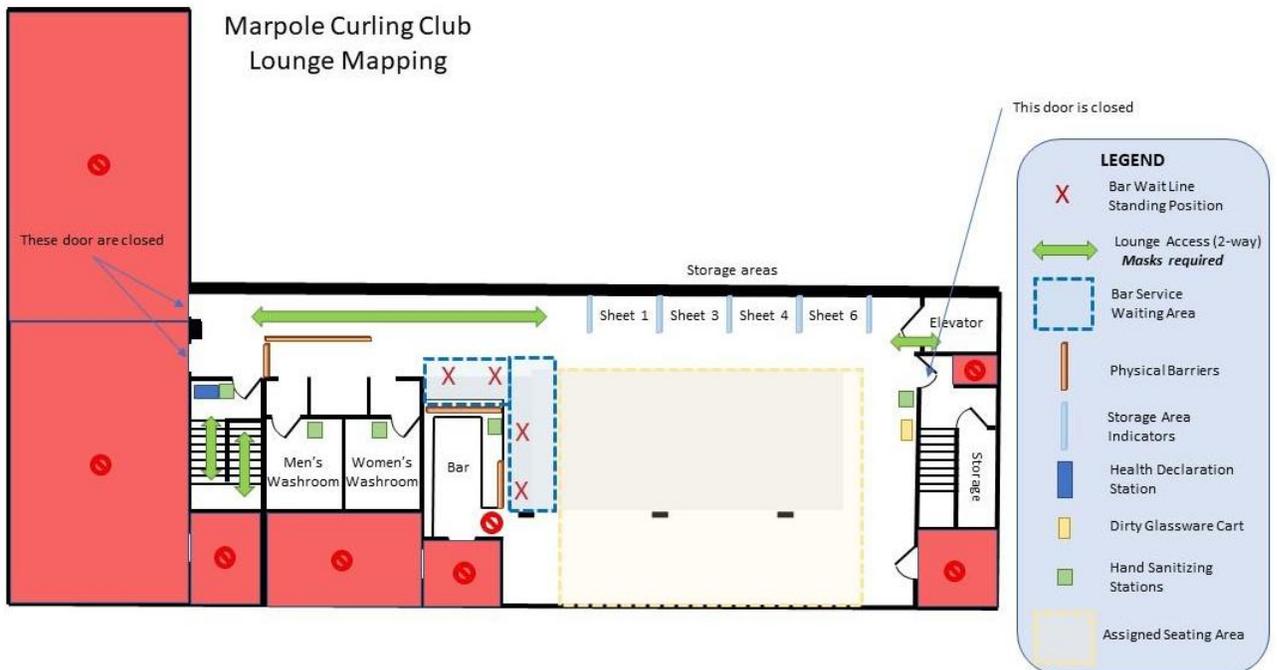
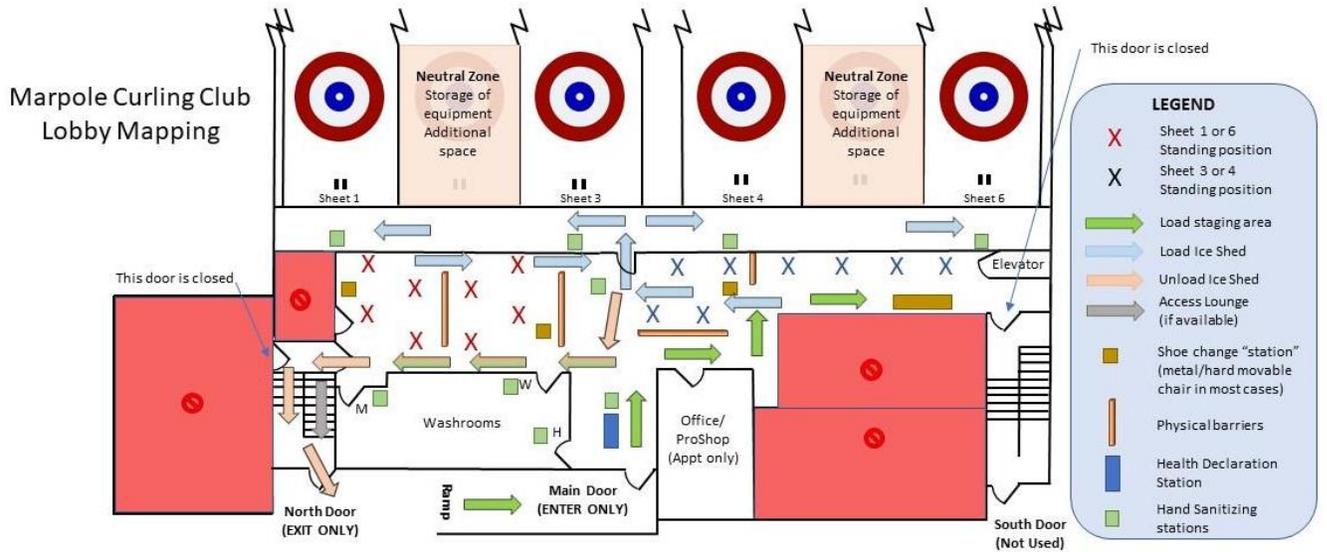
An individual (or the individual’s parent/guardian, if the individual is younger than the age of majority 19) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization’s facilities or participate in the Organization’s activities, programs, or services.

