

Return to Curling

A GUIDE FOR BC CURLING CENTRES



Version 1 - July 7, 2020

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About Curl BC

Curl BC is the provincial sport governing body responsible for the development, promotion and organization of curling in British Columbia, including the championship system that declares provincial representation at national events. In cooperation with its membership of some 85 clubs and 23,500 individual curlers, Curl BC provides a variety of resources to recreational and competitive curlers, including a variety of adaptive curling groups.

Message from our Chair and CEO

In these uncharted waters caused by Covid-19 we can accomplish a lot by working together and helping each other out. It has never been more important to be true to our core value of family; that we are a community that acts like a family; connected and passionate about the sport of curling.

And that is what is happening now. From Vancouver Island to the Kootenays, from Prince Rupert to the Peace and everywhere in between, we are seeing people connecting and sharing ideas to return us to the game.

In preparation to create these guidelines we talked to curlers from all regions of the province and spoke with volunteers, managers, ice makers and board members to get a better sense of the direction that was needed. We also made sure to seek guidance from the Province of British Columbia, our Provincial Health Officer Dr Bonnie Henry, viaSport and the various bodies that oversee public health and safety.

We are proud of the work that everyone has put into this document and we know that you will find it a useful guide.

Curl BC will continue to provide opportunities across the province to collaborate through resource and best practice sharing, and by supporting the connection of its curlers.

Regards,

Teri Palynchuk, Curl BC Chair & Scott Braley, Curl BC CEO



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Curling Canada's Return to Curling Guidelines are available at: <https://www.curling.ca/blog/2020/07/06/return-to-play-guidelines/>

Summary and Timeline

Step 1 - Homework



Survey your members



Financial forecasting to help plan

- Take your budget forecast with 75% income, 50% income, 25% income and related reduced expenses
- Determine if opening is financially viable



Create illness policy (template available)



Create waivers to acknowledge risk (templates available)



Create a risk registry with Covid implications (eg. second wave)



Plan for enhanced cleaning



Start Covid-19 Safety Plan (template available)

Step 2 - Your club's plan



Review and incorporate these Guidelines into your Covid-19 Safety Plan. This plan is required for you to reopen.

- Include your pre-work above
- Outline staff expectations (see guideline)
- Outline participant expectations (see guideline)
- Include communication plan
- Include league modification plans
 - See Return to Curling phases chart for approved activities based on viaSport phases

Step 3

Curling Club board approves plan

- Post at your club's facility and online

Step 4 - Implementation



Install physical measures to stop spread (barriers/physical distancing signage/hand sanitizing stations, etc)



Implement administrative controls (policies, online registration, etc)

Step 5

Phased approach to Return to Curling

BC's Restart Plan

On May 6, 2020, the Government of British Columbia announced BC's Restart Plan: Next Steps to Move Through the Pandemic (the "Restart Plan"). The Ministry of Tourism, Arts and Culture asked viaSport, a non-profit society that acts as an agent for the Ministry to enable the growth, governance, and stewardship of amateur sport in BC, to develop Return to Sport Guidelines (the "viaSport Guidelines") to support and guide the provincial amateur sport sector in BC to return to organized sport activities and participation. In turn, viaSport has tasked Curl BC to develop its sport-specific return to sport plan to help our curling clubs navigate the new challenges of Covid-19.

The Return to Curling Guidelines (the "Curling Guidelines") cover three things:

#1 *Processes to open safely*

#2 *Measures to avoid further outbreaks*

#3 *A plan in the event a case or outbreak should occur*

Following the process laid out by viaSport, the Curling Guidelines have been reviewed and approved by Curl BC's elected Board of Governors. Members of Curl BC are required to follow and implement the Curling Guidelines. We recommend that curling clubs, as best practice, incorporate relevant portions from the Curling Guidelines into a Covid-19 Safety Plan (which is a required document by WorkSafeBC to re-open). Insurance companies may also require that curling clubs have implemented provincial guidelines before defending a Covid-19 claim filed against any Curl BC member club.

At Curl BC, we recognize that one size does not fit all, and we have endeavoured to create a guide that will accommodate the wide range of curling clubs and operations in B.C. The Curling Guidelines provide a framework for each of our member clubs to work within to develop their individual return to curling plan while operating within current provincial health restrictions, other public health and safety regulations, and Curl BC's guidelines.

