



Return to Play Guidelines

Sept 8 / 2020



**CURLING
ALBERTA**



**CURLING
CANADA**



As everyone is aware the impact of COVID-19 is continually changing our lives and how we socially interact in our communities today. We need to ensure that everyone continues to check and follow Federal, Provincial, and local health organization guidelines and adhere to all government mandates. Ardrossan Curling Club will continue to monitor the situation and update all our members through our league representatives, website and social media. As things change This Return to Play will be updated accordingly as it is important to remember this is a living document and is subject to change without notice.

Ultimately the safety of our members and community is our top priority

As mentioned previously our number one goal is to return to play, while staying healthy and avoid spreading the virus. COVID-19 symptoms can range from mild to severe depending on several variables and it is important for the Ardrossan Curling Club to have a safe, clean environment that allows our members to feel confident and secure, while enjoying the sport we all love. This document is meant to complement, not replace local public health and recreation facility guidelines.

GUIDING PRINCIPLES FOR A SAFE RETURN TO PLAY

A return to play/sport must strictly adhere to the policies and procedures outlined by Federal, Provincial and Municipal Governments along with public health agencies. These policies and procedures have been established to ensure a safe environment for all. These guidelines **MUST** always be adhered to. Ardrossan Curling Club values coincide with these guiding principles for safe return to sport.

- Localized outbreak of COVID-19 may require new restrictions and may result in a standard public health response, which could include quarantine.
- Risks associated with large gatherings will exist for the foreseeable future. Therefore,
 - i. Anyone exhibiting symptoms of COVID-19 will not be allowed to partake in curling activities.
 - ii Anyone exhibiting COVID-19 symptoms during a curling activity, will not be permitted to continue, and will be required to exit. It will be recommended that you call 811 or Health Link.
- Participants ratios must not exceed the facility zonal designations.
- Participants must adhere to Ardrossan Curling Club Return to Play guidelines, local facility, provincial and federal guidelines.

WAIVER AND ASSUMPTION OF RISK

Every participant and coach must complete prior to the start of the curling season

- 1) Release of Liability, Waiver of Claims and Indemnity Agreement as set forth by Curling Canada Return to Play Guidelines
- 2) Declaration of Compliance as set forth by Curling Canada Return to Play Guidelines

Public Health guidelines highlight that the spread of COVID-19 can be effectively reduced by adhering to the following measures:

PHYSICAL DISTANCING

Physical distance is proven to be one of the most effective ways to reduce the spread of illness during an outbreak. Return to sport **must** adhere to physical distancing in accordance with requirements of public health authorities and facility operators. Curling Canada's "Single Sweeper Rule" will account for this in our ability to Return to Play.

[Curling Alberta- Return to Play Guidelines](#)

[Curling Canada- Return to Play Guidelines](#)

HYGIENE

This return to Play plan requires individual personal hygiene practices amongst staff, participants, and coaches while at home and at the Ardrossan Curling Club. If staff, participants or coaches have symptoms, **they must stay home.**

- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizers.
- Avoid touching your eyes, nose and mouth.
- Cough and sneeze into the bend of your arm.
- Practice physical distancing, if you cannot maintain 2 meters for longer than 15 minutes, wear a mask.

EQUIPMENT CLEANING

Ardrossan Curling Club along with the County of Strathcona did a thorough sanitation and deep clean of the facility, while closed. Maintaining a high level of cleanliness is a priority to the curling club.

- Ardrossan Curling Club will have a scheduled daily cleaning and disinfection of common areas and high traffic surfaces. Each cleaning will be logged.
- Curling rocks and scoreboards will be disinfected before each new use.
- Participants will only use their designated rocks to avoid cross contamination.
- There will be no rental equipment available.
- Curlers are recommended to use a brush or gloved hand to clean their rock. The use of a bare hand is **not** recommended.
- One person keeps score for both teams. Gloves are recommended for keeping score. The use of bare hands to keep score is **not** encouraged.
- Participants and coaches cannot share equipment.
- If rocks are thrown or are suspected thrown out of turn by accident. Participants should use the provided hand sanitizer and clean rocks with provided disinfecting wipes.

