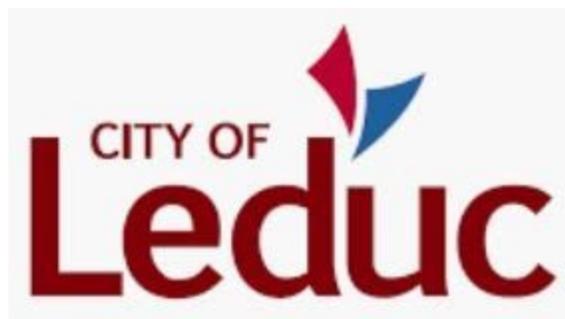
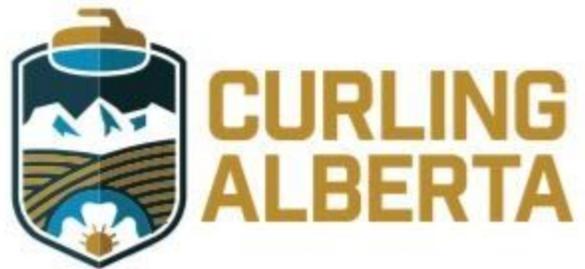


# Leduc Curling Club Return to Play Guidelines

October 10, 2020



On March 12<sup>th</sup>, 2020 Leduc Curling Club responded to the global COVID-19 pandemic, by suspending all curling activities until further notice. LCC has been monitoring the situation closely since then. We are eager for all players to return to practice and games. However the health and safety of all participants and citizens must remain the number one priority.

In collaboration with our member sport partner associations at Curling Canada, Curling Alberta, City of Leduc and Alberta Health Services, Leduc Curling Club has produced a Return to Play guideline for our facility. It is our strong belief along with our member sport partner associations that, **“It is entirely possible for people to continue to play in a manner that is physically distant and low-risk, while still reaping the positive benefits of sport.” -Jill Richards Executive Director, Curling Alberta.**

As the impact of COVID-19 is continually changing our environment. It is imperative that participants continue to check and follow Federal, Provincial, and local health organization guidelines and government mandates. LCC will continue to monitor the situation and update our community members through the LCC website, member newsletters and social media. This Return to Play is a living document and is subject to change without notice.

The safety of our members and community is our top priority. Our intention onward is to get our members back on the ice, while staying healthy and avoid spreading the virus. COVID-19 symptoms can range from mild to severe depending on several variables. The primary goal of LCC is to have a safe, clean environment that allows our members to feel confident and secure, while enjoying the sport of curling. This document is meant to complement, not replace local public health and recreation facility advice.



## **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. Leduc Curling Clubs 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, anyone exhibiting symptoms of COVID-19 will not be allowed to partake in curling activities.
- 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 Leduc Curling Club Return to Play guidelines and local facility 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 Leduc 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 a distance of 2 meters for longer than 15 minutes, wear a mask.

## EQUIPMENT CLEANING

LCC along with the City of Leduc did a thorough sanitation and deep clean of the facility, while closed. Maintaining a high level of cleanliness is a priority to LCC.

- LCC will have a scheduled daily cleaning and disinfection of common areas and high traffic surfaces. Each cleaning will be logged and posted in a public location.
- Curling rocks and scoreboards will be disinfected before each new use.
- Participants will only use their designated rocks to avoid cross contamination.
- Curlers are recommended to use a brush or gloved hand to clean their rock. The use of a bare hand is **not** encouraged.
- 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 should not share equipment.
- If rocks are thrown or are suspectedly 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. Leduc Curling Club staff will monitor this through AHS Daily Checklist which all participants will have to complete prior to every curling session. If a participant answers YES to any of the AHS Daily Checklist questions they cannot come to the LRC or LCC and it is recommended that a referral to AHS health care provider be made.

### [Alberta Health Daily Checklist](#)

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's believed that the child would not understand the questions, a parent is encouraged to be present.

## **WAIVER AND ASSUMPTION OF RISK**

Every participant and coach must complete a Waiver or Assumption of Risk (if under the age of majority) and Declaration of Compliance (will declare that one will not knowingly enter the facility if they are experiencing any COVID-19 related symptoms). Please plan to register online and use an electric form of payment, to create touchless payment and reduce unnecessary contact. If online payment is not an option, please let us know and arrangements can be made.

## **AHS COVID-19 GUIDANCE FOR SPORT, PHYSICAL AND RECREATION STAGE 2 - UPDATED AUGUST 29, 2020**

Curling is now specifically mentioned in the guidance as a sport where 2 metre distancing can be maintained. The latest AHS COVID-19 Guidance for Sport, Physical Activity and Recreation -Stage 2, can be found here [COVID- 19 Guidance for Sports, Physical Activity and Recreation](#). AHS recommends that “most teams should establish cohorts” . Following AHS recommendations, we therefore recommend that you consider your team as part of your cohort. This will allow teammates to stand nearer to one another in the curling lobby and on the curling ice in order to help better maintain physical distance from non-cohort members (curlers on other teams).

The Leduc Curling Club and the LCC curling leagues do not need to be considered as part of your cohort. This is because participating on curling can be played while maintaining physical distance with non-cohort members. Unlike sporting activities that require close proximity to opposing teams (basketball, hockey, lacrosse, volleyball, etc.), since the sport of curling can maintain physical distancing within its field of play as part of your cohort. Following AHS guidelines, it is recommended that you consider your teammates as part of your cohort, but since the activity of curling itself does not require close proximity to opponents as part of its activity you do not need to consider your league or the Leduc Curling Club as its own cohort. Further information on cohort principles can be found on AHS’s website [here](#)

### **ENTERING THE LEDUC RECREATION CENTRE**

The Leduc Curling Club is in the center of the Leduc Recreation Centre. Please park and enter through the **east 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. Participants should use masks through this process if 2 meter distancing cannot be maintained. Go directly to the Leduc Curling Club where you will be greeted by a Leduc Curling Club representative. The LCC representative will direct you to a shoe changing dot or chair and to your designated entrance to the ice.