The Curling Guidelines include:

- information, tools, and strategies about process and procedures in club operations that aim to limit transmission of Covid-19 in your facilities;
- a common approach for curling clubs and programming through the Return to Curling Phases 1 through 4. Resuming sport activities may not be a linear process, and increasing or decreasing activities may be necessary as a response to the fluctuating numbers of Covid-19 cases in the province. Curl BC and its members will need to be flexible to accommodate and respond to changes in community transmission and updated advice from the Provincial Health Officer.

Curl BC wishes to acknowledge the work and contributions to this document from our Return to Curling Working Group volunteers.

A SPECIAL NOTE: It is important that all organizations and individuals understand that when you choose to participate in physical activities outside the home during the pandemic – including curling – you may be at an increased risk of being exposed to and contracting Covid-19. This is an inherent risk of participating in activities in your community where you may interact with other individuals. Curl BC considers curling to be a MEDIUM risk sport for the contraction of Covid-19 due to the colder climate and poorer ventilation of our indoor curling environments. Participants should carefully assess their personal health circumstances before engaging in curling activities.

Risk Management

In a non-profit society, risk management is an ongoing process where the board of directors identifies, assesses, and manages the risks inherent in the work of the society and in the activities and programs the society offers. In the context of our curling clubs, identification and management of risk may include, and not be limited to:

- Liability for Injuries and/or Damages
- Insurance coverage(s), including changes in liability coverage and conditions
- Financial Viability and Sustainability
- Membership Growth and Development
- Staff and/or Board Succession

Risk management is one of the responsibilities of a board of directors. While a board of directors may delegate the day to day management of risk to staff or other volunteers, it remains the legal duty of a board of directors to provide the oversight of an organization's risk management plan and strategies.

We have included a risk registry template to help clubs identify and assess the various types and levels of risk in your respective operations. The risk registry can be completed in 5 steps:

1. Risk Identification
2. Risk Assessment
3. Response Strategy
4. Risk Response Planning
5. Monitoring Actions

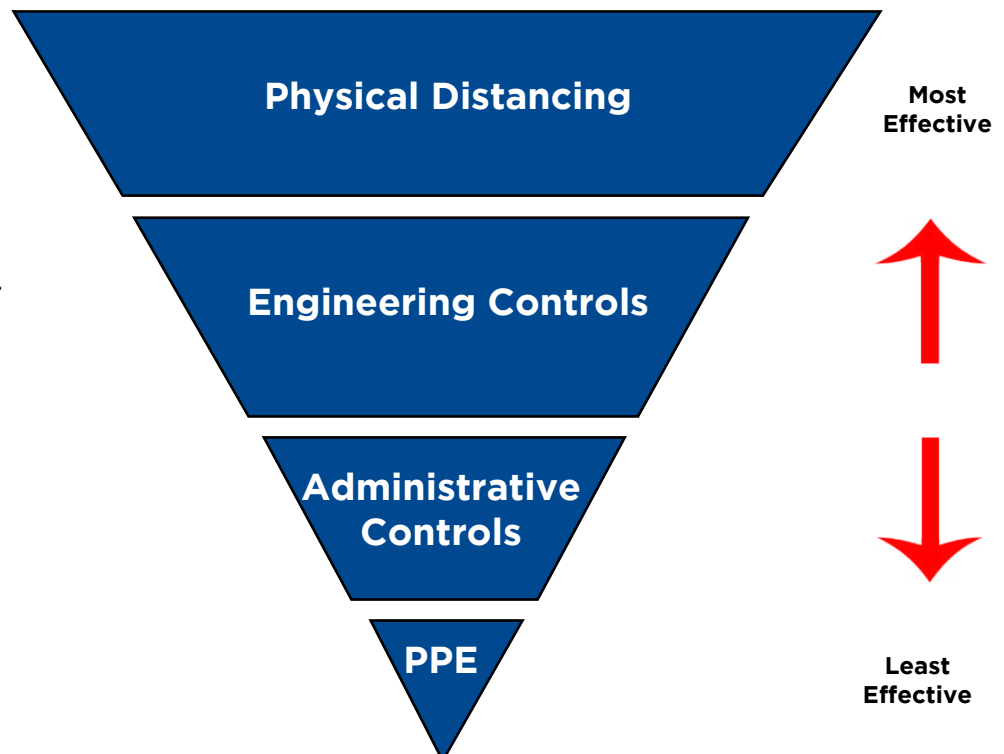
The viaSport Guidelines stipulate that any return to play plan must be based on “a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented”.

