



Return-To-Play Protocol



Final Draft
Ottawa, Ontario
July 29, 2020

RA Curling Club Return-To-Play Protocol

The following is based on the recently issued Curling Canada and CurlION return-to-play guidelines. This protocol will be applied comprehensively by all sections at the RA Curling Club (RACC) during the 2020-21 season, including business leagues.

It is recognized that this protocol will change how curling will be played at the RACC in 2020-21. Every player will go through a learning curve, especially at the beginning of the season. Patience and good-will will have to be exercised by everyone. The collective goal remains to ensure the health and safety of all members and staff, and the viability of curling at the RA.

Please note that this protocol will be revised as necessary during the curling season as new direction is provided by provincial and municipal public health authorities as well as by RA management, and as new or updated guidance is provided by our sport's governing bodies. RACC members will be informed of any changes and/or additions to the protocol.

Safety Measures:

- 1) Authorities: The RACC will follow all relevant measures issued by provincial and municipal public health authorities.
- 2) Hygiene: All curlers and staff will practice proper hygiene, including frequent handwashing, physical distancing (at least 2 meters) and wearing a mask or face covering.
- 3) Prevention: Ill people and people who are at risk for severe illness must not play and must stay at home.
- 4) Compliance: All curlers must sign and submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form (see Appendix A) prior to beginning their curling season.
- 5) Signage: CurlION will be providing the RACC with safety signage regarding the coronavirus disease (COVID-19) and measures to follow to prevent the spread of the disease. This signage, and any additional necessary signage developed by the RA and RACC, will be posted at the entrance of the club, in the lounge and in the ice area.
- 6) Building Safety and Cleanliness: The RA will undertake a full building clean prior to the start-up of the season. High-touch areas, including toilets and sinks, door handles, railings and lounge chairs, will be cleaned on a frequent basis based on the use of the curling club.

- 7) Handwashing: To facilitate handwashing, the RA will provide ongoing access to soap and paper towels in washrooms. In addition, hand sanitizing dispensers will be installed and maintained by the RA in prominent locations throughout the club, including at entrances, in the ice area and in the lounge.
- 8) Water: All water dispensers will be removed. Curlers may bring their own, properly identified, containers of water.
- 9) Facial Tissues: Facial tissues will not be provided. All players must use their own facial tissues and appropriately dispose of the used one(s) in the trash cans located in the lounge and in the ice area. After disposing of used facial tissues, players will sanitize their hands prior to returning to play. The RA will ensure that trash cans are periodically emptied and cleaned based on the use of the curling club.

Getting Ready for the Game:

- 1) Ready to Play: All curlers will arrive at the club 15 to 20 minutes prior to their game and will be prepared to curl (i.e. dressed, stretched and with a duffel bag for a change of shoes) with their own curling equipment (i.e. shoes, sliders, helmets, masks, brooms, delivery sticks and stabilizers).
- 2) Wearing of Masks: Masks* will be worn by curlers on their arrival at the RA and throughout the RA complex, including washrooms, hallways and stairs, in the curling lounge and while on the ice area. During play, if proper physical distancing is maintained, the wearing of masks is optional. It is strongly recommended, however, that curlers wear their mask at all times during a game when not delivering or sweeping stones.
- 3) Arrival and Exit: All curlers will enter the curling club through the doors facing the fitness centre, and, following their game, will exit the club through the hallway door facing the washrooms. An exception will be made for wheelchair curlers.
- 4) Lounge: The lounge will be redesigned with additional partitions or signs and markers to create a designated change area or areas, and to facilitate entrance to and egress from the ice. Directional markers will be added to show recommended traffic flow.

* Ottawa Public Health states that a face shield or visor is not a substitute for wearing a face mask as it does not filter respiratory droplets. CurlOn does not recommend the wearing of face shields prior to or during curling. RACC is currently examining if the use of full face plastic masks, such as worn in hockey, with coverage around the mouth would be appropriate.

