



Pembroke Curling Centre
Return-to-Play Guidelines
2021/22

PRESIDENTS' MESSAGE

The Pembroke Curling Centre (PCC) has provided a venue for curling and social activities for over a century. For those who have the opportunity to take part in this wonderful sport, we enjoy not only the physical part of the game but also have come to especially enjoy the social aspect before and after the game. With the COVID-19 pandemic which hit Canada in mid-March 2020, the 2019/20 season was curtailed because of the lockdown. Each one of us has come to appreciate how important the social aspect of the game is and how important this is for our mental health and wellbeing. Only when it was taken away did we come to realize how important the PCC is for a focus of community and social activity.

The PCC Board of Directors created a hard-working *ad hoc* committee to develop a plan to get our members back on the ice for the 2021/22 curling season. The overriding focus of our plan is, first and foremost, the safety of all our members. We encourage you to read this plan, which incorporates Province of Ontario requirements and recommendations from Curl Canada and CurlON as well as some suggested practices recommended by other provincial jurisdictions. Additionally, we have had the benefit of guidance and recommendations from local health authorities and input from key members of our PCC curling membership. We believe this plan will allow all our members to participate in a game we love, to socialize with friends and to do so in a manner that offers the highest level of comfort, confidence and safety.

We know you will understand that “getting back to normal” will take some time. The (hopefully) short-term changes and additional work from each and every one of us will ensure that we will have a safe environment for our membership and society at large. Adopting these practices will also ensure that we can enjoy the game we all love and take advantage of new social opportunities.

We have been fortunate in Renfrew County to have low COVID-19 case numbers. We hope that this will continue into the curling season, which will make curling in our community less risky than in much of the country. If the situation were to change significantly at any time we would need to reconsider and adjust our Plan.

We are pleased to present this to you prior to the opening of the 2021/22 season.

If you have questions or comments, please write to any of the Board members.

















Bill Cheliak




Jane Duff

RETURN TO PLAY GUIDELINES

The following are the Return-to-Play guidelines for Pembroke Curling Centre's 2021/22 season. These guidelines will stay in force for as long as the Board of Directors (BOD) and membership feel they are needed to maintain a safe curling environment, or the 2021/22 season comes to an end.

General Guidelines

-  Proof of 2 or 3 doses of a Health Canada approved Covid 19 Vaccine and valid Identification is required either at your registration or first time at the curling club.
-  There will be a 50% capacity rule at the club.
-  Spectators are allowed as long as they are 2 meters apart except if from same household. Spectators must mask unless drinking or eating.
-  All people entering the building must sign a Contact Tracing form at the door and it will be kept on file in the event it is needed. These will be destroyed every 14 days.
-  Active Screening will take place every day for everyone entering the building. This could be done in groups where one person reads out the screening protocol to the audience and lets the audience respond. This will not be kept as a record just that it was done.
-  Lockers will be available this year. Masks are mandatory in the entire building except for the ice area and while eating or drinking.
-  You must wear a mask upon entry to the PCC and when inside the building, as per the Renfrew County District Health Unit (RCDHU) regulations. You can enjoy a drink at a table with your mask off and physically distanced from others.
-  We are implementing some of the Curling Canada guidelines while following the Ontario regulations Step 3 Re-opening Ontario Regulations. Masks are no longer required while playing and sweeping. Teams may return to normal with 2 sweepers or choose the 1 sweeper method as outlined in Appendix A. The PCC Board recommends that teams start with the one-sweeper system. The team not throwing the rock will stand in designated areas on ice to increase social distancing.
-  As we implement a clean ice policy, no outdoor footwear is permitted in the club. Designated areas at the entrances for outdoor footwear will be indicated. Convenient storage will be available for both footwear dedicated for use at the club and your outdoor footwear.
-  There will be hand sanitizer stations located throughout the building.
-  There will be no water dispenser on the ice so bring your own (reusable) water bottle.
-  Waves or broom taps can be used instead of handshakes at the beginning of the game.
-  Please sanitize your hands before you begin. Everyone will get out their own rocks when their turn comes and will use only the same two rocks during each game. Once a day, all rocks and touch points will be sanitized.
-  Scoreboards will be used as in the past. Scoreboards will be sanitized once a day.
-  If a measurement is required, one curler sanitizes their hands first. They then get the measuring device and perform the measure. After measuring, the device is cleaned and upon returning the device they sanitize their hands again.
-  At the conclusion of the game curlers should put on their masks to exit the ice and do so respecting the 2 m (6 foot) physical distancing.