I, the undersigned being the individual named above and the individual’s parent/guardian (if the individual is younger than the age of majority 19), hereby acknowledge and agree to the terms outlined in this document:

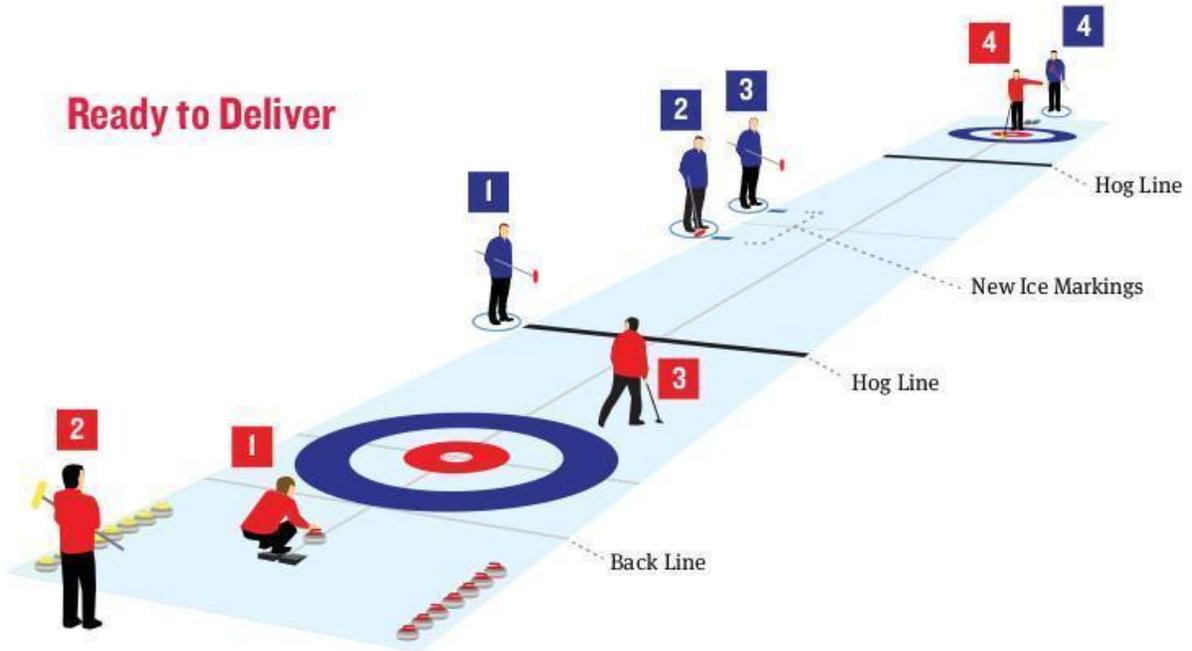
1. The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
2. The individual has not been diagnosed with COVID-19; OR If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
3. The individual has not been exposed to a person with a confirmed or suspected case of COVID-19; OR If the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
4. The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual’s parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
5. The individual has not, nor has anyone in the individual’s household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
6. If the individual experiences, or if anyone in the individual’s household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.
7. The individual has not, nor has any member of the individual’s household, travelled to, or had a lay-over in any country outside of Canada, or in any province outside of British Columbia in the past 14 days. If the individual travels, or if anyone in the individual’s household travels, outside of British Columbia after submitting this Declaration of Compliance, the individual will not attend any of the Organization’s facilities, activities, programs or services until at least 14 days have passed since the date of return.

