



# RETURN TO CURLING

## *A GUIDE FOR TUNNEL TOWN CURLING CLUB*



*August 26, 2020*

**THIS DOCUMENT REFLECTS THE CONDITIONS AND REQUIREMENTS SET OUT IN PHASE 3 OF THE  
CURLBC GUIDELINES AND WILL BE UPDATED AS WE MOVE FORWARD**

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# MESSAGE FROM OUR PRESIDENT

Hello all. I hope this finds you and yours healthy and happy.

During these unique and challenging times it is important to remember that we can still accomplish a lot of good by working together, being kind and staying safe.

In preparation for our return to curling this fall, we have created guidelines that will ensure a safe and secure environment for all. It is of paramount importance that we each take the time to read, understand and follow these guidelines. We are all responsible for not only our own safety, but the safety and well being of those around us.

In establishing these guidelines, Sandra has spent an inordinate amount of time surveying our members, speaking with volunteers, managers, ice makers and board members from many clubs around the province. As well, she has received guidance from CurlBC, viaSport and the various bodies that oversee public health and safety.

To be clear, these guidelines are written for PHASE 2/3. We will continue to be in constant communication and update our protocols as we move forward in this ever changing environment.

Please contact myself, Sandra or any of the Board members should you have any questions at this time. I very much look forward to seeing you all at the Club in September.

Stay safe and see you soon.

Rick Gillis



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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 our indoor curling environments. Participants should carefully assess their personal health circumstances before engaging in curling activities.

# CLUB OPERATIONS

## 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 have been approved by the Tunnel Town Board of Directors, CurlBC and WorkSafe BC. 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. The following sections outline measures taken for curlers and staff alike.

## Measures Related to Participants—PHASE TWO/THREE

- STAY HOME if you are sick, have flu-like symptoms or are required to self isolate
- Arrive no sooner than 15 minutes before the start of your game
- **Masks are mandatory throughout the lobby and in transit to the ice shed and lounge. Masks may be removed once at your sheet and after being seated in the lounge. Masks to be properly stored in curlers pocket or bag. Every member will receive a FREE washable and approved mask with registration**
- Arrive dressed to play with curling shoes and broom in hand
- Upon entry, read and sign the Declaration and view the Draw Board to the right
- Follow arrows to your assigned station/sheet and practice Social Distancing while getting your shoes on
- Designate one player to clean your team's rock handles, prior to starting every game
- Disinfecting stations will be set up at each entrance to the arena and at the home end of each rink
- There will be NO access to the arena until the buzzer sounds, indicating permission to enter
- Enter arena by order of stations closest to the door. 1, 2 & 3 enter through Door One; 4, 5 & 6 enter through Door Two
- Games will be 1.5 hours. Once the closing buzzer sounds, finish the end and the game is COMPLETE
- Teams will be comprised of 4 players. One sweeper only on all delivered stones. 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 a rest
- Use the on ice decals to maintain your distance
- Instead of a handshake, give a friendly wave or tap brooms to start your game
- Hammer will be pre-determined for each game
- There will be no score boards. Skips will keep score and record W/L electronically
- Measuring: remove gloves, sanitize your hands, conduct the measure, return the device to its normal location and sanitize your hands
- There will be NO WATER STATION. It is recommended that Curlers bring their own water
- Refrain from touching other curlers equipment ie rocks, broom, crutch etc

## General

- All members must read, understand and comply with Club protocols and guidelines
- In the event of a Covid-19 closure, league fees will be refunded on a pro-rated basis. The membership fee is non-refundable
- All members must sign a Liability Waiver and Declaration of Compliance at registration. Under the age of majority: parents or guardian signs the Assumption of Risk and Declaration of Compliance
- A Contact Tracing form must be signed by everyone, upon entering the Club
- Masks are mandatory throughout the lobby and in transit to the ice shed and lounge
- The wearing of a mask during game play will be at the player's discretion
- Curlers must sanitize their hands immediately upon entering the premises and upon departure
- Sanitizing stations will be set up at the home end on each rink
- Maximum of 50 people (curlers/volunteers/staff) allowed at any one time, in each of the lower lobby and Ice Chip Lounge

## Clubhouse and Lockers

- There will be NO LOCKER storage this season
- Signage will be placed by all entrances and storage facilities outlining the physical distancing guidelines, as well as hand-washing recommendations/protocols
- Club curling equipment can be rented for the season at a cost of \$10 for broom and slider with a \$50 refundable deposit
- There will be no loitering in the lower lobby. Please proceed to the Ice Chip Lounge or exit the building once your game is complete