-  Drinks can be purchased at the bar. As per Curling tradition, you can purchase a drink for your opposite team member. Curlers must abide by the RCDHU requirement of 2m (6 foot)-distancing at tables to socialize without their masks on. We suggest that the leads and seconds of opposing teams sit as group and the vices and skips sit as a group of four. Where possible, tables will be setup in configurations of eight (8) and four (4).
-  Curlers will have supplies available and are expected to sanitize the tables & chairs before they leave, to ensure they are clean for the next team.
-  The building touch points will be cleaned every day.

STAY HOME IF YOU ARE NOT FEELING WELL

If you are not feeling well in any way, STAY HOME. This is not a request; it is a requirement. Do not risk getting other members of PCC sick because you wanted to curl or didn't want to let your team down. It is imperative that everyone make all efforts to prevent coronavirus from entering our building.

Game Play

Common Rules – Regardless of League

-  No shared use of equipment. All club stabilizers, sticks and brooms will be put away.
-  Members are not required to wear masks while curling.
-  Please show up at the club no more than 20 minutes before your game starts.
-  Instead of a handshake, give a friendly wave or tap brooms to start the game.
-  Loser of the “toss” will choose rock colour.
-  Players stay on the same side of the sheet that is designated after the coin flip. For example, if you are playing on sheet 2, always walk or move to your designated position on the sideline to sheet 1 (See Appendix A for player positioning). This will keep players 10 feet apart.
-  The skips may resume sweeping in the house as per usual pre-COVID play.
-  In the event of a tie, use a skip's rocks draw to the button tie breaker.

Please see the Curling Canada diagrams of flow during 4-person, 1 sweeper game –
Please refer to Appendix A

League Programming

Season start date

We will begin our season at the normal time – as soon as possible after the Thanksgiving weekend (hopefully) October 2021.

Learn to Curl

The adult Learn to Curl course will take place on Saturdays from 9-11 am.

Bonspiels

We may be able to run bonspiels. However, there will be no dinner/celebrations allowed for at least the first half of the season.

Outside Leagues

Outside leagues (e.g., Low Cup and Autumn Leaves) will be allowed to use PCC ice given that members from other clubs are fully vaccinated and abide by the Protocols established by the Pembroke Curling Centre and Renfrew County District Health Unit.




MEMBERSHIP REQUIREMENTS

Waivers and Agreements

Assumption of Risk and other waivers (such as the recent Rowan's Law waiver covering concussion protocols), have been part of our game and part of the individual responsibility of those playing the game. However, these unique and unprecedented times require that additional waivers and agreements be put in place. Accordingly, all members will be required to sign and submit the following (where applicable):

- i. Each Adult member to sign a Declaration of Compliance customized for PCC.
- ii. Each Adult member to sign a "Return to Play" waiver
- iii. Each parent or guardian of a member signs an "Informed Consent" agreement (if player is under 18)
- iv. Each member to sign Rowan's Law waiver (if under 26)
- v. Each parent or guardian of a member under 18 signs a Rowans Law Waiver

Who is allowed in the Club – Members, Visitors and Guests:

-  Anyone entering the Pembroke Curling Centre must show proof of meeting the Provincial requirements of being double vaccinated or medically exempt.
-  Please note that a contact log will be necessary for everyone who enters the PCC.
-  Ten minutes before the beginning of a game, the doors will be locked to restrict entry into the club. PLEASE BE PUNCTUAL.

FACILITIES

Signage

Signage will be placed around the club to help members move about and to remind members of their obligations while in the club.

Rocks: Cleaning and disinfecting protocols

Cleaning rock handles will be done after each game, nominally by the lead. This will allow time for proper sanitation. Please touch only your rocks while the game is underway. Cleaning supplies will be provided by the club.

To help contain costs we will be asking one team in each draw to take the responsibility to wipe down all common high touch areas prior to leaving for the night. These areas will be fully defined but they will include: door handles, light switches, railings, etc.

Washrooms

Washrooms will be open and will be cleaned on a more frequent basis than usual. Please ensure that you sanitize or preferably wash your hands with soap and water after use.

Locker rooms

Locker rooms will be open for the 2021/22 season. As per usual RCDHU requirements, masks must be worn while moving around and in the locker rooms and social distancing must be practiced.

APPENDIX A