8. The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
9. The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.
10. This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
11. The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

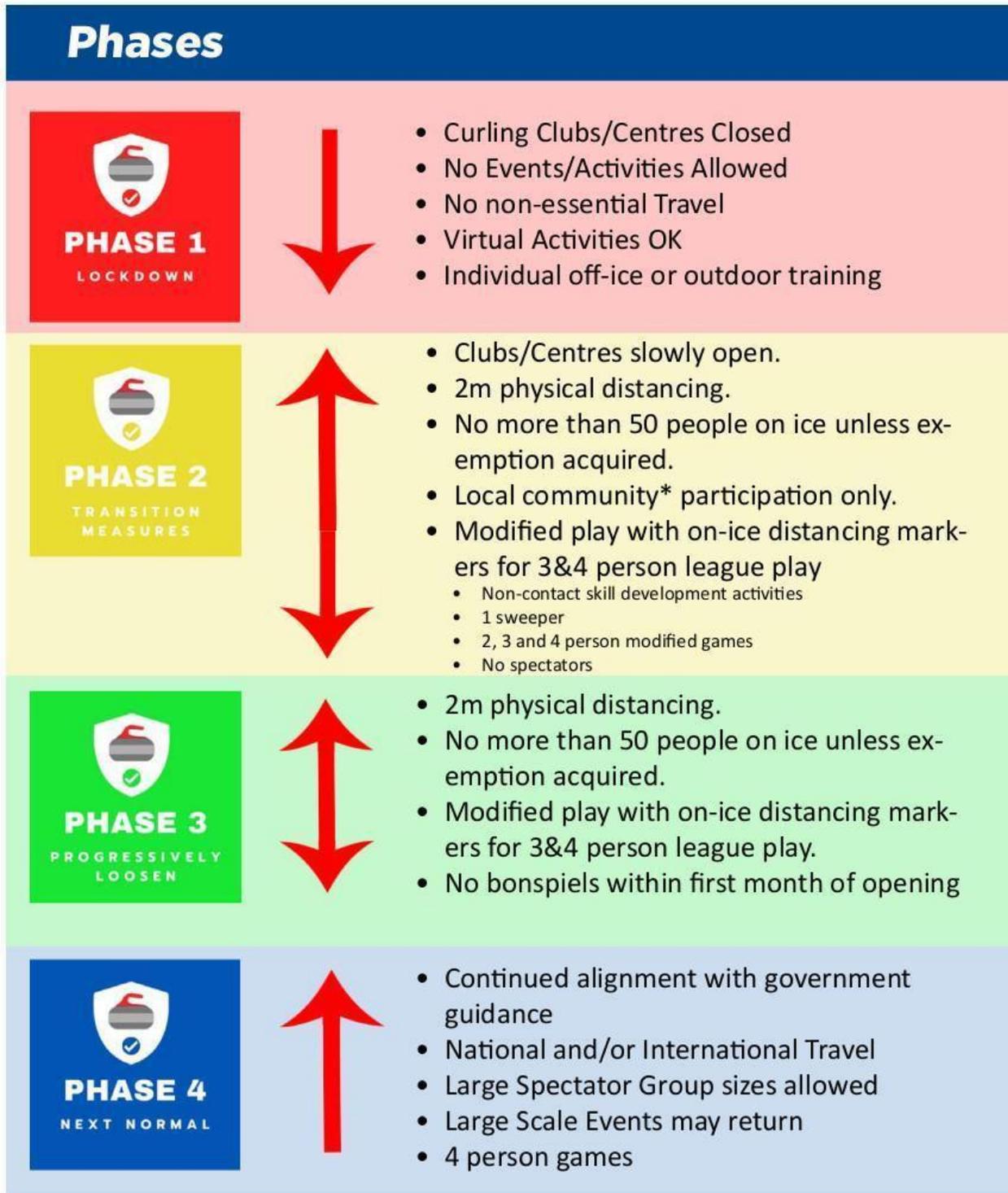
APPENDIX C – Upper and Lower Directional Floor (v1.0, October 7, 2020)



