

Contents

1. Opening message..... 3

2. Registration 3

 Fees4

 Equipment.....4

 Spares.....4

3. Safety protocols..... 5

 Stay home if you are ill5

 Personal hygiene.....6

 Cleaning & sanitizing.....6

 Safe physical interactions6

 Building modifications7

4. On-ice protocols..... 8

 Before your game8

 During your game9

 Delivering team.....9

 Non-delivering team9

 Sweeping.....10

 Curling rocks.....10

 Scoring.....10

 After your game11

5. Bar & lounge protocols.....11

6. Bonspiels & events.....12

7. Practice ice & learn to curl.....12

8. Facility rentals.....12

9. Additional resources12

Appendix A – Oliver Curling Club Illness Policy13

Appendix B – Curling Canada on-ice distancing illustrations.....15



Oliver Curling Club

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Please take note:

- This document reflects the current conditions and requirements set out in in the Curl BC and viaSport guidelines for Phase 3. As new information is issued from our sports-governing bodies and all levels of government, we will update our plan and communicate these changes to all our curlers. Our Return to Curling Plan is posted at the club and on our website, along with other important information for the 2020/21 season: <https://eastlinkcurlingcentre.ca/index.php/curling/return-to-curling>
- There are significant changes to our policies, procedures and rules this season. This plan outlines what you can expect.
- All participants are expected to read and understand this document before curling. Please follow all the protocols outlined here – your fellow curlers depend on you to keep them safe.
- Anyone who fails to comply with the outlined protocols will be subject to removal from activities and facility use.
- Although we are taking numerous measures to minimize risks, all participants need to 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. You must consider your own health and safety circumstances and **make the decision that is right for you** about if and when you curl.

1. Opening message

Welcome (back) to all our curlers!

The 2020-21 season marks the Oliver Curling Club's 50th anniversary. It has seen a lot of challenges in the last five decades and come through them all. Although a pandemic might be something totally different, we'll get through it together with the same resilience, caring, enthusiasm, mutual support and good spirits our curlers have always shared!

(Don't worry, our 50th celebrations may be delayed, but we'll do them up right when we can.)

As with most everything in these days of COVID-19, curling will be a different experience. We've developed this plan to outline the changes and ensure curling happens in a safe and secure environment. It is very important that we all take the time to time to **read, understand and follow these guidelines**. Each of us is responsible for not only our own safety, but the safety, health and wellbeing of everyone around us.

We would like to thank everyone for registering this year to participate in our favourite sport as well as every volunteer for helping to make it happen. We appreciate all of your support and look forward to a great season no matter what.

Please contact me or any of our Board members with questions, concerns or other feedback. You can reach me at 250-408-5061 or rjohngrandish@gmail.com

Sincerely,

Randy Grandish, President, and the Board of Directors of the Oliver Curling Club

2. Registration

This season there are separate registration periods in September for the fall session (October-December) and in December for the winter session (January-March). Registration for the fall session closed on September 28 with enough curlers and teams for five leagues to go ahead: Corporate, Day, Mixed, Men's and Stick. Ladies League will hopefully start in January.

Junior League, Special Olympics, school program, family curling and learn to curl activities are all postponed until at least January.

In addition to our usual registration forms and waivers, all curlers must complete a COVID-19 Declaration of Compliance before their first game. At following games, curlers are required to sign in when they enter the building, and the sign-in sheet includes a brief health declaration.

You can find all our registration documents for adult and junior curlers and for Corporate Teams on our website: <https://eastlinkcurlingcentre.ca/index.php/curling/membership-info>

FEES

- League fees remain the same but we have implemented a COVID Cleaning Fee to help cover additional supplies and labour for required sanitizing. It will be charged each half: \$10/curler if you curl once/week or \$20/curler if you curl twice or more/week. For Corporate League, there will be a \$40/team cleaning fee for each half.
- There will be **no refunds** of any fees if the season is interrupted and club closed for COVID-19 or other reasons (this includes league, Curl BC/Curling Canada, cleaning and membership fees). This helps us share the risk of reopening and potential losses given the fixed costs of operating the ice rink. Do not register if you do not accept this risk.
- Volunteer requirements (4 hours or \$80 opt-out payment) are temporarily suspended until bonspiels, programs and other events resume. However, we are tracking volunteer hours this season and volunteers will be credited for their hours.