## Ice Chip Lounge

- Access will be limited to curlers only. At this time, spectators are not allowed
- Curlers are not permitted in the lounge before their draw time
- Your table number will coordinate with the sheet of ice you played on ie Sheet 1—Table 1
- **Table service only. There will be NO Self Service at the bar**
- Tables of 6 only. No moving from table to table
- Patrons must remain seated unless using the washroom facilities or leaving the premises
- No water station. Staff will serve water upon request
- Limited snacks available. No sharing of food, drinks or utensils. No outside food allowed
- Social distancing must be adhered to at all times
- Staff will be required to wear masks at all times

## Washrooms

- Only 1 person at a time in the washrooms
- There will be a sanitizing station in and outside the washroom
- Users are responsible for their own sanitation when using the washrooms

## Medical—PLEASE READ the attached ILLNESS POLICY

- If at any time you feel unwell, please refer to the Illness Policy
- It is every curler's responsibility to help ensure the safety of all
- In the event of a suspected case or outbreak of influenza-like-illness, the club will discuss the outbreak with the appropriate health authorities

## Reducing the Risk of Infection

- Wash your hands often with soap and water for at least 20 seconds. Using soap and water is the single most effective way of reducing the spread of infection
- If soap and water are not available, alcohol-based hand rubs can be used
- Do not touch your face, eyes, nose or mouth with unwashed hands
- Cover your mouth and nose with a disposable tissue or the crease of your elbow when you sneeze or cough
- Regularly clean and disinfect frequently touched surfaces
- Do not share food, drinks, utensils etc
- 6' of Physical Distancing should be practiced when personal protective equipment is not available

## Additional Resources Attached

- Tunnel Town Curling Club Illness Policy
- Tunnel Town Curling Club Lower Lobby Floor Plan
- Curl Canada On Ice Distancing Illustrations
- CurlBC Return to Curling Phases

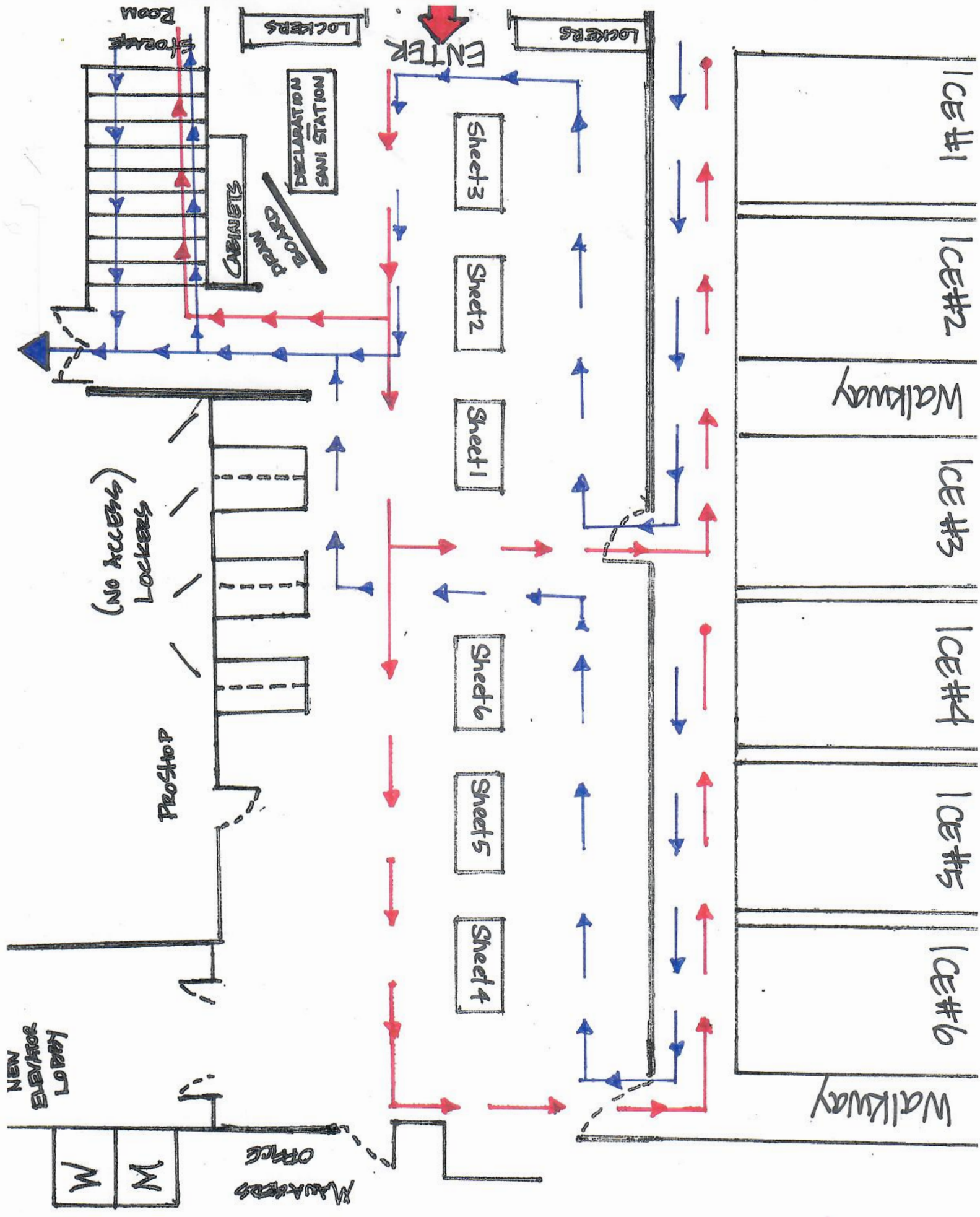
The four identified return to curling phases have been created to align with the guidance from the viaSport Guidelines and public health restrictions. The duration and dates of each phase will be determined by provincial health, government authorities, and Curl BC. This may not be a linear or consistent 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.

