



**Welcome curlers!**

**2020 has brought with it many challenges to deal with in order to learn how to live with Covid-19. It has affected all of us in many ways and will continue to do so for some time yet to come. The Airdrie Curling Club has been working diligently with help from AHS and Curling Alberta to make the necessary changes to make our Return to Curling for this season as smooth as possible and safe to play for everyone.**

**These guidelines will help to provide a fun and safe curling experience for everyone while we continue to make adjustments as guidance on our sport changes throughout the season. Please take some time to read through these guidelines and see how they may affect you and your curling this season. These guidelines are for everyone's safety and enjoyment of the sport and help us get back to what we know best - having fun!**

**Have a safe and enjoyable curling season!**

**Blair Lenton  
President  
Airdrie Curling Club**

Below are the guidelines specific to the Airdrie Curling Club (ACC). As changes to the guidelines and the situation may be on-going, please follow our FB page and website for updates and notices. These are in addition to the Curling Alberta Guidelines for Return to Play which the ACC will be following. The bolded sections are more specific to our club and/or to meet or exceed local regulations.

## Your Hygiene

- Keep your hands clean. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer.
- Curlers, staff, guests and spectators will be required to sanitize their hands upon entry.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into the bend of your arm.
- Avoid touching surfaces people touch often, such as:
  - - Toilets and sinks
  - - Door handles
  - - Bar and bar tables
  - - Stone handles (except your two stones in your game)
- ~~We recommend that if you cannot maintain physical distancing, we suggest you wear a mask to help control the spread of COVID-19.~~
- **Effective November 6<sup>th</sup>, masks are required when entering the ACC and when not seated in the lounge to eat or drink.**
- **Effective Nov. 6<sup>th</sup>, the ACC will be adhering to new mask guidelines as stated by Curling Alberta:**

## Curling Alberta Updates Return to Play Guidelines Regarding Masks

With rising COVID case numbers in the province, and several curling clubs reporting members who have tested positive, Curling Alberta wants to further its efforts to help flatten the curve and to continue to provide our curlers with a safe and positive curling environment. As such, **Curling Alberta now recommends that clubs request that masks are used during play but can and should be safely removed when needed (e.g., before and while sweeping, when drinking water, when regaining a comfortable rate of breathing, when replacing a wet mask, etc.).**

We understand that not everyone can safely wear a mask when curling. If and/or when you are not wearing a mask, please be especially aware to adhere to all on-ice physical distancing measures at your facility or in effect for a particular event/competition. Curling Alberta will also be making the

same request to curlers who compete in Curling Alberta [sanctioned events](#). All curlers are also encouraged to sanitize their hands regularly while playing.

We thank all curling clubs and their curlers for complying with our [Return to Play Guidelines](#) and all health authority protocols this season. We must all continue to look out for one another and to do our part to ensure that curling clubs can continue to safely operate this season. Thank you for your help as we all work together for a safe winter ahead.

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### **Tips on using a mask while curling:**

1. **Breathing:** Attentively breathing through the nose rather than the mouth has been helping many curlers learn to breathe more comfortably with a mask on during games.
2. **Types of masks:** Players can consider investing in performance-wear masks and if need be can bring multiple masks with them because masks can become damp during play. Damp or wet masks should be replaced during games.
3. **Safe mask removal:** It is not unreasonable nor irresponsible to safely remove your mask at certain points during play (e.g., before sweeping a rock, to catch your breath, to drink some water, etc.). Healthy breathing and proper hydration are important parts of exercising and an active lifestyle. If you find that during the course of play that you need to remove your mask, simply adhere to AHS's safe mask-removal protocols and continue to respectfully adhere to all on-ice physical distancing measures at your facility (e.g., remain at least six feet away from others).
4. **Glasses fogging up:** If your glasses are fogging up during play, then please consider options such as wearing contacts, using an anti-fog spray, or trying to wear your mask higher up on your face. If there is no reasonable option possible for you that helps you to see, then it is of course important that you be able to safely see while you are curling.
5. **Benefits of masks:** Although masks can be an inconvenience, the benefits of mask-use outweigh these inconveniences. The benefits of on-ice mask use include:
  - provides a safer indoor airspace for all participants in the curling arena
  - mitigates against the possibility of the spread of the COVID-19 virus

- allows teammates and the opposition to more safely communicate with one another during play.