Hierarchy of Controls for Covid-19

The Hierarchy of Controls for Covid-19 is a framework for reducing transmission hazards.

The most effective controls are at the top of the diagram.

We recommend using this control model to guide your decisions in reducing risk in your Covid-19 Safety Plans and/or Return to Curling Plans.



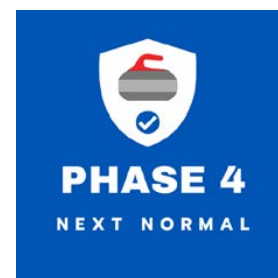
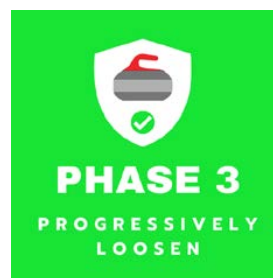
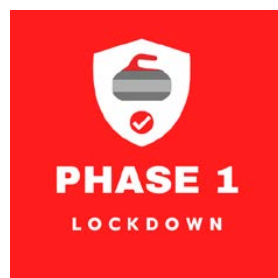
Principles of Curling Guidelines

BC'S Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document.

Five principles for every situation

Personal Hygiene	Stay home if you are sick	Environmental Hygiene	Safe social interactions	Physical Modifications
<ul style="list-style-type: none">• Frequent hand washing• Cough into your sleeve• Wear a non-medical mask• No hand-shakes	<ul style="list-style-type: none">• Routine daily screening• Anyone with any symptoms must stay away from others• Returning travellers must self isolate	<ul style="list-style-type: none">• More frequent cleaning• Enhanced surface sanitation• Touchless technology	<ul style="list-style-type: none">• Meet with small numbers of people• Maintain distance between you and people• Size of room: the bigger the better• Outdoor over indoor	<ul style="list-style-type: none">• Spacing within rooms or in transit• Room design• Plexiglass barriers• Movement of people within spaces

Return to Curling Phases



The four identified return to curling phases have been created to align with the guidance from the viaSport Guidelines and public health restrictions. The duration and dates of each phase will be determined by provincial health, government authorities, and Curl BC. This may not be a linear or consistent process around our province, and increasing restrictions locally may be required in response to fluctuating numbers of Covid-19 cases in the province.

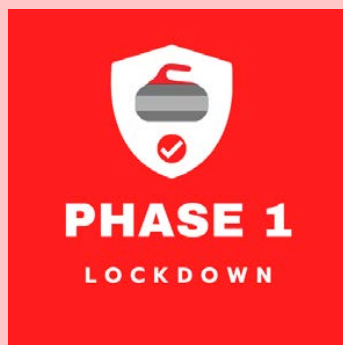
Any movement between phases will be decided through collaboration with viaSport BC and the Provincial Health Officer and announced by Curl BC.

Do not move from one phase to another without ensuring that you have the latest information, and are following the direction announced by Curl BC.

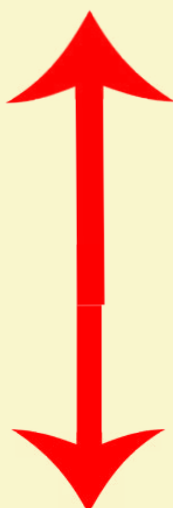
[CLICK HERE TO FIND OUT CURRENT PHASE](#)

Please see the Phases chart on next page. More details about the programming in each phase available in Appendix B.