Club lockers rooms will be closed except for the washroom facilities. **Participants will need to come dressed to play**, except for curling shoes. Participants should plan to use the washroom facilities before you come to the Leduc Curling Club.

- **Please do not arrive at the Leduc Curling Club any sooner than 15 minutes before your scheduled draw time.**
- Curlers should become familiar with the Leduc Curling Club website. Curlers need to know who to navigate to their league and team draw schedule. Curlers must be aware of their draw time and sheet allocation for each draw.
- 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, at the home end of each sheet.
- Curlers should use the provided hand sanitizer prior to stepping onto the ice and immediately after.

## **ENTERING/EXITING THE ICE RINK**

**Entrance/Exit for sheets 1-4:** Enter in the door behind sheet 1. Exit out the door behind sheet 4.

**Entrance/Exit for sheets 5-8:** Enter in the door behind sheet 8. Exit out the door behind sheet 5.

- Draw times will be staggered.
- Team's assigned to sheets 3-6 will enter the ice rink first.
- Team's assigned to sheets 1, 2, 7 & 8 will enter the rink 15 minutes later.
- Curlers will need to communicate to ensure social distancing at the commencement and completion of a game.

- 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.
- Teams should take advantage of both ends of the sheet with one team using the home end and one team using the away end to store their bags and personal items and stretch and do practice slides.

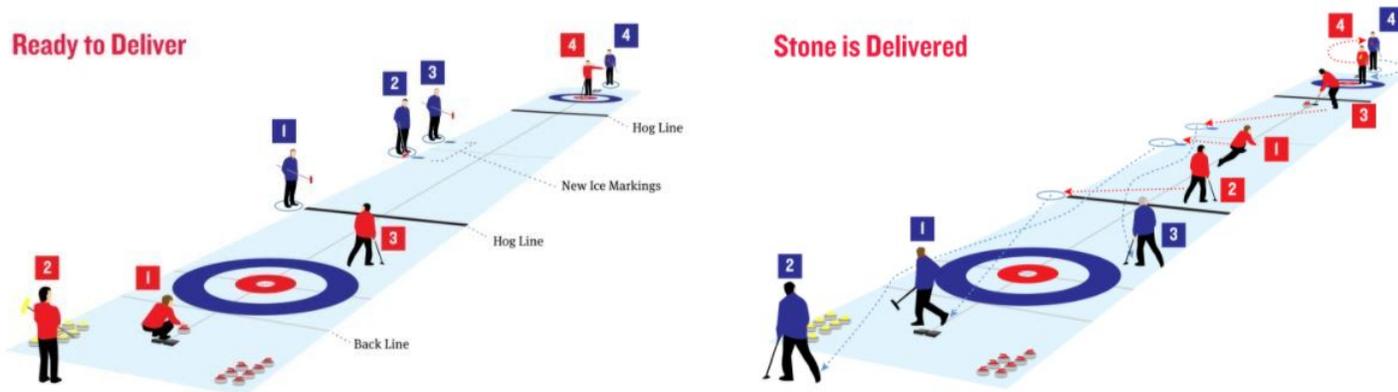
## PLAYING THE GAME

- Once teams enter the rink, it is important that they do not congregate on the walkway. When a player has reached their sheet they should immediately leave their bag or equipment, if applicable, in the appropriate location and then move onto the ice surface and proceed as far along the sheet as is necessary to allow others to access the ice while maintaining at least 2 meters distance from each other.
- Instead of shaking hands, please wave, nod, or raise your brooms together.
- Instead of coin flips, it is recommended that another method be used to determine the hammer. This can be something like rock-paper-scissors or a stopwatch “odd or even.” League reps may have pre-assigned last rock and colors.
- If a stone requires measuring teams will have two options: either (i) thirds can break a tie with rock-paper-scissors, odd or even on a stopwatch or consider giving the trailing team the measurement (ii) one of the designated thirds can measure the rocks with the measuring sticks Thirds **must clean measuring stick after each use**. Sanitizing materials will be provided beside measuring stick
- Start play where you find the rocks. Rocks may be at the away end to start games.

## DURING PLAY

- 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 if 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 in-coming 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, always.
- After a player delivers their rock, that player should either:
  - ➔ Follow the rock, while maintaining at least 2 meters from the designated sweeper, but go no further than the second hog line.
  - ➔ 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.



## **AT COMPLETION OF GAME**

- The winning team pushed rocks to the corners of the end at which play was completed while maintaining social distancing. Even if it is not the end at which the game began. Congratulate your opponents from the appropriate distance.
- Players are to gather their belongings while distancing themselves from other players. Please exit the ice arena using doors designated for your sheets, change into your street shoes in the designated area and then leave the Leduc Recreation Centre.
- 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.

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 if 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.

## **MASKS**

Face coverings are mandatory inside all public premises within the City of Leduc. Masks or face coverings are not mandatory while participating in athletic or fitness activity.

## **BONSPIELS**

We are planning on hosting all our 'annual' LCC bonspiels this season. Our bonspiels may not have the exact same formats or activities as they did in the past but the theme of fun for all will always be the same.

## 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 (August 28, 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>

**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>