EQUIPMENT

- Club equipment will **not** be available at league draws. Stabilizers and sticks have been removed from the ice area, and the equipment room will remain locked.
- Curlers will need to bring their own brooms, sticks, grippers, sliders and/or stabilizers. If you don't have equipment, you can rent or buy it through the club.
- Rent equipment for the fall session: broom \$12, stick \$12, stabilizer \$10, gripper \$5, step-on slider \$5, or \$28 for a package of needed equipment. You can get the equipment rental agreement on our website. Contact Cathy Pidduck for more info: 250-689-9295 or cpidduck@gmail.com
- Order Goldline gear through our volunteer sales coordinator Marc Carriere: 250-689-7355 or email marc.carriere@gmail.com
- Lockers are **not** available this season.

SPARES

- To keep groups consistent and limit potential exposure, first try to find a spare among registered curlers in the same league or (if not available) from other leagues at the club.
- If you are a registered curler who is sparing, you need to sign in the league binder for any game you spare in.
- All outside (unregistered) spares must complete a waiver and COVID-19 Declaration of Compliance before starting to curl, and they must sign in the league binder for any game they spare in. They also must adhere to all the club's safety protocols and procedures.

- If you don't want to commit to weekly curling in a league, consider registering as a spare so you get in our system with all the proper documentation.
- The spare fee is \$10/game. The fee box and envelopes are on the (south) wall by the mechanical room.

3. Safety protocols

All activities in our curling club must comply with current provincial health restrictions in order to limit the transmission of COVID-19 in our community. This plan meets the criteria set out in guidelines provided by Curl BC, Curling Canada, viaSport and WorkSafeBC for curlers, volunteers and staff, and it has been approved by the Oliver Curling Club Board of Directors. If you choose to curl, you must follow all of the club's safety and game protocols.

Our safety protocols are based on these five principles: Stay Home If You Are Ill, Personal Hygiene, Cleaning & Sanitizing, Safe Physical Interactions and Building Modifications.

STAY HOME IF YOU ARE ILL

- If you are not feeling well in any way, **stay home**. This is not a request; it is a requirement. Read the club's Illness Policy in full for more about self-assessment and responsibility (Appendix A).
- If you live with or have been in contact with someone who has COVID-19 or is showing symptoms of COVID-19, you must stay home.
- If you have travelled outside of Canada, you must self-isolate for at least 14 days before coming to our club.
- If a member of your team is ill and shows up to curl, we advise team members to ask their teammate to go home. Skips: please take your leadership role seriously in this regard.
- Tell your league rep immediately if someone shows signs of illness.
- Sign in every time you come to the club to help with contact tracing if needed. The sign-in sheet also includes the health declaration confirming you are healthy to play.
 - There will be a table with a binder for each league as soon as you come into the club.
 - Hand sanitizer and sanitized pens will be provided.
- Staff and volunteers involved in ice preparation are required to sign in the binder in the maintenance room.

If you have been in the Oliver Curling Club and suspect or know that you have COVID-19, contact our president Randy Grandish at 250-408-5061 or rjohngrandish@gmail.com

PERSONAL HYGIENE

- **November 20 update:** You must wear a mask anywhere indoors at the club – on and off the ice. (The only exception is when you are seated at a table in the bar.)
- Bring extra masks.
 - Curl BC recommends extra masks to change into, as your breath and the humidity from the ice will decrease the mask's effectiveness.
 - Curl BC also reinforces that masks should not be relied upon as your primary protection. The most important preventative measure is **physical distancing**.
- Wash your hands often with soap and water for at least 20 seconds and/or use hand sanitizer as needed.
 - Be sure to sanitize your hands when you enter and before you leave the building, and after touching any commonly used items.
- Bring your own equipment. Sharing equipment is not allowed. Curlers can rent or buy equipment through the club.
- Bring your own water bottle labelled with your name. Water coolers will not be available in the rink.
- Cover your mouth and nose with a disposable tissue or your sleeve when you sneeze or cough.

