

Return to Curling

A GUIDE FOR Quesnel Curling Centre



September 23, 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

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 would like to keep you informed of the changes we are making and the work we are doing in light of the Return to Curling Guidelines released by Curling Canada and Curl BC. On top of this, we have created additional 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 for the safety and well-being of those around us.



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

We appreciate your support and look forward to an interesting season with all of you.

Stay safe and see you soon.

Ralph Givens

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 centre 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 Quesnel curling executive, 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, Centre 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 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 surface and lounge. Masks may be removed once at your sheet and after being seated in the lounge. Bring multiple masks to change into if you will be using them on the ice. Masks are to be properly stored in curlers pocket or bag when not in use.**
- Arrive dressed to play with curling shoes and broom in hand. There will be **No Locker** storage or access to the main locker room at this time
- Upon entry, first read and sign the Declaration and view the Draw Board to your right and left. Hang up your coat on the coat racks and remove your outdoor footwear.
- Proceed to your assigned bench according to the Draw Board, and practice Social Distancing while getting your shoes on
- Teams playing on sheet A, C and E will begin their game at the home end. Teams playing on sheet B, D and F will begin their game at the away end
- Designate one player to clean your team's rock handles, prior to starting every game
- Disinfecting stations will be set up at the entrance to the Centre, entering the ice surface and, at the home end of each rink.
- Proceed to your designated sheet of ice once your curling gear is on
- Games will be 1 hour 40 minutes. Once the closing buzzer sounds, finish the end you are in 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 determined safely
- There will be no score boards. Skips will keep score and record on score sheets as they leave the Centre
- Measuring: remove gloves, sanitize your hands, conduct the measure, return the device to its normal location and sanitize your hands
- Refrain from touching other curlers equipment ie rocks, broom, crutch etc
- **Only registered Monday to Thursday QCC curlers may spare in any league games.**

General

- All members must read, understand and comply with Centre protocols and guidelines
- **All curling dues must be paid in full by October 31, 2020**
- **In the event that curling is halted for the entire season due to Covid-19 before the Christmas break, you are eligible for a 50% refund of your curling fees, to be paid out after March 15, 2021. In the event of a Covid-19 closure after the Christmas break, curling fees are non-refundable.** The QCC will be maintaining the ice facilities for the entire year and be ready to start up immediately if there is a temporary closure
- 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 Centre
- Masks are mandatory throughout the lobby and in transit to the ice surface 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 Shot Rock Lounge
- Bonspiels are subject to CurlIBC , QCC guidelines, and Northern Health Guidelines
- Practice ice may be available (separate from draw times) but must be booked with the QCC manager prior to arrival at the facility.

Clubhouse and Lockers

- There will be NO LOCKER storage at this time
- Signage will be placed by all entrances and storage facilities outlining the physical distancing guidelines, as well as hand-washing recommendations/protocols
- Centre delivery aids and centre stabilizers will not be available for use at this time
- Centre curling equipment can be rented for the season at a cost of \$10 for broom and slider with a \$50 refundable deposit. Grippers will be available at the centre for purchase
- There will be no loitering in the lower lobby. Please proceed to the Shot Rock Lounge or exit the building once your game is complete

Shot Rock 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
- Tables will be utilized on a first come first serve basis
- Tables of 4 only. No moving from table to table
- Patrons must remain seated unless using the bar, washroom facilities or leaving the premises
- Catering will be available from Craig's Table. Ordering via text only
- Social distancing must be adhered to at all times
- Updated PHO orders- alcohol sales stop at 10:00pm and the lounge closes at 11:00pm

Washrooms

- Only 1 person at a time in the washrooms. Use the occupied and vacant signage on the bathroom doors
- 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 Centre 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
- Wear a mask when social distancing is not possible

Additional Resources Attached

- Quesnel Curling Centre Illness Policy
- Quesnel Curling Centre Lower Lobby Floor Plan
- Curl Canada On Ice Distancing Illustrations
- CurlBC Modified Play Infogram
- CurlBC Return to Curling Phases