- 5) New Game Times: To allow for proper physical distancing, to avoid congestion of curlers in the change area(s) and to allow RA staff sufficient time to clean the lounge and prepare the ice, the traditional start times for games will change. Conveners of the different club sections will work jointly to establish new start times for each section in consultation with RA staff.

Playing the Game:

- 1) Length of Game: Because of the new safety measures put in place and the extra time that will be required for players' positioning, all games will be reduced to 90 minutes. The buzzer will sound after 75 minutes of play and teams will be allowed to finish the end being played. An extra end will not be allowed in case of ties. If necessary, a draw to the button between the two skips will determine a winner.
- 2) Entering and Exiting the Ice: With the exception of wheelchair curlers, teams will enter by the identified entrance door (located on the left side of the lounge) and exit by the identified exit door (located on the right side of the lounge). To allow curlers to arrive at their starting position without crossing paths, teams will enter the ice in reverse sheet order, starting with sheet 6 downward to sheet 1.
- 3) Wheelchair Curlers: The RA will sanitize the wheelchair access ramp on a daily basis. Players who handle the access ramp for wheelchair players will remove their gloves and sanitize their hands prior to installing and after removing the access ramp.

Prior to the start of the game, wheelchair curlers go up and down the sheets of ice, preferably along the sidelines or behind the back lines, to cool down the wheels of their chair so that they do not damage the ice. In doing so, wheelchair players will wear a mask while on the ice and endeavour to maintain physical distancing from other players.

Most wheelchair curlers must have their wheelchair held onto for anchorage so that the shooter's chair will not slide or move causing a miss shot. To facilitate safe curling, wheelchair curlers will wear their mask while delivering their stones. Players assisting wheelchair curlers will also wear their mask while doing so. In addition, if using their broom and feet to stabilize the wheelchair is not possible, they will remove their gloves, stabilize the chair and then sanitize their hands before returning to play.

It should be noted that maintaining physical distancing may be at times difficult for wheelchair curlers. All players on the ice should be mindful of this fact and assist wheelchair curlers by keeping at a safe physical distance and/or wearing their mask.

- 4) Rock Colour and Hammer Selection: Convenors will pre-determine the rock colour and hammer assignments on the schedule before each game.
- 5) Handshakes: Instead of the traditional pre and post-game handshakes, or the popular alternative of elbow taps and broom taps, curlers will wish each other a good game or “good curling” from a safe physical distance.
- 6) Stones: The stones will be sanitized by RA staff prior to the start of each draw. They will be lined up in a single file in the corners. Each player will select and be responsible for his/her own stones. There will be no interchanging of stones during a game. Players must not touch stones other than their own.

To move stones to the rock boxes at the back of the sheet after shots, the skip or vice skip (or third) will use the end of his/her broom and/or feet. At the conclusion of an end, the two seconds will move the stones to the rock boxes using their brooms and/or feet.

- 7) Designated Player Positions: The Curling Canada and CurlOn recommended players’ positioning will be followed by the RACC (see Appendix B), with one exception – the assigned markings will be added to the right side of each sheet (facing the scoreboards). The added markings (note: they should be wide enough to accommodate wheelchair players) will indicate where each player should be located. Players will stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 3.

Non-Delivering Team: The two sweepers of the non-delivering team will be positioned on the assigned markings while the other team is throwing. The player of the non-delivering team whose turn it is next to deliver will be positioned at the hog line on the same side as the two sweepers. The skip (or vice-skip or third, but not both) will stand on the backboards but no closer than the hack until the other team has finished playing and has relinquished control of the house.

Delivering Team: The skip has control of the house. The player whose turn it is to deliver is in the hack. The non-sweeping player is on the backboards. The sweeping player is located between the T-Line and hog line. Once the stone has been released, the player who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hog line if it is his/her turn next. After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hog line depending if it is his/her turn to deliver or not.

- 8) Game Flow: As the delivering team begins to throw, the alternate team should then begin to approach the throwing positions from their waiting positions. Once

the team has thrown, the players will then occupy the designated waiting positions in a physically-distanced flow.