CLEANING & SANITIZING

- Our club has always maintained a high cleaning standard; however, frequency will now be increased. Thorough cleaning and disinfecting in all common areas and the ice area will be done every day there is curling at minimum and more often as needed based on use (e.g., number of draws).
- All staff will be trained and monitored with respect to new protocols and expectations, including:
 - use of approved disinfecting and sanitization products
 - appropriate tracking and reporting of cleaning/sanitizing
- Curlers also are responsible for sanitizing surfaces touched during games (e.g., rock handles, scoreboard numbers, measuring equipment).
- Disinfecting stations will be set up at each entrance/exit to the lobby and rink, at both ends of each sheet, in washrooms.

SAFE PHYSICAL INTERACTIONS

- Maintain a minimum 2 m (6.5 ft) safe distance from each other at all times on and off the ice.
 - Curl BC recommends that, even when curlers live in the same household or drive to the club together, they should still follow all physical distancing protocols within the building.

- This includes physical distancing on the ice at all times to reduce the risk of COVID-19 transmission between teammates, opposing players and other curlers playing on the sheets next to you. The physical distancing measures provide a space for other individuals to continue to participate.
- Avoid physical contact with others, including shaking hands, high fives, etc.
- Draw times will be scheduled to reduce congestion within common areas.
 - Make sure you arrive and depart the building according to the schedules.
 - Arrive no sooner than 15 minutes before the start of your game.
 - Come to the rink ready to play (e.g., before you leave home, change into curling clothes, do warmups and stretching and check your draw schedules for what sheet you're playing on).
 - If necessary to accommodate numbers in a league, games may have staggered start times (i.e., two sheets start at the regular draw time; two sheets start 15 minutes later).
 - Adhere to game start and end times.
- If you need to leave the ice area for any reason during your game, use whichever doorway best allows proper physical distancing. You may need to wait for other curlers to move before departing.

BUILDING MODIFICATIONS

- Common areas, entrances and exits will be marked out for adequate spacing and movement of participants.
- Read and follow all signs, directional arrows and floor markings.
- Respect any physical barriers for traffic flow.
- Do not move tables and chairs in the lobby. They have been strategically located to ensure proper physical distancing.
- Be aware of others, respectful and patient, especially within travel corridors and enclosed spaces.
- Lockers will not be available this season. Please do **not** use the locker room/washroom for changing clothing or shoes as this prevents access to the washroom facilities. Come dressed and ready to play, and use the designated spots for changing your shoes.
- Use designated areas for changing your shoes:
 - As soon as you have put on your curling shoes, go out to the sheet you're playing on. This allows other club members to use a designated shoe-changing spot.
 - Take and store your belongings at the home end of your sheet. Please plan to "travel light" this season so that everyone has room. Don't leave personal items in the lobby (except for shoes).
- Pay attention to the posted maximum capacity for all areas:
 - Maximum of 50 people (curlers/volunteers/staff) are allowed at any one time on the lower floor. If/when the bar is open, another 50 people maximum are allowed on the second floor.

- Maximum occupancy = 2 per washroom. If you see there are 2 occupants, please practice physical distancing and wait for the washroom to clear.
- *November 20 update:* **No spectators** are allowed in the club.

We are ALL responsible for doing everything we can to keep one another safe and to prevent COVID-19 from entering our building.

The Oliver Curling Club is taking these measures to reduce the risk of our curlers getting sick and having to shut down the club. We ask you to do the same. We want all curlers to feel confident about coming to the club, knowing that everything possible is being done to protect their health. It's also imperative that we take steps to avoid closure and protect the financial health of our club.

4. On-ice protocols

There are a number of curling and rule modifications this season—please read the instructions below carefully. Although you'll need to learn some choreography about where to stand and when to sweep, it should become second nature after a game or so. Posters at the rink will provide a reminder of the key points and markers will indicate distancing. The main principles continue to be safe physical distancing and interactions, minimizing commonly touched surfaces and frequent sanitizing.

While we are in Phase 3 (according to Curl BC and viaSport guidelines), teams may have **4 players but only 1 sweeper at any time on a shot**. If curling moves back to Phase 2 at any time during the season, 1 player on a team will be required to stay home each week.