[COVID-19 Health Recommendations for Environmental Cleaning of Public Facilities](#)

INDIVIDUAL HEALTH MONITORING

Daily individual participant health screening and tracking has been put in place. Individuals should not return to curling if they have been unwell (even mild symptoms), have had contact with a person who has tested positive for COVID-19 or have travelled outside the country in the past 14 days. Staff or participants at risk for severe illness from COVID-19 are recommended to review their specific health concerns with their primary care provider prior to attending training sessions. All participants, coaches and spectators will have to complete the AHS Daily Checklist prior to entering the building. If a participant answers YES to any of the AHS Daily Checklist questions they cannot come to the Ardrossan Recreation Complex or the Ardrossan Curling Club and it is recommended that a referral to AHS health care provider be made.

The age of participants' ability to answer the Alberta Health Daily Checklist will be made on a case by case basis. Participants must be able to identify their symptoms of change in symptoms and understand the consequences of untruthful responses.

Parents must be in attendance to correctly answer questions on behalf of younger children. If it is believed that the child would not understand the questions, a parent is encouraged to be present.

ENTERING THE ARDROSSAN RECREATION COMPLEX

Please do not arrive earlier than 15 minutes prior to your draw time. The Ardrossan Curling Club is on the south side of the Ardrossan complex. Please park and enter through the **South entrance**. There are designated entrances and exits, please pay attention to the directional and physical distancing signage. Everyone entering the facility should use the provided hand sanitation and follow the county mask bylaw. Go directly to the Ardrossan Curling Club.

- There is no loitering or spectators allowed in the curling lobby area.
- Club lockers rooms will be available on a yearly rental basis only and it will be the sole responsibility of the user to clean. Lockers will not be available for public use.
- Participants will need to come dressed to play, except for curling shoes.
- Avoid bringing broom bags or extra brooms, as storage for extra items is limited.
- Everyone must wash their hands after using the washroom.
- Hand sanitizing stations and disinfecting wipes will be located at the entrance and exit to the ice rink, as well.
- Curlers should use the provided hand sanitizer prior to stepping onto the ice and immediately after.
- There will be no rental equipment available on or off the ice. All participants must have their own equipment and sharing of equipment will not be allowed.
- Everyone is expected to remain wearing their mask while in public areas, and mask should only be removed once you have entered the ice surface.

ENTERING/EXITING THE ICE RINK

- Staggered draw times.
- Team's assigned to sheets 1 & 3 will enter the ice rink first.
- Team's assigned to sheets 2 & 4 will enter the rink 15 minutes later.
- Curlers will need to communicate to ensure social distancing at the commencement and completion of a game.
- Do not congregate on the walkway when entering the curling area. Curlers are encouraged to move onto the ice surface as quickly as possible and maintain social distancing
- Curlers will need to be aware that it may be necessary to request a participant to move, to accommodate curlers attempting to exit/enter the ice rink. Curlers are encouraged to consider wearing masks in this process.

DURING PLAY

We will be following the Curl Canada Return to Play Guidelines

- There will be designated standing areas along the sides of the sheets. These are to be used by the non-delivering team (excluding the acting skip) and the non-active sweeper of the delivering team.
- Only one sweeper on the delivering team can sweep on a given shot. There will be no relaying of sweepers including with the skip/vice-skip. The designated sweeper is the only player that can sweep on a given play. This includes behind the t-line and "raised" or "tapped" rocks. The skip/vice-skip in the house must move to accommodate the incoming sweeper.
- The non-delivering team may not sweep any rocks, including their own.
- The teammate of the delivering team that is not sweeping must take a place on the side or the back of the sheet in a designated area. This non-active sweeper will have first choice of designated standing area and may communicate with the players of their team and may follow the play but must remain at least 2 meters apart from their teammates and their opponents.

- The skip/vice-skip of the non-delivering team must remain behind the backline or on the walkway when possible and must make room to accommodate an incoming sweeper, or the opposing skip/vice-skip and maintain at least 2 meters of distance.
- Only one member of the non-delivering team should be behind the backline.
- When the vice-skip and skip are exchanging control of the house, or discussing a call, they must remain at least 2 meters apart from each other.
- After a player delivers their rock, that player should either:
 - i Follow the rock, while maintaining at least 2 meters from the designated sweeper, but go no further than the second hog line.
 - ii Move to the nearest unoccupied standing location.

This will allow the players from the other team to move into position for the next shot.

- Players should not clean the bottom of the rock with their bare hand, but instead use their broom or gloved hand to clean. They must only touch their designated rock handles.
- The Procedure Between ends will be as follows; The team throwing first shall clean up rocks. The team without the hammer will take up their mid ice positions.
 - Sweeper cleans up rocks in the rings, non-sweeper cleans up rocks in the Free Guard Zone. Push rocks to appropriate corners.
 - Members will be encouraged to be patient and safe. There is no rush to get rocks in place. To move rocks, they will use their broom and/or their feet. Players are not to touch the handles of the rocks.