## Club Hygiene:

- ACC will undertake a full building clean prior to start up.
- All staff and volunteers will be temperature tested daily, masks will be mandatory for all staff and volunteers. Ice crew may be exempt from wearing a mask only when pebbling the ice for safety reasons.
- The AHS checklist will be provided and completed by anyone attending the ACC.
- Curling rental equipment will be available and sanitized between use. Charges will apply for items rented, this includes members and non-members to offset sanitization costs.
- You may notice that some regular items within the club may be missing such as benches etc.
- Washrooms, rock handles, doors and high touch areas throughout the club will be sanitized between draws. A log will be kept of all cleaning activity.
- Registration for leagues and events will be on-line. Please check our website and FB page for details
- Draws and results will be found on our website, they will not be posted within the club.
- Our current occupancy load will be published with the effective date assigned by your local authority.
- Posters and documents will be displayed around your building to support awareness and actions to be taken to help prevent the spread of the virus.
- If players or staff have symptoms, the ACC will kindly tell them to stay at home and be sure to offer proper support. Contact your league representative if a game need to be rescheduled.

## Cleaning Protocol:

- Employees will be provided with any personal protective equipment recommended by occupational health and safety guidelines, and provided training to ensure it is used correctly
- Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against Covid-19. These will be used by the ACC in cleaning the facility.
- Continual access to soap and paper towels in washrooms will be provided. The ACC will ensure that they are monitored and filled regularly.
- Alcohol – based sanitizer will be found at the entrance, exit, ice area and throughout the club

## Miscellaneous Considerations:

- The Alberta Health Daily Checklist is a tool that has been developed to support activity organizers and facility operators in reducing the risk of transmission of COVID-19 among attendees. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.
  - This checklist **must** be completed by each member the first time they enter the facility. If there are any changes to your submitted team roster or have a spare any given week the club **MUST** be notified for the purpose of contact tracing. Any individual that enters the club that

is a non-member, or a member that is present not playing on their regular draw, needs to fill out the checklist.

- **This information will also be collected for all one-time users of the club.**
- **ACC promotes** the AHS “ABTraceTogether” mobile app or the national mobile app called “COVID Alert” as a way of tracing contacts. More information can be found here: <https://www.alberta.ca/ab-trace-together.aspx> (ABTraceTogether) or <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html> (COVID Alert)
- ~~Where physical distancing cannot be maintained, the ACC recommends wearing a mask.~~
- **Mask use is mandatory when entering the ACC or when not seated in the lounge to eat or drink**
- **Registration and event fees can be paid online**
- **Cash will be discouraged at the bar.** Consider credit or debit cards.

## Ice Making Equipment:

• The ACC’s Ice Technician and/or his/her assistant(s) are the only persons allowed to handle ice making equipment: power scraper, hand scrapers, pebbling cans and heads, brooms, mops, garbage cans, etc.

## Curling Centre Layout and Navigation:

- Due to size restraints the locker rooms will be closed for use. Participants are expected to come to the club ready to play other than changing their footwear.
- Water coolers will be removed from the playing area. Participants are encouraged to bring your own water bottle and get refills with tap water available at the bar.
- Markers will be provided throughout the club to maintain flow and distancing.
- For leagues that have more than one draw, the West Main doors will be used as an “entrance only” and the North emergency doors as an “exit only”.

## Curling Equipment:

- Stones **will** be sanitized at the end of each draw and cleaning products **will** be made available to the curlers of the next draw in order to clean again before play.
- **Cleaning products will be available throughout play so that curlers may disinfect equipment at their discretion.**
- Players are to select their two stones which should not be interchanged during a game.
- Players should not touch any stones other than their own. Let the player delivering the next stone retrieve his/ her own stone.
- For your safety, **the ACC insists** that the stones are lined up in single file in the corners.