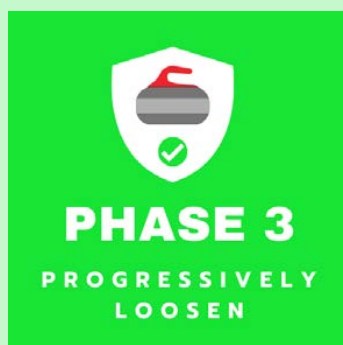
Phases



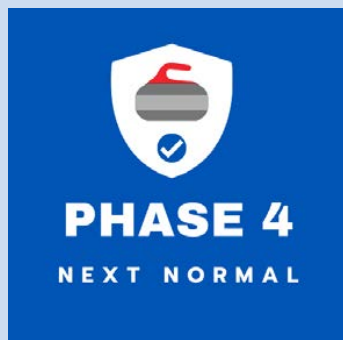
- Curling Clubs/Centres Closed
- No Events/Activities Allowed
- No non-essential Travel
- Virtual Activities OK
- Individual off-ice or outdoor training



- Clubs/Centres slowly open
- 2m Physical Distancing
- No events >50 people
- Non-contact training
- Local community participation only
- Modified play
 - Individual/Family practices
 - Skill development activities
 - 2 person games*
 - 3 person games *
 - No or limited spectators



- 2m Physical Distancing
- Facility access expanded
- Regional Participation/Events*
- Provincial Participation/Events*
- 3 person games*
- 4 person games*
- Spectator Group Size increases



- Continued alignment with government guidance
- National and/or International Travel
- Large Spectator Group sizes allowed
- Large Scale Events may return
- 4 person games



All activities in our curling clubs in BC must operate within current provincial health restrictions in order to limit the transmission of Covid-19 in our communities. Whether you own your building, lease your building from the local governing authority in your area, or are considered a 'user group' operating in a local recreational facility, your club's specific return to curling plans MUST include a Covid-19 Safety¹ Plan and clear policies to ensure:

#1

No one with symptoms comes to work, volunteer, or to curl, and staff are able to be off sick or work at home and self-isolate for a minimum of ten (10) days;

#2

Staff (paid or volunteer) have fewer workplace contacts (shorter times, fewer people) through such measures as staggered shifts, smaller teams, occupancy limits, virtual meetings, continuing to work from home; and

#3

Increased frequency of cleaning 'high touch' areas of your facility and equipment, availability of hand sanitizer and encouraging good hygiene and proper sneezing/coughing 'etiquette'.

Further, your club's plan must:

#1

meet the criteria set out in this document;

#2

be approved by your board of directors and/or municipality;

#3

be posted electronically, conspicuously on the club's website and/or throughout highly visible areas of the club; and

#4

comply with WorkSafeBC.

Club Operations

The viaSport Guidelines provide these considerations for staff and volunteers: “Where the sport organization owns and operates a facility, “staffing” encompasses all facility staff (management, administration, maintenance, etc). If the sport organization is a renter or a facility user, “staffing” may refer to sport program staff, such as coaches, volunteers, etc. All employers in BC have a legal obligation to ensure a healthy and safe workplace for employees. Organizations that rely on volunteers also need to take steps to ensure the safety of the volunteers.

Measures related to staffing



1. Educate staff on public health information and expectations related to the implementation of the Curling Guidelines and your specific return to curl safety plan.²
2. Develop and implement an Illness Policy that outlines procedures for staffing that may be experiencing symptoms to stay home and away from the club until they are healthy again
3. Conduct routine daily symptom screening for all staffing through the use of Covid-19 self assessment tool found on the BC Centre for Disease Control website <https://bc.thrive.health/covid19/en>
4. Implement enhanced hygiene protocols:
 - a. Frequent and proper handwashing.
 - b. Ensure adequate and accessible hand-washing facilities or sanitizer.
 - c. Policies stating when staffing need to wash hands:
 - i. Upon arrival at work, before/after breaks, after touching common equipment or frequent touch points in the club.
 - d. Reminders to avoid touching eyes, nose, and mouth, and to use proper cough and sneeze etiquette
5. Implement measures for staffing to maintain physical distancing while at the club.
 - a. Consider adding barriers such as a washable, rigid, impermeable shield (e.g. plexiglass) at registrations or check-in desks similar to those now seen in grocery stores.
 - b. Consider staggered shifts and breaks.
 - c. Manage use of and interactions in shared spaces such as the club office(s), pro shop, kitchens and ensure physical distance can be maintained in these spaces.
 - d. Limit in-person meetings, training and staffing engagements and meet virtually when possible.
 - e. Communicate where possible through email, text and/or phone.
6. Ensure Personal Protective Equipment such as gloves, masks, and face shields (the “PPE”) is on hand and available to staffing. PPE must be required when the risk of exposure is high (cannot maintain distancing for a prolonged period of time), PPE should be required.
 - a. Train staff on how to properly use and dispose of PPE.
 - b. Ensure PPE is not used to substitute for more effective safety measures (distancing, hygiene)
 - c. Refer to WorksafeBC on specifics related to PPE.
7. Minimize the use of shared equipment
 - a. Identify ‘high-touch objects’ as part of your assessment.
 - b. Remove all non-essential items.
8. Consider switching from cash and cheques to online registration. This could lead to fewer interactions with and fewer ‘touch points’.
9. Ensure management and the club’s board of directors understand the Right to Refuse unsafe work conditions and environment and the procedures in place to respond to such concerns.
10. Assign a Safety Representative to ensure the implementation of safety protocols during any curling and/or operational activities within the club/centre.