- ViaSport Activity Chart
- Covid-19 Visual Primer

# TUNNEL TOWN CURLING CLUB ILLNESS POLICY

1. **Inform the 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. Club members must review the self-assessment signage located throughout the facility each morning before arrive to the Club to attest that they are not feeling any of the COVID 19 symptoms.
  - b. Manager will visually monitor Club 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 Club Members are unsure please 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 Club 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 Club Member may participate in any curling activity if they are symptomatic.
4. **If a Club Member tests positive for COVID-19**
  - a. The Club Member will not be permitted to return to the curling facility until they are free of the COVID-19 virus.
  - b. Any Club Members who curl closely with the infected Club Member must also be removed from the curling facility for at least 14 days to ensure the infection does not spread further.
  - c. Close off, clean and disinfect the facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Club Member has been tested and is waiting for the results of a COVID-19 Test**
  - a. As with the confirmed case, the Club Member must be removed from the curling 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 Club Members who may have been exposed will be informed and removed from curling 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 immediately and any other surfaces that could have potentially been infected/touched.
6. **If a Club Member has come in to contact with someone who is confirmed to have COVID-19**
  - a. Club Members must advise the Club Manager if they reasonably believe they have been exposed to COVID-19.
  - b. Once the contact is confirmed, the Club Member will be removed from the Curling Club for at least 14 days or as otherwise directed by public health authorities. Club Members who may have come into close contact with the Club Member will also be removed from the facility for at least 14 days.
  - c. The facility 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 Club 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 Club 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 Club 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 Club 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.