## Measuring:

Remove gloves, sanitize your hands, conduct measure, return measure device to its normal location, sanitize your hands again.

## Scoreboards:

**One player to be the designate to keep score for both teams. Designate must disinfect hands before and after posting score**

## Guidelines for Return to Play

- **Schedule and draw times should be checked on the website prior to game time as there may be changes.**
- **Curlers will not be allowed to enter the building more than 15 minutes before their assigned draw time. Staff must be allowed time to properly sanitize the building in preparation for the next draw.**
- **When entering the ACC, proceed to your assigned table for that draw. Tables will be spaced accordingly to physical distancing guidelines.**
- **Odd numbered sheets will start at the home end and even numbered sheets will start at the away end**

**Markers will be used on the ice and boardwalks** to maintain proper distancing, refer to appendix 5 for return to play distancing illustrations.

## Entering the Ice Rink:

- **Prior to the beginning of the draw, both rink entrance doors will be held open for easy access**
- Once teams enter the ice rink, it is important that they do not congregate on the walkway. When a player has reached his or her sheet they should immediately leave their bag or equipment, if applicable, in the appropriate location. 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 two meters distance from others.
- Instead of shaking hands, please wave, nod, or raise your brooms together.
- To determine hammer, use a method than maintains physical distancing and only person touching the deciding device if needed. In addition to coin flips, there are other methods that can be used is used to determine hammer. This can be something like rock-paper-scissors, a smartphone “heads or tails” app, a stopwatch “odd or even” or an online tool on your phone such as: <https://justflipacoin.com/>

## During Play:

• There will be designated standing areas along the sides of the sheets **and boardwalk if available**. These are to be used by the non-delivering team (excluding the acting skip) and the non-active sweeper of the delivering team. Refer to Appendix #1 for an on-ice diagram.

- One sweeper only on all delivered stones. Relaying would not be permitted (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstance. The skip of the non-delivering must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone behind the tee-line. Lessening of physical distancing restrictions or the option to adopt a cohort scenario could allow this guideline to be removed.
- 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 two 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 two 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 two (2) meters apart from each other, always.
- After a player delivers his or her rock, that player should either:
  1. follow the rock, while maintaining at least two (2) meters from the designated sweeper, but go no further than the second hog-line or
  2. 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 only use their hands to touch the rocks they will deliver. Players may move rocks that they are not using but must do so using their broom or their foot on the side of the rock and avoid any contact with the handle.
- Players should not clean the bottom of the rock with their bare or gloved hand but instead use their broom to clean.
- **For competitions outside of regular league, the ACC may follow guidance as recommended by Curling Alberta regarding cohorts and competitions. For more information, please see their website for more information.**

## At the Completion of the Game:

- Push the rocks with the brush of your broom or your foot to the corners of the end at which play **was started**.
- Players are to gather their belongings while distancing themselves from other players.
- 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 have to move to accommodate (a team to pass) them leaving.

## Travel:

For **AHS Stage 2 of Relaunch Guidance**, activities **will** be restricted to local opportunities. This means within the ACC's normal drawing area for membership. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of provinces. Cross-jurisdictional, or inter-regional, play should not occur at this stage.