² For further information on safety within the workplace refer to WorkSafe BC:
<https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation>

Club Operations

Measures related to participants



1. Have a ZERO tolerance policy³ for 'playing while sick'. Ensure that participants do not participate if they are symptomatic.
2. Conduct daily health screenings for all participants by having them do a self-assessment prior to any curling activity.
 - a. Signage should be posted saying they should not be in the building if:
 - i. They don't feel well or are displaying symptoms of Covid-19.
 - ii. Someone in their household has Covid-19 or is showing symptoms of Covid-19.
 - iii. You have traveled outside of Canada within the last 14 days.
 - iv. Someone in your household has traveled outside of Canada within the last 14 days.
 - b. Implement a sign in/sign out contact information sheet.
 - i. Determine who will be responsible for collecting this data and how it will be collected
 - c. Consider having participants download the BC COVID-19 App which includes the self-assessment tool.
3. Implement enhanced hand hygiene practices and cough and sneezing protocols.
4. Require each participant to sign a waiver (or an assumption of risk, if a minor) at the beginning of the season and/or program.
5. Communication to Participants
 - a. Create a communication mailing list for all programs and/or leagues in your club in case you need to contact participant and/or members regarding an outbreak.
 - b. See Appendices for sample letter for your club.
 - c. Clearly outline that participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.
6. Registration
 - a. Pre-register all individuals online or over the phone.
 - i. Available online registration platforms include: Curling Club Manager, Curling Manager, Curling I/O, Wufoo, other membership database systems.
 - b. Limit the use of cash and the handling of credit cards and loyalty cards wherever possible;
 - i. Allow customers to scan or tap their cards and handle the card readers themselves.
 - ii. Follow cleaning protocols after each use.
 - c. Remind individuals to consider their own risk - "If you are at higher risk of experiencing serious illness from Covid-19, consider limiting or avoiding participation in the sport activities for the time being."



NOTE: Drop-in activities should be prohibited during phase 2 of return to curling, and limited during phase 3 of return to curling.



7. When delivering programming, organizations will need to consider the following:
 - a. Who their participants are. Additional considerations may be required for:
 - i. High Risk and/or vulnerable populations, such as older adults, those with underlying medical conditions and/or compromised immune systems and individuals that experience barriers such as communication, transportation and access to healthcare.
8. Consider dedicated time slots for these groups:
 - a. Youth Groups
 - i. Little Rockers (U6-U9)
 - ii. Juniors (U10-U21)
9. Consider the number of participants at any given time
 - a. How many can participate in the activity while maintaining the protocols in place?
 - i. Includes on site Staff, Coaches, Participants, Spectators, Volunteers, Officials
10. Consider the expectations of participants.
 - a. Communicate what is expected of people and how it will be enforced.
 - b. Ensure information is easily accessible by participants
 - c. If applicable, translate signage and communication into multiple language and/or various formats for those with visual/hearing impairments.

Refer to “Return to Curling Phases” (Page 7 and Appendix B) for the types of activities that can be considered as we transition through the various return phases. Even though there are a number of activities within a range it is recommended to move ahead slowly, and systematically restart activities in a way that allows your organization and local health authorities to monitor, evaluate, and adjust as needed.



