



Pembroke Curling Centre Return-to-Play Guidelines

PRESIDENTS' MESSAGE

The Pembroke Curling Center (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 as a result of the lockdown. Both Jane and I think that each and every 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 the PCC is a focus of community and social activity.

The Pembroke Curling Centre Board of Directors created a hard-working *ad hoc* committee to develop a plan to get our members back on the ice for the 2020/21 curling season. The overriding focus of our plan is, first and foremost, the safety of all of our members. We encourage you to read this plan, which incorporates the recommendations from Curl Canada and CurlON and 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 we are able to present a plan to our members that will allow you to participate in a game you love, to socialize (safely) with friends and to do so in a manner that offers you 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 registration for the 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 Center's 2020/21 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 2020/21 season comes to an end.

General Guidelines

-  Please do not arrive for your game more than 20 minutes before the start time. Where necessary, draw times will have been adjusted to avoid congestion at the entrance.
-  Lockers will NOT be available so you should come dressed to curl and bring any necessary equipment each time. You can put on your curling shoes at the PCC. Chairs and tables will be sanitized at the beginning of the draw and properly distanced for your use.
-  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. You may also curl without your mask as long as everyone is physically distancing according to the Curl Canada guidelines (see Appendix A).
-  We are implementing the Curling Canada guidelines which will have only one sweeper per rock per team and physically distanced zones identified for the other players to stand while a rock is being delivered. There will be no sweeping by either team after the T-line
-  Outdoor shoes/boots and coats must be left in designated areas.
-  There will be a hand sanitizer station at the entrance.
-  There will be no water dispenser on the ice so bring your own (reusable) water bottle.
-  There will be one ENTRANCE to the ice and one EXIT. Please follow the signs.
-  Waves or broom taps can be used instead of handshakes.
-  To begin the game, you can use a coin toss app on your phone or rock paper scissors or similar method to determine hammer and colour of rocks.
-  You will only touch and use the two rocks assigned to you. Wipes will be provided to clean the rock handles at the start of the game. It is recommended that one person from each team (nominally the lead) clean their team's rock handles. Everyone will get out their own rocks when their turn comes. Once the game has finished, rocks are to be sanitized to ensure that the required 5 minutes for complete sanitization is available.
-  Scores can be kept by using the App Curling Scoreboard for iPhones. It can be downloaded here. You can also use Curling Score Keeper App for Android devices here. We will not be using the scoreboards and cards this year.
-  If a measurement has to be made, 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 and curlers can abide by the RCDHU requirement of 2m (6 foot)-distancing at tables to socialize without their masks on.

-
-  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.
 -  If there is a second draw, the first draw curlers will have to leave before the second draw arrives. Times of leaving and arrival will then have to be determined

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.
-  Washrooms are to be accessed via the bar area stairs and return via the stairs on the kitchen side.
-  Members are not required to wear masks while curling.
-  Please show up at the club no more than 20 minutes before your game starts.
-  Put gear in designated spot, put on shoes, move to the main level pre-game area.
-  Enter the ice area through designated entry door by the kitchen.
-  When games are starting at the same time, the teams and curlers assigned to sheet closest to the exit (e.g., 1 or 2) should enter the ice surface first. Once these curlers are in place, the teams and curlers assigned to sheet 3 or 4 may enter the ice surface.
-  Instead of a handshake, give a friendly wave or tap brooms to start the game.
-  Do not use coins to decide the last stone advantage in the first end. The league convenors may assign them every game or, use an online tool on your phone:
 - <https://justflipacoin.com/>
-  Loser of the “toss” will choose rock colour and which side (left or right) of the sheet they will use for the duration of the game for their physical distancing positions.
-  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.
-  We will insert two small markings, located four feet from each side of centre ice (roughly 69 feet from the end boards). These will be used to indicate where sweepers from the non-throwing teams must stand.
-  We will not be using the scoreboard this year. Consider using a scorekeeping app on a phone.
-  One sweeper only on all delivered stones. No relaying (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstances.
-  The skip of the non-delivering team must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone at all.
-  The skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team.
-  The skip or vice skip (not both) of non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
-  In the event of a tie, use a skip's rocks draw to the button tie breaker.