BEFORE YOUR GAME

- *November 20 update:* You must wear a **mask while curling** and anywhere else inside the club.
- Proceed directly to your sheet after changing your footwear. Use the door closest to the sheet you're playing on.
- Do not shake hands, bump elbows or make other physical contact with curlers. Wish your opponents "good curling", wave or tap brooms from an appropriate distance.
- To determine which team throws first rocks, one player can use a coin from their pocket and pick it up after the toss. Or use the paper-rock-scissors method.

DURING YOUR GAME

- Please maintain proper physical distancing at all times on the ice (see Appendix B for distancing illustrations).
- The skips have authority over the activities on their sheet of ice, and this season that includes responsibility for all players maintaining correct physical distancing. Skips: please take that role seriously.
- Players should stay on the same side of the sheet. For example, if you are playing on sheet 1, always walk or position yourself on the side near the wall. This will keep players 10 feet apart.
- Do not touch anybody else's property or rocks.

DELIVERING TEAM

- Only 3 teammates are involved in each rock delivered: 1 calls the shot and line at the other end, 1 delivers the rock and 1 sweeps. The sweeping player waits at the tee line. The 4th player sits or stands at the designated marker on the backboards.
- After a player delivers their rock, they can follow the rock while maintaining a 2-metre distance from the sweeper but go no further than the second hog line. Or they move to the nearest unoccupied standing location. This allows players from the other team to move into position.
- Only the delivering team's skip (or vice-skip) is allowed in the target house (i.e., has exclusive rights to the house).
- When the skip and vice-skip are exchanging control of the house, or discussing a call, they must **always** remain at least 2 metres apart from each other.

NON-DELIVERING TEAM

- There are designated areas along the sides of the sheets and backboards where the non-delivering team and the non-active sweeper of the delivering team stand.
- The non-delivering skip must stand behind the hack or on the backboards until all rocks have come to rest. Either the skip *or* vice-skip may stand behind the hack area when the opposition has control of the house, but not both. One of them must wait at the designated marker at the near hog line.
- Between ends, the team that has hammer in the next end should leave the playing area by moving past the hog line (the team that throws first in the next end puts away the rocks).

SWEEPING

- Only **1 player** is allowed to sweep at one time. When a rock is delivered, the sweeper waits at the hogline and is in charge from delivery to house. A teammate is not allowed to take over during a rock's travel until the tee line (*see below*).
- The skip or vice-skip of the delivering team can sweep their own team's rocks, or the opposition's rocks, after the tee line but only if the active sweeper has stopped sweeping. The sweeper must be called off prior to entering the house before the skip or vice-skip can sweep any rocks.
- The non-delivering skip must remain behind the hack area or on the backboards until all rocks come to a rest. The non-delivering team may **not** sweep any rocks including their own.
- Sweepers may alternate either between shots or between delivering players. Teams are encouraged to share sweeping duties amongst teammates as much as possible.

CURLING ROCKS

- Each curler throws the same 2 rocks the entire game. Do not exchange rocks after a game begins.
- Do not use your hands (gloved or bare) for cleaning the bottom of the rocks. Use a broom only.
- Only touch the handle of your own rocks with your hand.
- Move all other rocks with your broom head (not handle), delivery stick or foot.
- The team throwing first in the next end should put away the rocks. Consider having 2 players push the stones from the playing area to the corners, and 1 designated player arranging the rocks. Maintain physical distancing.
- After a game, the designated player who has repositioned the rocks during the game sanitizes the handles of their team's rocks before leaving the ice surface.

SCORING

- Only 1 skip from 1 team does the scoring for both teams. Skips decide between themselves who keeps score.
- This skip is responsible for sanitizing the scoreboard numbers after the game is finished.
- Try to avoid measuring, but if it's necessary, 1 player should sanitize their hands, retrieve the measuring device, use it, return it, and sanitize their hands again. Don't touch the measuring device with gloved hands as gloves can't be easily sanitized.

AFTER YOUR GAME

- Do not shake hands. Congratulate your opponents on a “good game” from an appropriate distance.
- Sanitize your hands.
- Wait until there is proper distancing from any delivering teams or other players standing on the backboards before moving towards the nearest exit door.
- Change back into your street shoes in the designated shoe-changing area and leave the building. Please don’t linger in the lobby or locker rooms.
- The winning third is responsible for recording the score on the posted schedule.