- 9) Communication on Ice: Communication throughout the game will need to be standardized so that players are not shouting or speaking loudly up and down the sheets causing the spread of droplets. It is strongly recommended not to yell during a game to avoid the spread of droplets. Teams can use hand gestures or other acceptable means to communicate when or when not to sweep. Skips and vice skips (or thirds) can discuss shots but at a safe physical distance.
- 10) Sweeping: Teams will only utilize one sweeper at a time. There will be no relaying of sweeping duties (i.e. the second sweeper taking over halfway down the sheet).

The non-sweeping player will position himself or herself at the designated location halfway between the two hog lines and can be an active participant in the shot by doing rock timing.

The skip or vice skip (or third) in charge of the house is not allowed to sweep under any circumstance. The skip or vice skip (or third) of the non-delivering team is not allowed to sweep the opposition stone behind the tee-line.

The skip or vice skip (or third) of both teams may not sweep any stones (both colours) set in motion by the delivering team.

- 11) Measuring: When measuring stones, the vice skips (or thirds) will remove their gloves, sanitize their hands, conduct the measurements, return the measure device to its location, and sanitize their hands before returning to play.
- 12) Scoring: The RA will sanitize the scoreboard numbers prior to each game. The vice skip (or third) of the team starting the game with the hammer will post the score of both teams for the entire game. He or she will sanitize his/her hands before and again after placing the numbers on the scoreboard. If they so agree, both teams may use another method to keep score (for example, with one person designated to use his/her smartphone or a scoresheet).
- 13) Exiting the Ice: To alleviate random exits via the backboards of other sheets that could disrupt play and invade physical distancing space, each team will continue to play or stay on their assigned sheet until the sound of the buzzer. Then, each team will exit through the designated exit door in an orderly fashion starting from sheet 6 downward to sheet 1.

After the Game:

- 1) Recording the Game Results: The vice skips (or thirds) will record the game results on the bulletin score sheets and then wash their hands.
- 2) After the Game: To allow for other players to have proper time and space to prepare for their games, players whose game has just been completed will change their footwear, grab their coat and equipment, and leave the curling club as soon as possible.
- 3) Contact Tracing: Because a COVID-19 incident may occur at a certain point in time and contact tracing may be required, skips or vice skips (or thirds) must be aware and maintain a record of the curlers who played (including spares) during all games. The skips or vice skips (or thirds) should provide this information on a regular basis to the league convenor or session organizer.

Club Amenities Not Available in 2020-21:

- 1) Bar Service: To ensure proper physical distancing, to minimize sanitization requirements and to provide more space for a change area(s) in the lounge (by removing all tables), bar service will not be provided.
- 2) Locker Rooms: To minimize extra sanitization requirements and to reduce areas where physical distancing would be difficult, access to the locker rooms will not be allowed for curlers either pre or post-game.
- 3) Coat Room: To ensure proper physical distancing and to minimize extra sanitization requirements, the coat room in the lounge will be closed.
- 4) Club equipment: To minimize sanitization requirements, club equipment, such as brooms, sliders, grippers, delivery sticks, stabilizers and brushes to clean brooms, will not be provided.
- 5) Storage of Personal Equipment: To minimize sanitization requirements and maintain proper physical distancing, curlers will not be allowed to store their personal equipment, including brooms, delivery sticks and stabilizers, in the ice area.
- 6) Kitchen Area: To minimize sanitization requirements and to reduce areas where physical distancing would be difficult, access to the kitchen area will not be provided for league play.