## Additional:

- When there is a side walkway, divider, 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. **Curlers on sheets 1,4,5 and 8 will have the option to stand at the designated area on the ice or designated spot on the boardwalk.**

## Junior and Learn to Curl Programs

- **All programs will follow the following guidelines set out by AHS.**
- **All coaches/instructors are required to wear masks.**
- Individuals who may have difficulties maintaining physical distance of two metres at all times, such as youth, should be encouraged to wear a mask. To be clear, wearing a mask still means that distance should be maintained when possible. Different programs may have different requirements where masks may be mandatory.
- **A maximum of four students/players per sheet plus one coach.**
- **Youth Development will pause at times to sanitize, likely between drills.**
- One parent per child may be permitted on the ice if physical distancing can be maintained and the number of people per sheet is not exceeded.
- Only one parent per child should be allowed to spectate. Consider putting siblings on the same sheet.
- **The expectation is that youth have their own equipment. Can be purchased at the ACC or places such as Curlers Corner in Calgary who supports junior curling. Arrangements will be made for all equipment borrowed by participants to be sanitized after each use and a charge applied for sanitizing.** Users **will** also be encouraged to clean the equipment again themselves before use.
- Someone at the club (e.g. Junior Coordinator) **will** be assigned responsibility to notify families and attendees of the steps being taken to prevent the risk of transmission, and the importance of their own roles in these measures.
- **For Learn-to-Curl, masks must be worn on the ice during instruction and outside of actual game play. Any time that you cannot physically distance mask must be worn.**



## Rock Management:

For learn-to-curl and other junior programs, **the rocks will be marked** with stickers, tape, or labels to indicate which rocks “belong” to each participant. **These markers will match stickers or identifier on the participants brooms.** Coaches will instruct students to use only the rocks they have been assigned. Players within the same household or family cohort will be able to share their equipment.

## Before the Lesson:

Contactless payment methods or debit/credit cards **will be used** as much as possible. Payments and registration should all be done online. We recommend that you arrive wearing your curling clothes ready to play. Shoes will be changed onsite continuing to follow the physical distancing measures. All players will be required to use sanitizer before entering the facility. All youth curlers and those who cannot maintain physical distance should be required to wear a mask. Different programs may have different requirements where masks may be mandatory. **Masks may be available for purchase or bring your own.** We recommend you arrive no more than ten minutes ahead of your scheduled time. When onsite, always maintain a physical distance of at least two meters from others at all times.

## During the Lesson:

Continue to practice the physical distancing of two meters between all players and coaches. **All coaches and on ice volunteers** are required to wear masks as they are likely to exert while speaking loudly so that participants are able to hear them in a group setting. There will only be a maximum of four players and one coach on each sheet.

Players will continue to use the rock management program. Only one parent per child should be an on-ice spectator.

## After the Lesson:

After a lesson, it is recommended for adults who are picking up their children to remain in the parking lot until the child leaves the facility. All youth under twelve **will** be guided by a coach to ensure they find their parents while always mindful and compliant with the Rule of Two. All players will be required to sanitize/wash their hands and ensure physical distancing of at least two meters is maintained with others when leaving the facility to ensure a buffer time with the next set of players entering.

## Illness:

ACC **will implement** active screening of attendees (where applicable) and staff for **symptoms** of fever, sore throat, cough, runny nose or difficulty breathing.

- **ACC will use methods such as** [Alberta Health Daily Checklist](#), the [Alberta Health Services COVID-19 Self- Assessment tool](#) or other screening methods.

If the individual experiences, or if anyone in the individual’s household experiences, any signs or symptoms

of COVID-19, the individual will immediately isolate, notify the club, and not attend any of the club's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

Clubs should develop a rapid response plan that sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.

- **The ACC will** develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings.
- Staff **will** be familiar with and follow the rapid response plan if an attendee starts feeling symptoms during a shift. This should include:
  - - Immediately isolating the attendee from others.
  - - Cleaning and disinfecting all surfaces that may have come into contact with the symptomatic attendee.
  - - Requiring hand hygiene and masking of the attendee.
  
  - The bylaws and guidance provided by your **our** municipality regarding masks should be followed.
  
- - The attendee must isolate as soon as possible

## Food & Beverage

**Local authorities will be consulted for adherence to regulations in our area. The ACC will follow these guidelines:**

**The ACC will follow** the **COVID-19 Public Health Recommendations Food Establishments** for AHS sanitation recommendations.