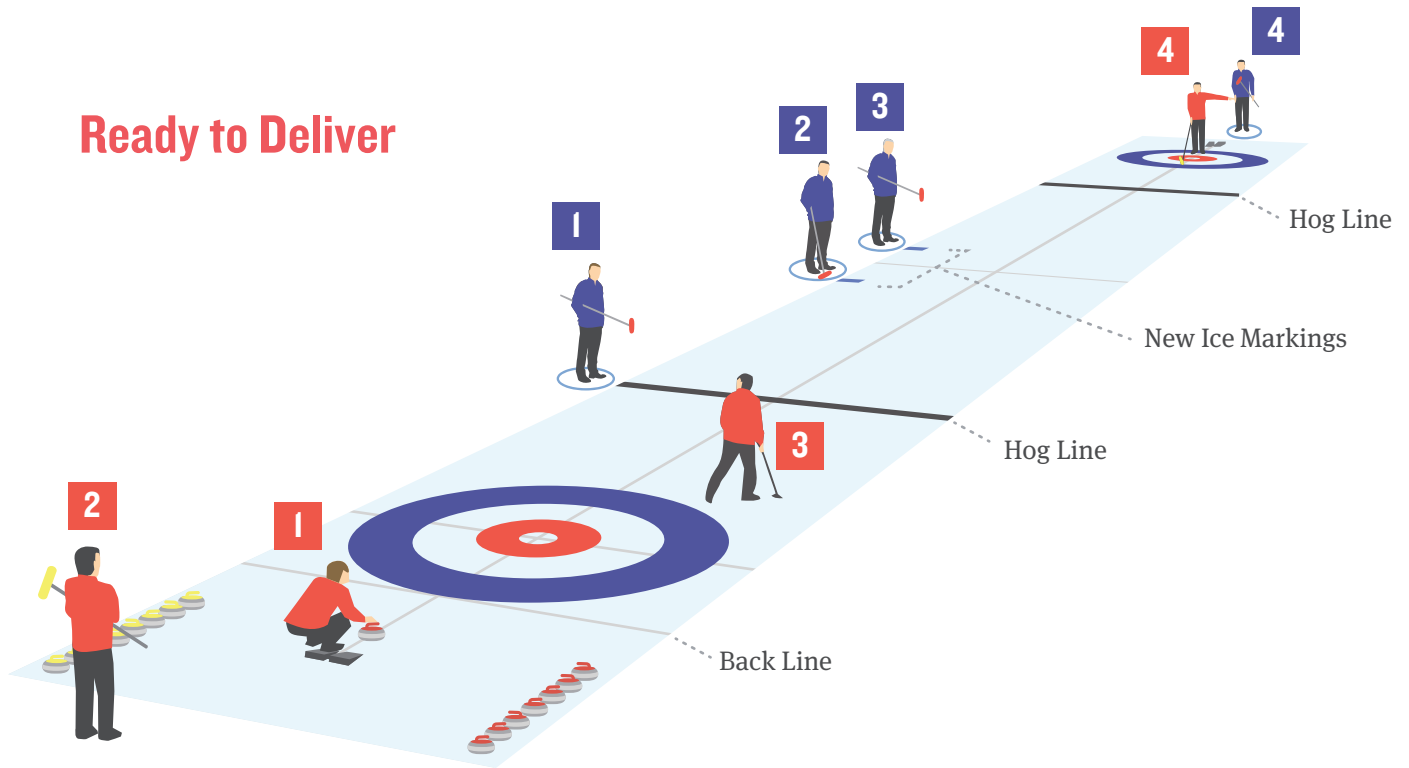




# Distancing Illustrations



## Ready to Deliver

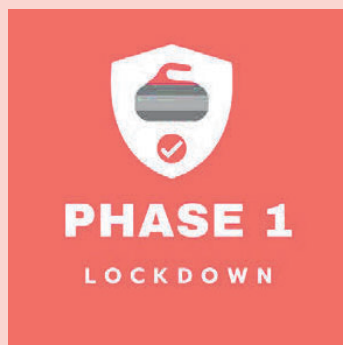


## Stone is Delivered

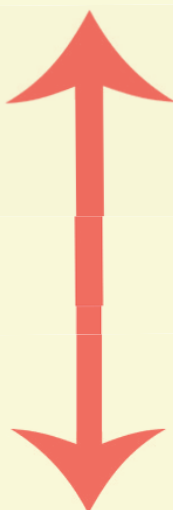
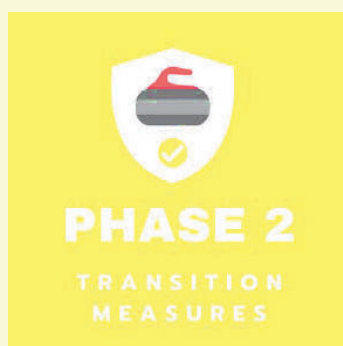




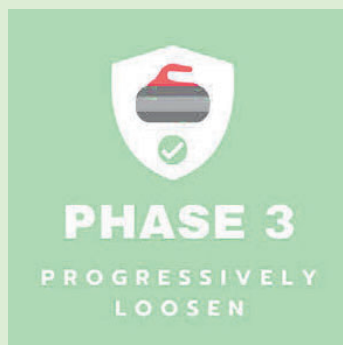
# Phases



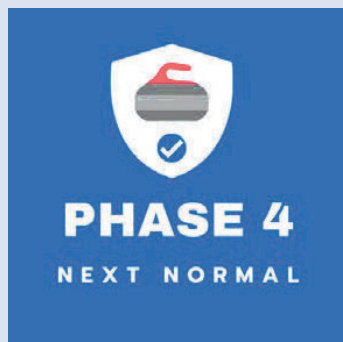
- Curling Clubs/Centres Closed
- No Events/Activities Allowed
- No non-essential Travel
- Virtual Activities OK
- Individual off-ice or outdoor training



- 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



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



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

## viaSport – SPORT ACTIVITY CHART

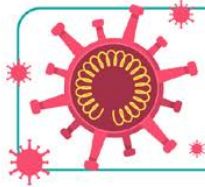
	<b>Strictest Controls</b> Prior to May 19, 2020	<b>Transition Measures</b> Approx. May 19th to Sept	<b>Progressively Loosen</b> Future date TBC	<b>New Normal</b> Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> <li>Maintain Physical Distance (2m)</li> <li>No non-essential travel</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

# Covid-19 Visual Primer

## 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 touching eyes, nose, & mouth with unwashed hands



Avoid close contact with people who are sick



Clean & disinfect frequently touched objects and surfaces



Wash your hands at least 20 seconds



Use a hand sanitizer that contains at least 60% alcohol



Cover your cough or sneeze with a tissue



Avoid crowded places and all unnecessary travel



### SYMPTOMS



Common



Less typical

Hemoptysis



Dry Cough



Phlegm Buildup



Shortness of breath



Fever



Headache



Fatigue



Diarrhea



Aching muscles



### INCUBATION

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.