APPENDIX D – Curling Canada On Ice Marker Player Designation Layout/ Player Designation

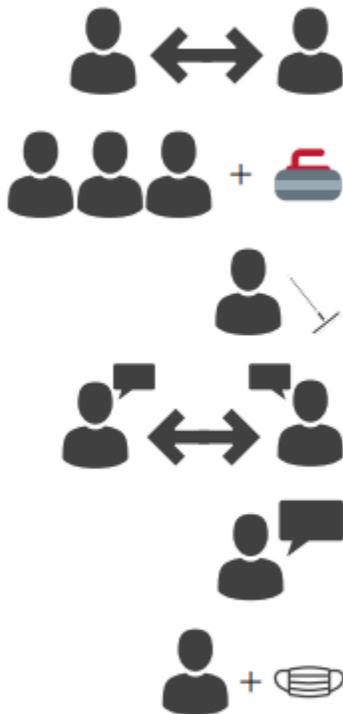


APPENDIX E – ViaSport/Curl BC Return to Curling Phases

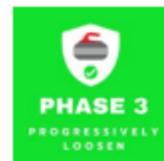


# RULES FOR

## MODIFIED 4-PERSON CURLING



- 2m physical distancing between all curlers.
- Three curlers involved in the shot. The fourth sits out on marker.
- One sweeper only between the T-lines. Non-throwing team cannot sweep.
- Skips discuss shots with Thirds while physically distant.
- Avoid shouting when moving past other curlers.
- Wear a mask if you feel comfortable doing so. Don't forget to bring several masks because your breath and the humidity will decrease the effectiveness of your mask.



The above rules are in place for four-person curling while Curl BC is in Phase 2 or 3 in the Return to Curling Plan. Check [www.curlbc.ca](http://www.curlbc.ca) for the latest information.

## APPENDIX G – ViaSport Activity Chart

This chart outlines the types of activities that can be considered as we transition through the various return stages.

	<b>Strictest Controls</b> Prior to May 19, 2020	<b>Transition Measures</b> Approx. May 19th to Sept	<b>Progressively Loosen</b> Future date TBC	<b>New Normal</b> Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> </ul>	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</li> <li>No group gatherings over 50 people</li> </ul>	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> <li>Increased hand hygiene</li> <li>Symptom Screening in place</li> </ul>	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> <li>Outdoor or within home</li> <li>Facilities and playgrounds closed</li> </ul>	<ul style="list-style-type: none"> <li>Outdoor is safest</li> <li>Indoor facilities slowly re-opening</li> </ul>	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> <li>Small Groups</li> <li>No or limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Groups sizes may increase</li> <li>Limited spectators</li> </ul>	<ul style="list-style-type: none"> <li>Large groups allowed</li> <li>No restrictions on spectators</li> </ul>
Non-contact Activities	<ul style="list-style-type: none"> <li>Low risk outdoor activities can occur (biking, running, etc).</li> <li>Virtual activities</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental movement skills</li> <li>Modified training activities, drills</li> </ul>	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> <li>Should not occur</li> <li>Contact sports should look for non-contact alternatives to training</li> </ul>	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> <li>Minimal shared equipment</li> <li>Disinfect any shared equipment before, during and after use</li> </ul>	<ul style="list-style-type: none"> <li>Some shared equipment</li> <li>Enhanced cleaning protocols in place</li> </ul>	Shared equipment