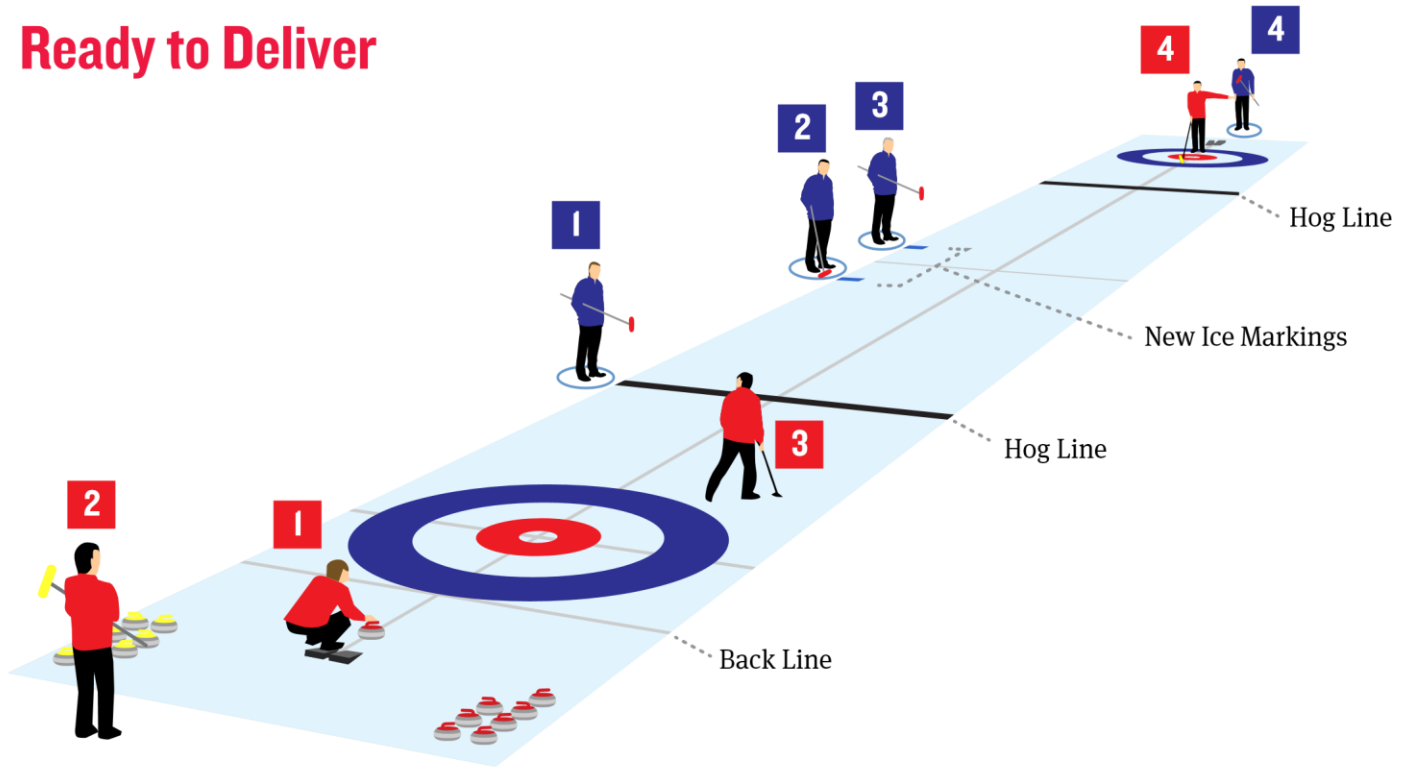
*Courtesy of Restaurants Canada - <https://www.restaurantscanada.org/industry-news/navigating-coronavirus-covid-19-resources-for-foodservice-operators/>*

## Re-opening the Bar and Concessions

**Local** authorities will **be consulted** for regulations in your area and **the ACC will** follow AHS **guidance for cafes, restaurants and bars.**

## Appendix 1:

# Ready to Deliver



# Stone is Delivered