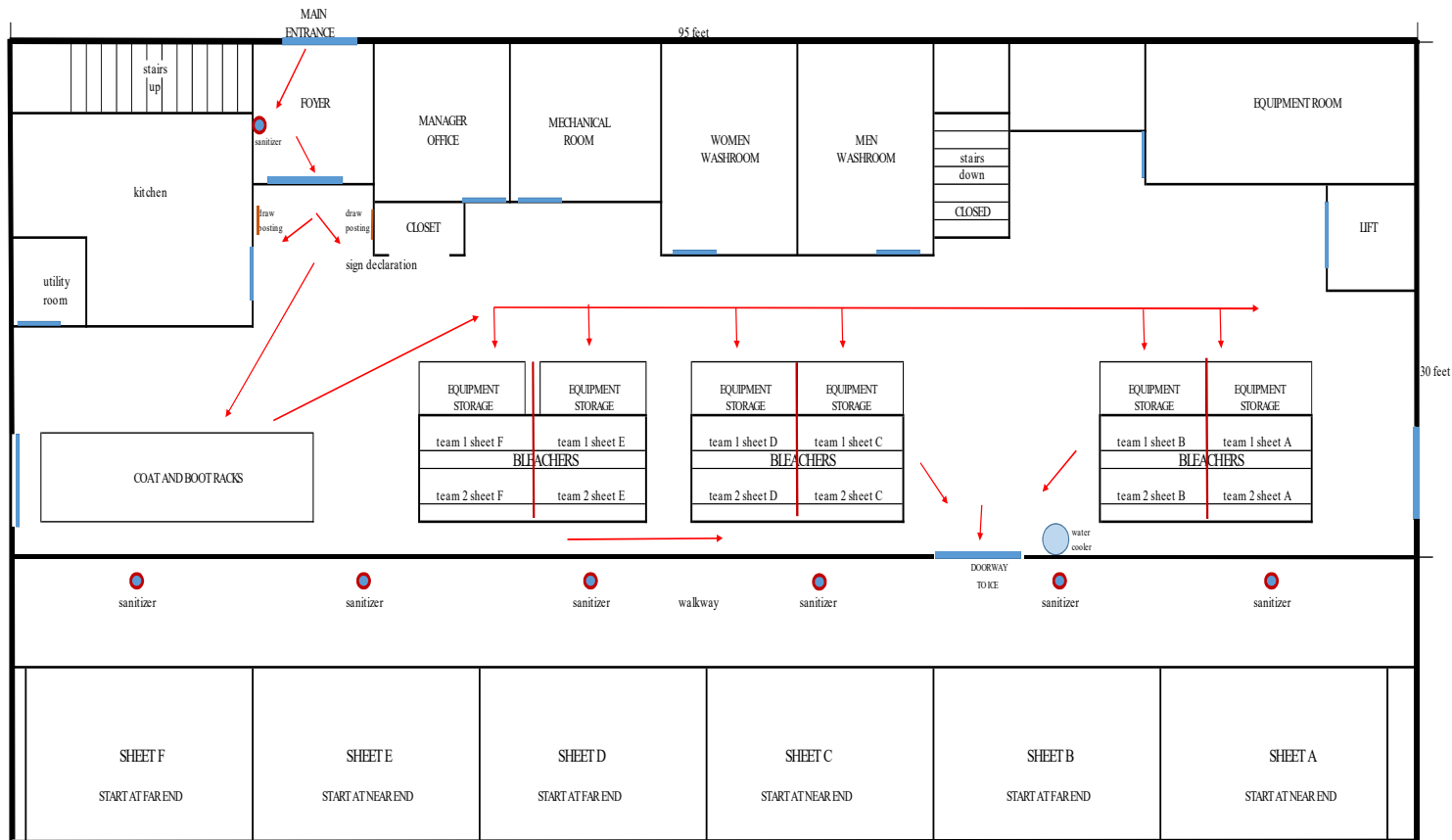
The four identified return to curling phases have been created to align with the guidance from the viaSport Guidelines and public health restrictions. The duration and dates of each phase will be determined by provincial health, government authorities, and Curl BC. This may not be a linear or consistent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

Quesnel Curling Centre ILLNESS POLICY

1. **Inform the Centre 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. QCC Users must review the self-assessment signage located throughout the facility upon arrival to the Centre to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Manager will visually monitor QCC Users 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 QCC Users 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 QCC User 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 QCC User may participate in any curling activity if they are symptomatic.
4. **If a QCC User tests positive for COVID-19**
 - a. The QCC User will not be permitted to return to the curling facility until they are free of the COVID-19 virus.
 - b. Any QCC User who curl closely with the infected QCC user 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 been infected/touched.
5. **If a QCC User has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the QCC User 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 QCC Users 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 Centre will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
6. **If a QCC User has come in to contact with someone who is confirmed to have COVID-19**
 - a. QCC Users must advise the Centre Manager if they reasonably believe they have been exposed to COVID19.
 - b. Once the contact is confirmed, the QCC User will be removed from the Curling Centre for at least 14 days or as otherwise directed by public health authorities. QCC Users who may have come into close contact with the QCC User 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 as recommended by Northern Health if:**
 - a. Any QCC User who has travelled outside of Canada is not permitted to enter any part of the facility until they have completed 14 days of quarantine and self-isolation
 - b. Any QCC User with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any QCC User 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 QCC USER 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



TEAMS OF FOUR OR MORE WITHIN THE RETURN TO CURLING PHASES



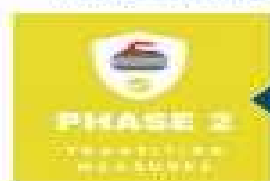
PHASE 1 LOCKDOWN

NO CURLING



- Virtual team meetings
- Dryland training

FOUR PERSON TEAMS WITH MODIFIED PLAY



50 PERSON LIMIT

- No more than 50 people on cold side of the glass.
- Curl BC is seeking an exemption through the Provincial Health Officer for clubs with 6+ sheets.