Other:

- 1) Rental of Lounge: To ensure that curlers have sufficient space to change and prepare for their game, the RA will not rent or allow for the use of the lounge for other purposes during curling games. If the lounge is used for other purpose during non-active curling periods, the RA will carry out a full cleaning of the area before the return to play of the curlers.
- 2) Visitors and Non-playing Members: Except for people providing assistance to curlers with special needs, visitors and non-playing members will not be allowed in the lounge to view games. All non-curlers present in the lounge, including RA staff, must wear a mask. People providing assistance to curlers will need to sign and submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form (see Appendix A).
- 3) Transiting Through the Lounge: To ensure that the occupancy of the lounge does not exceed allocated capacity set by provincial public health authorities (currently set at a maximum of 50 people), to maintain the safety of curlers and authorized visitors, and to minimize sanitization requirements, the lounge will be off-limits to other RA members and the public. Signage will be posted to clearly indicate that the lounge is not to be used as a thoroughfare.
- 4) Business Leagues: Business leagues' curlers must abide by this protocol and submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form (see Appendix A) prior to beginning their curling season. Given that club equipment will not be available in 2020-21, business leagues' curlers will need to bring with them their own brooms, sliders, grippers, delivery sticks, stabilizers and brushes to clean brooms.
- 5) Casual Ice Rentals: Because of the costs related to sanitization requirements for the ice area and the lounge and because club equipment will be in storage, there will be no casual rentals of the curling ice in 2020-21.
- 6) Team and Individual Practice: The RACC will work with the RA to identify appropriate practice times and protocols. The practice times and protocols will be communicated to club members at the beginning of the curling season.

Information Sessions:

Information sessions regarding the protocol and its application will be offered to club members and business leagues' curlers at the beginning of the curling season. Club sections should allow for some practice times for curlers to become familiar with how the game is to be played under this new protocol, in particular with the provisions regarding designated players' positions and game flow.

Enforcement:

The RACC is composed of more than 450 passionate and dedicated curlers. We were all saddened last March when our curling season came abruptly to an end due to measures taken to combat the COVID-19 virus. Many of us are willing and able to come back to our passion next fall, provided that safety measures are put in place. This protocol describes the measures that the RA and RACC will implement to ensure the health and safety of its members and staff.

BUT, it will only work, that is we will only have a safe and healthy curling season, if we all do our share. We are a community, a curling community, and as a community we must all work together in learning and implementing this new way of curling. More importantly, we must support each other, be patient with each other, and give each other the benefit of the doubt. If we all practice safe curling, we will remain healthy, enjoy our sport and have fun.

In signing the Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19 form in Appendix A of this document, RACC curlers agree to abide by this protocol. During the curling season, curlers who have concerns with specific activities or incidents that have occurred in the lounge or on the ice should bring them to the attention of their section's chair or vice chair or to their league convenor. Inappropriate actions that threatened the health of curlers or RA staff, or threatened the entire curling season for the RACC will not be tolerated. If required, disciplinary measures, including expulsion from the club, will be taken.

Prepared by the RACC Return-To-Play Committee:

Paul Armstrong, RACC, Evening Section

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Karen Vandenhoven, RACC, Riverside Ladies Section

Appendix – A

RA Curling Club

Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19)

ADULT (18 years & older)

All RACC members and visitors must submit to the RA a completed Acknowledgement, Assumption of Risks, Waiver and Release of Claims – Coronavirus (COVID-19) form prior to undertaking the activity. PLEASE READ CAREFULLY. By agreeing to these terms you will waive certain legal rights, including the right to sue or claim compensation.

If you have any questions, please direct your inquiry to Member Services, RA Centre, 2451 Riverside Drive, Ottawa, ON, K1H 7X7 or contact us at info@racentre.com.

CLIENT ACKNOWLEDGEMENT

The safety and wellbeing of our RA Community has and continues to be our top priority. In order to provide our members, guests, partners, volunteers and staff with a safe, effective and enjoyable environment, while at the same time doing our best to prevent the spread of COVID-19, we request your understanding and cooperation by reading and signing the following ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT and RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT.

