

Summer Curling Training Guidelines

Leduc Curling Club

In order to ensure curlers and staff safety, the following protocols are in place for training/practice ice rentals.

- **Each participant and coach must complete a waiver (18 and up) or Assumption of Risk (17 and under) and Declaration of Compliance before participating on the curling ice.**
[Waivers, Assumption of Risk and Declaration of Compliance](#)
- **Each participant and coach must take the Alberta Health Safety Checklist before they enter the Leduc Recreation Centre.**
[Alberta Health Daily Checklist](#)
- Participants and coaches must enter through the Leduc Recreation Centre east entrance. You may bypass the check in at East Guest Services but give East Guest Services that you going to curling by a gesture or wave or by showing them your curling broom.
- Do not come more than 15 minutes before your scheduled practice session.
- You must come dressed to participate with the exception of your curling shoes. LCC locker rooms are closed with the exception of the washroom facilities.
- There is to be congregating or loitering, team meetings, stretching or warming up in the LRC concourse or in the LCC lobby. Please do this is on the ice while maintaining physical distancing.
- When you arrive at the LCC you will be directed to a shoe changing spot, your sheet and your designated entrance and exit to the curling ice pad.
- Participants and coaches must stay within their designated sheet and adjacent walkways.
- Participants will keep 2 metres between themselves and any other person at all times.
- Participants and coaches must maintain physical distancing (2 metres) from other participants and coaches that have training time.
- Curling stones will be cleaned before every ice rental session. Curlers should use their designated stones to avoid any cross contamination. There is wipes and hand sanitizer at both ends of the sheet if stone is accidentally thrown out of turn.
- Scoreboards are not to be used during training sessions.
- There is NO spectator seating during training sessions. If you are not a participant or coach you cannot enter the Leduc Recreation Centre at this time.
- When your training session is complete, gather your belongings and move to a shoe changing spot and leaves the LCC and the LRC.