DISTANCING ILLUSTRATION

Non-Delivering Team

1. Next to shooter at Hog Line
2. Sweeper at Centre Ice
3. Sweeper at Centre Ice
4. Skip in Hack

Delivering Team

1. Shooter in Hack
2. Timer at Hog or Behind Shooter
3. Sweeper at Tee
4. Skip in House



- The winning team pushed rocks to the corners of the home end while maintaining social distancing. Congratulate your opponents from the appropriate distance.
- Players are to gather their belongings while distancing themselves from other players. If it is necessary to cross behind other sheets that are still active, it may be necessary to request a player on that sheet to move, to allow for the players to exit the rink.
- All players will be expected to put their mask back on before exiting the ice surface and entering the lobby

Conversely, players should be aware that games may finish prior to theirs and they may move to accommodate a departing team. Curlers should use masks in this process is 2-meter distancing cannot be maintained.

ADDITIONAL

- If it is necessary to cross behind sheets for any reason. It may be necessary to ask players on other sheets to allow space. Conversely, players being asked to make room for participants on the other sheets should accommodate. Players should consider the use of masks to complete this process if 2-meter distancing cannot be maintained.
- When there is a side walkway or empty sheet available that is acceptable to use, players are encouraged to use that space for distancing and keeping the pace of play reasonable.
- Instead of shaking hands, please wave, nod, or raise your brooms together.
- Members must use hand sanitizer before and after using the measuring stick.

MASKS

The County of Strathcona has mandated masks or face coverings in public buildings. The Ardrossan Curling Club along with the County expects all participants and coaches to wear a mask or face covering while they are moving inside the Ardrossan Recreation Complex, along with the common areas within the curling club. Masks are not mandatory on the ice. It will be up to everyone to decide if they choose to wear one or not while on the curling ice surface.

GUIDANCE FOR SPORT, PHYSICAL ACTIVITY AND RECREATION – STAGE 2

(Released by Government of Alberta - Sept 3 / 2020)

Cohorts as it applies to Mini-Leagues

- 50-person mini-leagues can be formed for sports, physical activity and recreation that involve physical interaction of participants less than 2 meters.
- A mini league can be comprised of multiple teams, but to a maximum of 50 individuals.
 - Game play should be limited to teams in the same mini league.
 - Teams that belong to other mini leagues should not play each other.
- Individuals should limit the number of cohorts/mini leagues they belong to.
- If an individual or team member wishes to change cohorts/mini leagues, they should not participate in a new cohort activity for 14 days (this reflects the incubation period of the virus).
- If a mini-league comes to completion during Stage 2, a new mini-league comprised of new cohort teams may be formed, provided that there is a 14-day period between completion of play in the old mini-league and the beginning of the new mini-league.
- It is recommended that mini leagues appoint a responsible person whose role is to ensure cohort rules and other public health guidance are followed.

Leagues where 2-meter distancing can be maintained between teams (e.g., Bowling, Curling, Darts, Lawn Bowling)

- Most teams are expected to establish cohorts.
- Where team members on one team can keep 2 meters distance from members of other teams, there is no maximum number of teams that can play in a league.
- When players are waiting for their turn to throw/shoot, they should remain physically distant from participants in neighboring lanes/sheets.
 - If physical distancing cannot be maintained, a mini league should be created (see Cohorts section above).
- For casual or drop-in leagues, participants should maintain 2 meters distance from one another, unless they are from the same household or cohort.

RESOURCE LINKS

Alberta Guidance Documents created by Alberta Health, in conjunction with Sport, Physical Activity and Recreation (SPAR) Branch:

<https://www.alberta.ca/guidance-documents.aspx> Guidance for SPAR –

Stage 2 (June 30, 2020)

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Guidance for Cohorts – (June 23, 2020)

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

Alberta Daily Health Checklist – (June 22, 2020)

<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>

Guidance Documents created by Alberta Health, in conjunction with Restaurants, Bars, and Cafe's:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Canadian Guidance Documents

Health Authorities

<https://www.justice.gc.ca/eng/cv/author.html>

Federal Government covid-19 Information

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

Federal Government Resources

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

Provincial & Territorial Information

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>