\*Introduction of competitive activities should be in alignment with Sport Specific guidelines.

# CORONAVIRUS

Covid-19 or 2019-nCov

**WHAT IS IT? Q**  
 COVID-19 is a new virus and so health officials are still learning about its impact and severity. At this time, it appears to cause an illness similar to the flu with the most common signs of infection being fever, cough and shortness of breath. In severe cases patients can develop pneumonia, severe respiratory distress, kidney failure and death.

## PREVENTION

-  Stay at home when you are sick
-  Avoid close contact with people who are sick
-  Wash your hands at least 20 seconds
-  Cover your cough or sneeze with a tissue
-  Avoid touching eyes, nose, & mouth with unwashed hands
-  Clean & disinfect frequently touched objects and surfaces
-  Use a hand sanitizer that contains at least 60% alcohol
-  Avoid crowded places and all unnecessary travel

## SYMPTOMS



**INCUBATION**  
**2-14 DAYS**  
 Because the early symptoms of COVID-19 are similar to other respiratory illnesses, if you have any of the common symptoms (fever, cough and shortness of breath) you should contact your doctor's office and arrange to have a consultation.

# Procedures during Covid-19 at our centre

*Anyone who enters the building should not have any cold or flu-like symptoms or have recently been exposed to someone with cold or flu-like symptoms. Anyone who has travelled from outside of the country or spent time with someone who has travelled is also asked to stay away. We welcome your return once 14 days have passed and you are symptom-free.*

## Stay at home.

If you are sick, stay at home.

*Aside from fever, Covid-19 symptoms include cough, difficulty breathing, and fatigue.*



## Wash your hands.

Practice good hand hygiene by washing your hands with soap and water or using alcohol or hand sanitizer.



## Keep your rocks to yourself.

Use the same rocks throughout the game. Your club may ask you to clean the handles before or after each draw.

## Stay on your mark.

The markers on the ice will help your team to remain physically distant, even while play is in progress.

## Use and dispose of tissues properly.

Remove gloves, use tissue, throw tissue away, sanitize hands, then replace gloves.



## One sweeper.

Only one sweeper is allowed per shot. The rock can be swept from tee-line to tee-line. Skips and thirds cannot sweep opposition rocks and will need to remain physically distant.



## Wear a mask.

Curl BC is recommending that curlers use masks in the lobby and common areas. Club policy may also be for you to wear a mask on the ice.



## Keep your lounge safe.

Provincial Health Officer orders are in place in your lounge. That means maintaining physical distancing and staying in your seat unless you are at the bar or using a restroom.



## Additional Resources and Appendices

### REFERENCES

#### PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid19-provincial-support/bc-restart-plan>

B.C.'s Response to COVID-19: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

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

#### HEALTH RESOURCES

Regional Health Authorities

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

BC Centre for Disease Control: <http://covid-19.bccdc.ca/>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/>

[drugs-health-products/disinfectants/covid-19/list.html](https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html)

#### WORKSAFE BC RESOURCES

Returning To Safe Operations

Sports and Recreation: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>

Restaurants, Cafes, and Pubs: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safeoperation/restaurant-cafes-pubs>

COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safetyplan?lang=en>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid19-occupancy-limit?lang=en>

### **SPORT AND RECREATION RESOURCES**

viaSport Guideline: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/communitysettings/recreation-facilities>