

RA Curling Club

YOUTH Return-To-Play Protocol



Ottawa, Ontario
October 21, 2020

RA Curling Club (RACC) Youth Return-To-Play Protocol

The following is based on return-to-play guidelines from Curling Canada and CurlON (our Federal and Provincial curling authorities).

It is recognized that this protocol will change how Youth curling will be coached and played at the RACC in 2020-21. Every participant will go through a learning curve, especially at the beginning of the season. The collective goal remains to ensure the health and safety of every curler and the RA 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. Youth Curlers parents/guardians 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 two (2) meters) and wearing a mask or face covering.
- 3) Prevention: People who are ill people and people who are at risk for severe illness must not play and must stay at home.
- 4) Compliance: All parents/guardians of curlers who are minors (17 years of age and under) must sign and submit to the RA a completed "Acknowledgement, Assumption of Risks, Waiver and Release of Claims – COVID-19" form prior to beginning their curling season.
- 5) Contact Tracing: Because a COVID-19 incident may occur at a certain point in time and contact tracing may be required, the Youth coordinator or coach present will maintain a record of the children who participated each week.
- 6) Signage: CurlON will be providing the RACC with safety signage regarding the coronavirus disease (COVID-19) and measures to follow to prevent the spread of the virus. 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.
- 7) 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.

- 8) 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.
- 9) Water: All water dispensers will be removed. Curlers may bring their own, properly identified, containers of water (no glass containers allowed).
- 10) 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.
- 11) Indoor gathering limits: We will comply with the Government of Ontario regulations, Municipal Government, and local Public Health authorities gathering limits for the curling lounge and on the ice at any one time. All curlers and any necessary accompanying persons must maintain a physical distance of two (2) meters. Staff and volunteers that are integral to the operation of the facility are excluded from these limits.

Getting Ready for the Session:

1) Arrival and Exit:

Participants must enter the RA via the West Entrance sliding doors and proceed to the curling lounge via the long hallway to the left. Departure will also be via the West Entrance.

All participants will enter the curling club lounge through the open double glass doors facing the fitness centre, and, following their game, will exit the club through the single hallway door facing the washrooms.

Each participant will have a chair (physically distanced) for changing, leaving their boots and coats, and duffle bag/backpack.

2) Wearing of Masks:

Masks will be worn by youth 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. Parents must also wear masks at all times when in the RA complex.

3) Drop-off and pick-up of participants:

Parents may accompany their child briefly into the curling lounge for drop-off, and then return at most 10 minutes early for pick-up. **Parents/guardians are not permitted to remain anywhere on the RA premises during the Youth session to wait for the children.**

4) Ready to Play: Please arrive at the club 15 minutes prior to the session with your own mask, gloves, helmet and where possible your own curling equipment (i.e. shoes, sliders, brooms, and stabilizers).

5) Club equipment: Club brooms and stabilizers will be accessible each week for youth that do not own their own. These will be sanitized before each session. Each child will be assigned a broom and a stabilizer for their use only during the session. The equipment will be assigned in the curling lounge.

6) Lounge: The lounge will be redesigned with chairs for a maximum of 50 people, spaced 2 m apart. Each child will have a chair for changing and leaving their coat/boots/backpack. Additional signs and markers will be placed to facilitate entrance to and egress from the ice. Directional markers will be added to show recommended traffic flow.

7) New Session 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 time and end time for the Youth session may change. The Youth Program Coordinator will work with RA staff to establish these times and communicate them to parents/guardians.

Instruction and Playing the Game:

1) Entering and Exiting the Ice: Each week the coaches will organize and direct the participants onto and off the ice by the identified entrance door (located on the left side of the lounge) and by the identified exit door (located on the right side of the lounge). They will do so in such a way as to avoid or minimize crossing paths.

2) Instruction: Coaches will modify the training sessions to enable a 2 m physical distance between the Youth at ALL TIMES. **It is necessary to adhere to all directions provided.** Coaches will also maintain the 2 m distance during instruction, unless entering it is required to assist the Youth.

3) Handshakes: Instead of the traditional pre- and post-game handshakes, curlers will wish each other a good game or “good curling” from a safe physical distance.

- 4) Stones: The stones will be sanitized prior to the start of each draw. They will be lined up in a single file in the corners. Each participant will be assigned their stones and will be responsible for their own stones. There will be no interchanging of stones during a game. Players must not touch stones other than their own. Coaches will use brooms or shoes to move rocks aside or to reposition them.
- 5) Game play: Curling Canada and CurlON have recommended players' positioning during game play and the RACC will follow their guidance. Coaches will train the Youth on their proper positioning. Assigned player position markings will be added to each sheet and will indicate where each player of the non-delivering team should be located.
- 6) Communication on Ice: It is strongly recommended that coaches and participants not yell to avoid the spread of droplets. Participants can use hand gestures or other acceptable means to communicate when or when not to sweep during a game. Skips and vice skips (or thirds) can discuss shots but at a safe physical distance.
- 7) Sweeping: Whether during instruction or a game play situation only one person can sweep at a time. There will be no relaying of sweeping duties (i.e. a second sweeper taking over halfway down the sheet). The skip or vice skip (or third) of both teams may not sweep any stones (of neither colour) set in motion by the delivering team.
- 8) Measuring: Coaches will perform any required stone measurements
- 9) Scoring: Coaches will keep track of the scores. This is to ensure minimal contact with the score cards and scoreboard.
- 10) Exiting the Ice: To alleviate random exits via the backboards of other sheets that could disrupt play and invade physical distancing space, participants will continue to play or stay on their assigned sheet until the coaches indicate that they can exit through the designated exit door in an orderly fashion.

Mid-session break

During the mid-session break, when curlers go into the lounge to warm up, coaches will not be serving any beverages or food. There will no access to our small kitchen. The Youth can bring their own snack and beverage if they want for their break. Masks can only be removed for the consumption of their beverage and/or snack. The Youth must remain in their chairs and stay physically distanced at all times.

After the Session:

After the Game: To allow for other curlers coming onto the ice after the Youth session to have proper time and space to prepare for their games, the Youth will change their

footwear, grab their coat and equipment, and leave the curling club as soon as possible. 15 minutes has been allocated to the Youth Session for this departure.

Other:

- 1) The RA will not rent or allow for the use of the lounge for other purposes during the Youth sessions. The RA will carry out a cleaning of the lounge prior to the arrival of the Youth coaches and curlers.
- 2) Visitors and Non-playing Members: Except for people providing assistance to curlers with special needs, parents/guardians, visitors and non-playing members will not be allowed to remain in the lounge during the Youth sessions. 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.
- 3) Transiting Through the Lounge: To ensure that the occupancy of the lounge does not exceed allocated capacity set by provincial public health, 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.

Enforcement:

This protocol describes the measures that the RA and RACC will implement to ensure the health and safety of its Youth curlers and staff. 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 for Minors, parents agree that Youth curlers will abide by this protocol. During the curling season, concerns with specific activities or incidents that have occurred in the lounge or on the ice should be brought to the attention of the Youth Program Coordinator or one of the Youth coaches. Inappropriate actions that threaten the health of curlers, coaches or RA staff, or threaten 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 RA and the RACC Youth Program