

Leduc Curling Club Return to Play Guidelines

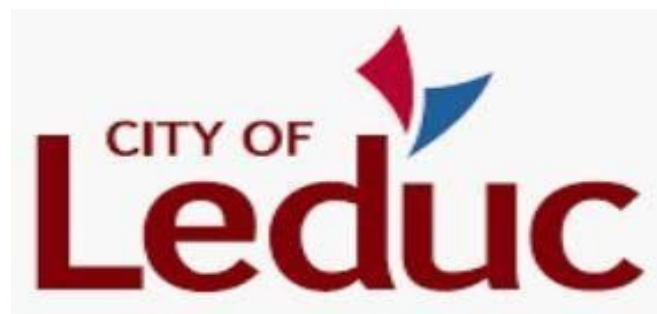
August 30th, 2020



**CURLING
ALBERTA**



**CURLING
CANADA**



On March 12th, 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,
 - 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 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.
- 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.

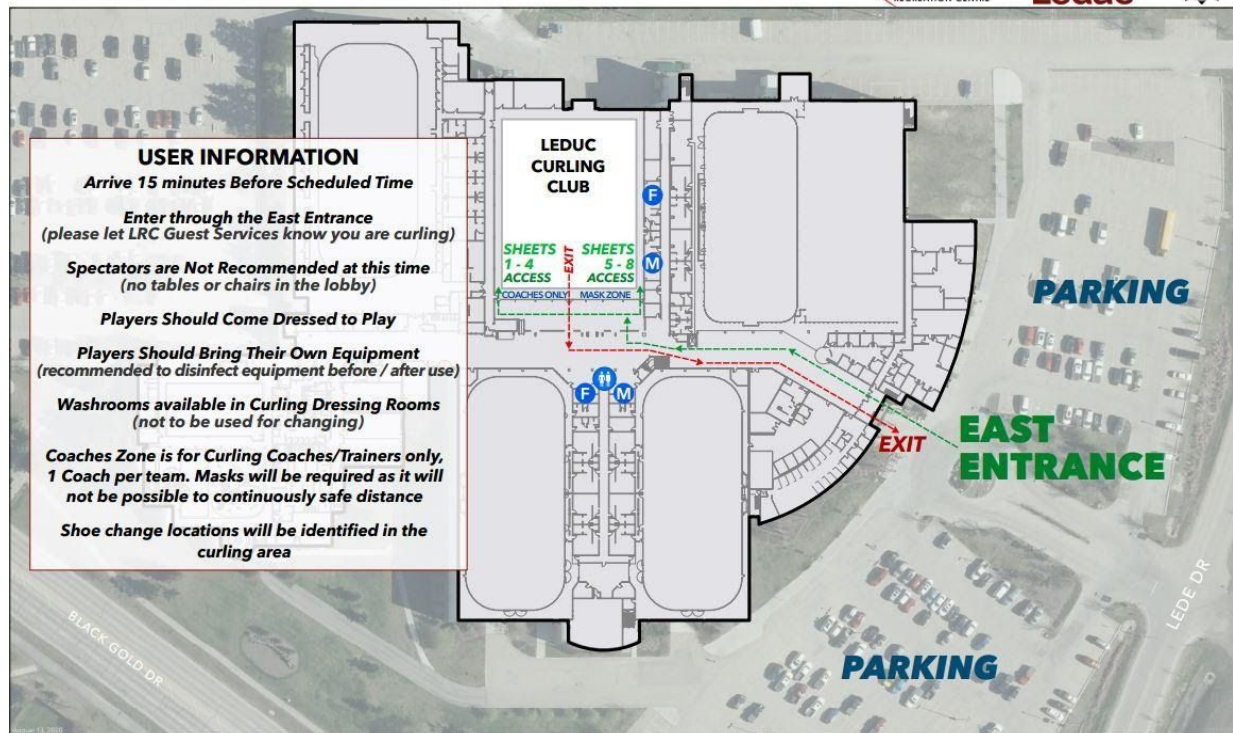
ENTERING THE LEDUC RECREATION CENTRE

Please do not arrive earlier than 15 minutes prior to your draw time. 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. Once inside the facility, participants/coaches may bypass the check-in line at Guest Services. Please provide a friendly wave or gesture to communicate to Guest Services that they are attending curling. 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.

- There is no loitering or spectators allowed in the curling lobby area.
- 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.
- 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.

Leduc Recreation Centre

Leduc Curling Access / Exit Map



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.

- Staggered draw times.
- 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.

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.
- There will be **no** measuring stick. Teams can break a tie with rock-paper-scissors, odd or even on a stopwatch or consider giving the trailing team the measurement.
- Start play where you find the rocks. Rocks may be at 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:
 - 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.

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

The City of Leduc has not yet mandated masks or face coverings in public buildings. The Leduc Curling Club recommends that all participants and coaches wear a mask or face covering while they are moving inside the Leduc Recreation Center. Masks are not mandatory on the ice. It will be up to each individual to decide if they choose to wear one or not.

SUMMER LEAGUES

For our Summer Leagues pipe and drape has been installed adjacent to the glass at ice surface level. This area will be known as the **“Coaches Zone.”**

- Masks are mandatory in the “Coaches Zone.”
- Only coaches/trainers are allowed in the “Coaches Zone.”
- Teams are allowed 1 coach/trainer per team.
- The “Coaches Zone” is standing only. No chairs are allowed in the “Coaches Zone.”
- All coaches must complete a Waiver and Declaration of Compliance.
- All coaches will need to complete the Alberta Health Daily Checklist prior to each draw.

Tuesday Summer Doubles:

- Must follow Curling Canada’s “Single Sweeper” rule for play.
- The player delivering the first stone can only change when delivering from the home end. Teams must discuss amongst themselves before the game commences and declare their rocks for the game. I.e: Doubles player 1 chooses rocks 1, 2 & 3. Player 2 chooses rocks 4, 5 & 6.
- Curlers should use their feet and brooms to move ‘positioned’ rocks.

Wednesday Summer League:

- Games that involve wheelchair teams will always have an open sheet to the right as you look from home end. Wheelchair teams will make use of the open sheet and operate from the right side of the sheet. Leaving the left side open for able-bodied curlers to continue as set out in distancing illustrations for the “Single Sweeper” rule.
- An additional in-ice marking has been installed 3 meters above the hog line on the right side of the sheet from the home end. These in-ice markings are to assist out wheelchair athletes. These in-ice markings can also be used by able-bodied curlers as another position for the ‘timer’ on ‘Delivering Team’.

BONSPIELS

We are planning on hosting all our ‘annual’ LCC bonspiels this season. At this time registration will be restricted to regular members/league curlers.

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>

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