5. Bar & lounge protocols

The bar is now open for evening leagues and follows current Provincial Health Officer orders, including:

- Last call for bar service is **10 pm**.
- Everyone must leave the bar by **11 pm**.
- Everyone must follow all the safety protocols regarding masks, physical distancing, etc. when in the club.

November 20 update:

- **Masks are required anywhere indoors *except when you are seated at your table.***
- **No spectators** are allowed in the club (lobby or bar).
- When in the bar, you should only socialize with members of your **household/core bubble**. If you are single/live alone, you can have a core group of 2-3 people to form your household/core bubble.
 - A core bubble is defined as “the people you spend the most time with and are physically close to. For some people, their core bubble is their immediate household. For others, their core bubble may contain a partner, relative, friend or co-parent who lives in a different household.”

Please observe **all signs** posted in the bar/lounge area:

- Follow directional green arrows on the floor.
- Look for the table with the ice sheet letter you played on.
- Take all your equipment and belongings with you.
- When ordering from the bar, only one person in green box.
- When waiting, stand at 6-ft distance lines on the floor.
- Exit from bar counter to the left and return to your table.
- Maximum 6 people at a table (all must agree who is allowed).
- Do not move tables or visit other tables.
- When leaving, exit from west and north doors only (not the stairs to the lobby).

- Put beer cans and wine glasses in bins provided when leaving.

6. Bonspiels & events

Bonspiels and other on- and off-ice events are postponed until at least the winter session starting in January. This section will be updated when events are scheduled.

7. Practice ice & learn to curl

Given the additional safety, cleaning and sanitizing requirements, the club is only providing league play during the fall session. This section will be updated when additional activities are scheduled.

8. Facility rentals

Given the additional safety, cleaning and sanitizing requirements, the club is not renting the lounge or rink for any functions during the fall session. This section will be updated when the decision to resume rentals is made.

9. Additional resources

Curl BC's *Return to Curling Guidelines* and other COVID-19 resources:

<https://www.curlbc.ca/resources/covid-19-resources/>

Curling Canada's *Return-to-Play Guidelines* and distancing illustrations:

<https://www.curling.ca/return-to-play/>

viaSport's *Return to Sport Guidelines for B.C.*: <https://www.viasport.ca/return-sport>

BC Centre for Disease Control website for COVID-19 information, including symptoms, testing and prevention: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19>

Appendix A – Oliver Curling Club Illness Policy

In this policy, “Team Member” includes an employee, volunteer, participant or parent/spectator.

1. Team Members should assess themselves for any symptoms of COVID-19.

- a. Symptoms include 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.
- b. Inform an individual in a position of authority (club president or director, program/league coordinator) immediately if you feel any symptoms of COVID-19.

2. If a Team Member 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 the curling club, they should be sent home immediately and directed to contact 8-1-1 or a doctor for further guidance.
- c. No Team Member may participate in a practice/activity if they are symptomatic.

3. If a Team Member tests positive for COVID-19:

NOTE: A positive test will trigger the local health authority to implement contact tracing. Do not attempt to do the contact tracing on behalf of them. Please ensure you work with them to communicate about the outbreak.

- a. The Team Member will not be permitted to return to the facility until they are free of the COVID-19 virus.
- b. Any Team Members who work/play closely with the infected Team Member will also be removed from the facility for at least 14 days to ensure the infection does not spread further.
- c. The workspace/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

4. If a Team Member has been tested and is waiting for the results of a COVID-19 test:

- a. As with the confirmed case, the Team Member must be removed from the facility.
- b. Other Team Members who may have been exposed will be informed and removed from the facility for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- c. The workspace/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- 5. If a Team Member has come in to contact with someone who is confirmed to have COVID-19:**
 - a. Team Members must advise their employer/club representative if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the facility for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the facility for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- 6. Quarantine or self-isolate if:**
 - a. Any Team Member who has travelled outside of Canada within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any Team Member 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 Team Member who is in quarantine or self-isolating as a result of contact with an infected person, or is in a family who is self-isolating, is not permitted to enter any part of the facility.

Appendix B – Curling Canada on-ice distancing illustrations

Distancing Illustrations