GENERAL PROTOCOLS – RE: COVID-19

- Anyone signing these agreements has either not been diagnosed with COVID-19, or if they had been diagnosed then they have been cleared as non-contagious by public health authorities more than 14 days prior to their signing.
- Anyone signing these agreements has not been exposed to a person with a confirmed or suspected case of COVID-19; or if they were exposed to a person with a confirmed case, the date of exposure was more than 14 days prior to signing the agreements.
- Anyone showing signs and symptoms of COVID-19 (or COVID-19 like symptoms) MUST stay home.
- Anyone who begins exhibiting or feeling signs and symptoms of COVID-19 (or COVID-19 like symptoms) must cease their participation immediately and remove them self from the group. In addition, if a league convenor or session organizer considers that a participant may be exhibiting symptoms of COVID-19 (or COVID-19 like symptoms), the convenor/organizer may require that the

person considered to exhibit these symptoms cease to participate in the activity and remove them self from the group.

- Anyone who receives a COVID-19 diagnosis, and has participated in activities, clubs and programs at the RA within the previous 14 days must notify the RA. The RA can then notify the other participants in an anonymous capacity.
- Anyone, or any member of their household, who has travelled to or had a layover in any country outside Canada in the last 14 days will NOT return to the curling club and attend any of its activities or programs until at least 14 days have passed since their date of return.
- While on site at the RA or participating in activities, clubs or programs, you are responsible to adhere to Ottawa Public Health's (OPH) guidelines of six (6) feet physical distancing between yourself and others – OPH recommends that you wear a non-medical mask (i.e. cloth mask) when keeping your distance is difficult.
- Wash your hands often with soap and water, or use alcohol-based hand sanitizer.
- Avoid touching your eyes, nose, and mouth unless you have just washed your hands.
- Cover your cough and sneeze with a tissue or into your arm, not your hand.

ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT

I hereby acknowledge that:

1. I am participating voluntarily in the RA Curling Club activities.
2. Curling activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate. The sport of curling is played on a sheet of ice which is slippery, hard, and dangerous.
3. I agree that the sole responsibility for my safety remains with me.
4. It is understood that privileges may be revoked in the event that my conduct is not in keeping with the RA's standards.
5. I am aware and agree to comply with the RA Members' Code of Ethics, the General Protocols – RE: COVID-19 (as outlined above) and the specific RACC Return-To-Play Protocol that pertain to my involvement with the RA (including all COVID-19 related protocols and public health authorities' recommendations contained therein).
6. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may spread COVID-19, be exposed to or infected by COVID-19 by participation; and that such exposure or infection may result in personal injury, infection, illness, permanent disability, and death. I further understand that the

risk of spreading COVID-19, becoming exposed to or infected by COVID-19 during participation in activities, clubs and programs at the RA, whether held at RA facilities or at any other location, may result from the actions, omissions, or negligence of myself and others, including, but not limited to, the active or passive negligence (such as the failure to adequately clean and disinfect surfaces, adequately inform and educate participants re: COVID-19 protocols, adequately ventilate areas, adequately screen participants) of the RA, or their directors, officers, employees, servants or agents and program participants and their families.

7. I agree and accept responsibility to adhere to Ottawa Public Health's (OPH) recommendations including, but not limited to staying home when showing signs and symptoms of COVID-19 (or COVID-19 like symptoms), self-isolating when required, limiting the number of people I come in contact with and practising physical distancing by maintaining six (6) feet physical distancing between myself and others and wearing a non-medical mask (i.e. cloth mask) when keeping my distance is difficult.
8. I agree and accept responsibility to ensure I have the proper/certified equipment required for the activity.
9. I further understand that the RA will collect health and other personal information from me with the intent to fulfill their obligation to me. I agree with the RA's practice of keeping my personal information confidential and subject only to legal requirements to disclose or legal exceptions (emergency). I accept that the RA will use this information to improve the services that I receive. I also appreciate that the RA will not disclose, divulge or otherwise communicate to any person or business any such confidential information without my written consent to do so.