-
-  Once the game is finished, exit the ice surface through the exit door closest to the bar, and proceed to the post game area. If a game on a sheet closer to the entry (kitchen end) finishes before the game on sheet 1 or 2 is empty, please wait until there is a natural stoppage of play on sheet 1 and 2 before attempting to exit. Should the throwing team on sheet 1 or 2 be at the door end of the sheet, please be courteous and move away from the hack to allow the team an opportunity to exit the ice area.
 -  Social time will be limited to ensure 2 draws do not end up in the post- game area, and so the Bar staff have time to clean and sanitize tables without members present.

Please see the Curling Canada diagrams of flow during 4-person 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 13 October 2020).

Game times

Where possible, we will plan to stagger game start times by 15 minutes to avoid many people arriving at once. Where necessary, we will also set the expected arrival and leaving time to limit draw cross over.

Adult League structure options

We will be adjusting league play such that sheets 1 and 3, will start first. Sheets 2 and 4 will start 15 minutes later to allow for maximization of social distancing.

Learn to Curl

The adult Learn to Curl course will take place on Saturdays from 9-11 AM. We will be running a reduced number of Learn to Curl spots in our program this year. It will be capped at 10. There will be 5 instructors and thus 2 participants for each instructor at a hack. With only 15 on the ice surface and in the lounge at once physical distancing is certainly possible.

Bonspiels

Within the membership of our club, we will be running 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 not be allowed to use PCC ice for the time being due to provincial guidelines restricting outside competitions.

MEMBERSHIP REQUIREMENTS

Registration

Please plan to register online and use an electronic form of payment. This will reduce the need for direct contact. If online registration is not an option for you, we will have registration setup on 17 and 19 September 2020. Please use a credit card to make payment if at all possible.

Expect a 5% increase in fees this year. This is because of a reduction in capacity and extra cost due to coronavirus precautions.

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:

-  Only PCC members who are about to play, playing or just finished playing and their guests are allowed in the club.
-  Members coming to the club during designated practice times. This could be open practice or designated team practice
-  Staff, Contractors and Suppliers who are essential to the operation of the club and its facilities.
-  Government and Public Health and Safety officials as necessary.
-  Please note that a contact log will be necessary for everyone who enters the PCC

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 by one person, nominally the lead, on each team as they finish their game. 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. When the game is finished, please line the rocks up at the respective end where you started your game

In order 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 than regular basis. Please ensure that you sanitize or preferably wash your hands with soap and water after use.

Locker rooms

Locker rooms will remain closed until further notice

Entering and leaving the building: flow and movement of people

- 🚶 Members will be expected to arrive dressed to curl as the locker rooms will be closed.
- 🚶 Change your outdoor footwear in the lower-level lobby.
- 🚶 Please use the stairs immediately off the entrance lobby to access the main level.
- 🚶 The building will have a specific directional flow to the movement of people.
 - The door closest to the kitchen will be used to enter the ice and the one closest to the bar will be used to leave the ice surface.
 - Access to the lower level will be via the stairs closest to the bar.
 - The area closest to the kitchen will serve as a pre-game staging area. The pre-game area will be set up for members to put on their shoes and stretch.
 - The post-game area will be the bar area and will have tables for teams to socialize at a safe distance.
 - We will divide the two areas with a coat rack system so people can hang their coats and store their bags.
 - If a member in the post-game area needs to go to the washroom, they will be expected to travel to the washroom via the stairs closest to the bar and return via the stairs closest to the kitchen
 - To exit the building members in the post-game areas are required to leave via the stairs closest to the bar.
 - Please use best efforts to maintain social distancing at all times. If an area is crowded, please let the people clear it before you enter.

Water

Water dispensers will be removed. Members are encouraged to bring their own reusable/refillable water bottle.

Socializing – Post Game Activities

Teams are encouraged to have the customary beverages; however, to avoid crowding at the entrance we ask that you leave within the expected departure times and try not to leave at the same time as another individual. Members will leave the post-game area by traveling downstairs to the front entrance via the stairwell closest to the bar.

APPENDIX A