2 PERSON MODIFIED GAMES



- Team splits up to do two shorter doubles games

OR

3 PERSON MODIFIED GAMES



- One sweeper only
- 1-2 people stay home
- Rotate in the next draw

OR

4 PERSON MODIFIED GAMES



- Sit out for shot on designated spot on ice

- One sweeper
- Three players per shot



PHASE 4 NEXT NORMAL

NEXT NORMAL

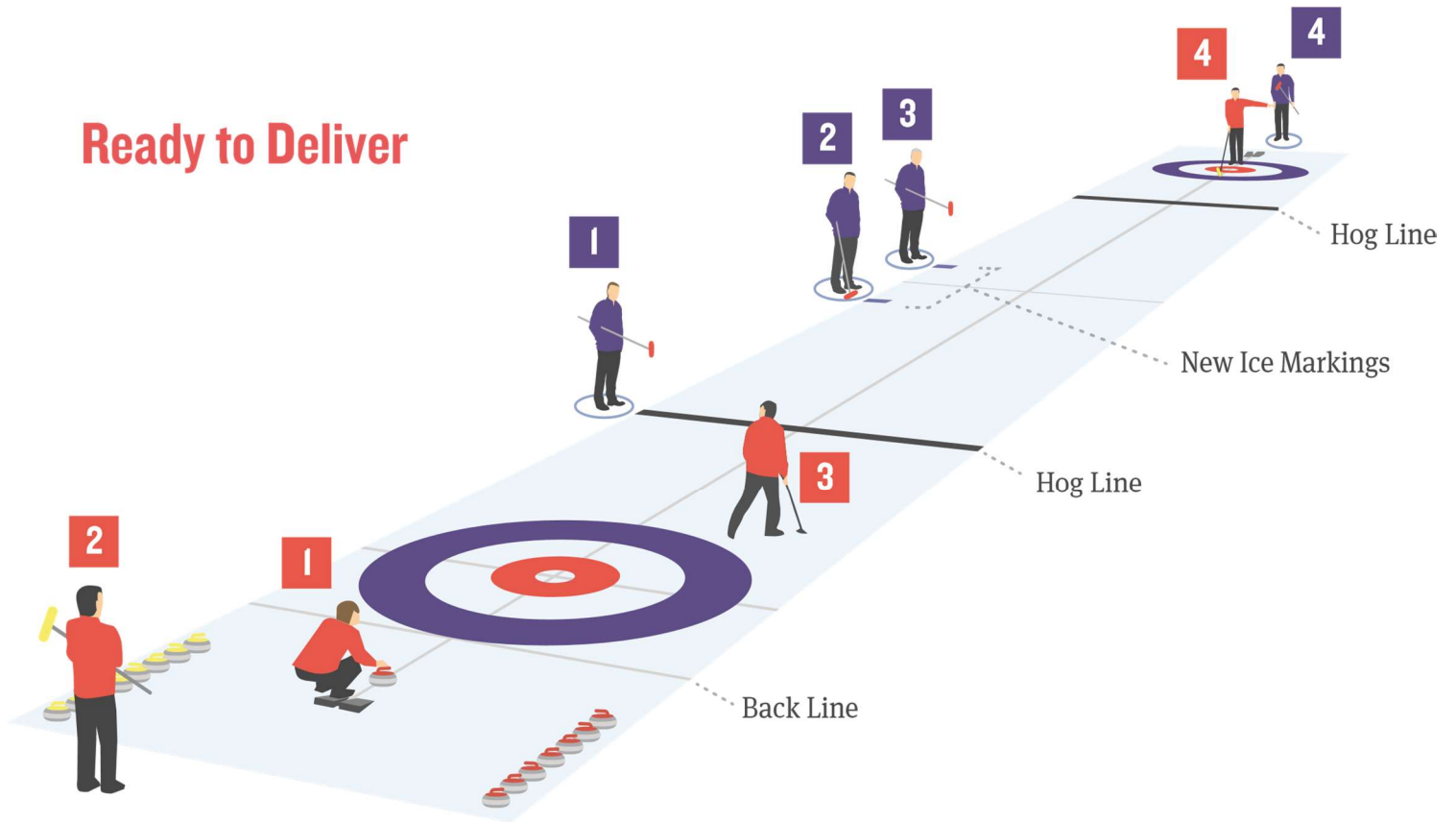


- Two sweepers



REGISTER FOUR+ PEOPLE PER TEAM

Ready to Deliver



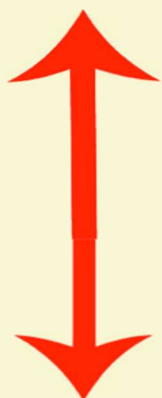
Stone is Delivered



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 more than 50 people on ice unless exemption acquired.
- Local community* participation only.
- Modified play with on-ice distancing markers for 3&4 person league play
 - Non-contact skill development activities
 - 1 sweeper
 - 2, 3 and 4 person modified games
 - No spectators



- 2m physical distancing.
- No more than 50 people on ice unless exemption acquired.
- Modified play with on-ice distancing markers for 3&4 person league play.
- No bonspiels within first month of opening



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

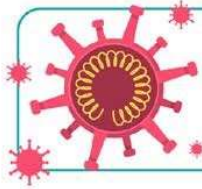
viaSport – SPORT ACTIVITY CHART

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

Common Less typical



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.