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

I do hereby agree for myself, heirs, executors, administrators and assigns to release and forever discharge the RA, or their directors, officers, employees, servants or agents (including club convenors/organizers/volunteers) and all other program participants of any and all claims, demands, damages, costs, expenses, actions or causes of action whether in law or equity in respect of death, injury, infection, illness, permanent disability, loss or damage to person or property however caused, including but not limited to negligence (such as the failure to adequately clean and disinfect surfaces, adequately inform and educate participants re: COVID-19 protocols, adequately ventilate areas, adequately screen participants) arising or to arise out of my participation in such activities, clubs and programs at the RA, whether held at RA facilities or at any other location.

In addition, I do hereby agree to hold harmless and indemnify the RA, or their directors, officers, employees, servants or agents (including club convenors/organizers/volunteers) and all other program participants from any and all claims or liability for any damage to property of, or personal injury to, any third party, due to or associated with

COVID-19 or any other contagious or infectious illness, resulting from RA activities and programs of any kind whether held at RA facilities or at any other location.

Please note: All fields marked with an * are required.

By marking YES, I declare that I have read, understood and that I agree to the contents of this ASSUMPTION OF RISK AND INFORMED CONSENT AGREEMENT and RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT in its entirety. *

I acknowledge that I have executed this agreement voluntarily and that it is to be binding on myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal personal representatives. I further acknowledge by marking YES that I have waived my right to maintain a lawsuit against the RA on the basis of any claims from which I have released herein.

YES

First Name*: _____

Last Name*: _____

Date*: _____

I have read and understood the following protocols, guidelines and recommendations: the General Protocols – RE: COVID-19, the specific RACC Return-To-Play Protocol, and the Ottawa Public Health’s (OPH) recommendations as outlined in points 2 and 4 of the Assumption of Risk and Informed Consent Agreement section above.

YES

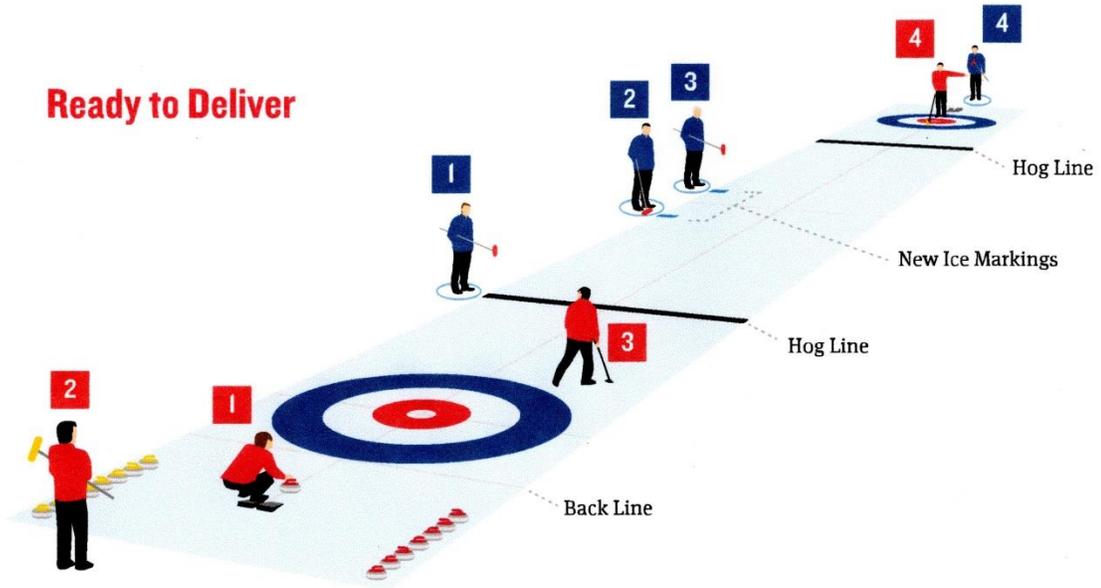
This document will remain in effect until the RA, per the direction of the municipal or provincial government and health officials, determine that the COVID-19 compliance acknowledgements are no longer required.

Appendix – B

Distancing Illustrations



Ready to Deliver



Stone is Delivered