Cleaning Protocols



In developing your cleaning protocols:

1. Ask who are all the participants and user groups accessing your facility?
 - a. An older membership base may mean more frequent cleaning/sanitizing to reduce the risk of transmission.
 - b. Children and younger curlers may touch more surfaces which will need additional cleaning/sanitizing
2. Identify high touch areas and objects throughout your club.
 - a. Increase the frequency of cleaning and disinfection of high-touch surfaces and high traffic areas.
3. Place hand sanitizer/disinfectant stands at:
 - a. Entrances.
 - b. Washrooms.
 - c. Ice shed entrances.
 - d. Rental broom/public curling equipment.
 - e. Other identified high traffic areas.
4. Wearing disposable gloves when cleaning and disinfecting surfaces.
5. Follow Health Canada Guidelines⁴ on what products are approved for cleaning and disinfecting.
6. Ensure garbage bins are available for responsibly disposing of hygienic materials such as tissues and any PPE that is used in the course of activities.
7. Implement cleaning protocols for all curling equipment, including, but not limited to:
 - a. Stone handles.
 - b. Club equipment.
 - c. Measuring devices.
 - d. Scoreboards.

Measures Related to Lobby and Common Areas



1. Post copies of your club's Covid-19 Safety Plan throughout high visibility areas of your lobby and other common spaces.
2. Establish and post occupancy limits for the facility (patrons and staff) to accommodate physical distancing of two metres between individuals or family groups/units. The Covid-19 Safety Plan template contains guidance about calculating an occupancy limit.⁵
3. Determine where people will enter and exit the facility.
 - a. Consider an outdoor waiting area for participants.
 - b. Consider designated entryways/exitways .
 - c. Consider how people will flow in and out of the facility.
 - i. Designate entry/exit times for participants/user groups.
 - ii. Use physical distancing floor markers and/or wall signage to indicate the flow of movement throughout the space.
 - iii. Limit access to participants, coaches, staff during scheduled programming.
 - iv. Consider what access spectators may/may not have. (See Phases Chart on page 7).
4. Install automatic door openers to reduce transmission points.

⁴ Health Canada List of Disinfectants: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

⁵ Calculating Occupancy Limit: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>

Club Operations

Measures Related to Change Rooms/Locker Rooms



1. Close your change/locker rooms if you cannot adequately monitor the number of people in the room and adequate physical distancing measures in the room.
2. Consider a no locker policy at the start of the 2020-2021 that may be revised as Provincial Health Officer restrictions are further relaxed or consider designating times when certain lockers can be accessed prior to and after games
3. Consider a 2020-2021 policy where all curlers must come dressed to curl (curling shoes being the exception).
4. Consider a 2020-2021 policy limiting accessories – no broom bags, extra brooms, etc., to keep spaces as open as possible.

Measures Related to Club Equipment



1. Create a cleaning/sanitizing plan and procedure for Club Equipment after each use. Equipment includes:
 - a. Rental Brooms
 - b. Delivery aids
 - c. Step-on Sliders
 - d. Grippers
2. Create a sign-out system for club equipment
3. Consider removing club equipment from use by curlers.

Measures Related to Washrooms and Water Fountains



1. Ensure that soap and paper towels are always available in your washrooms
 - a. Consider installing automatic soap dispensers in your washrooms
 - b. Remove shared bottles of hand cream/moisturizer and other complimentary personal care items until Phase 4 of the Restart Plan
2. Create physical distancing procedures for washroom use.
 - a. Limit the number of individuals
3. Close all water fountains except those used for filling water bottles.
4. Use signage to discourage individuals from touching surfaces of fountains and consider placing hand sanitizer adjacent to support hygiene and reduce transmission risk

Measures Related to Playing Surface



1. Eliminate all unnecessary touchpoints.
2. Signage outlining clear procedures for draw start times and finish times.
3. Determine and install sanitation stations.
4. Additional measures are determined on a case by case basis based on your facility.
5. Curl BC working groups are creating additional resources for clubs. These resources will be uploaded to our website.⁶

Food and Beverage Services

Curling Club lounges can reopen but it is important that safety measures are in place.⁷

1. Determine the maximum number of patrons and bar staff/volunteers that the Lounge can accommodate with physical distancing measures in place.
2. Use physical devices, floor markers, or other guides to ensure that patrons maintain physical distancing in the lounge. Spaces to consider:
 - a. In line to order.
 - b. Moving through the space.
3. Set out tables and chairs so that there are no more than 6 seats at a table, and seats are set two metres apart from each other, and two metres from seats at another table.
4. Consider having your Lounge staff/volunteers wear masks and/or gloves while on shift to be able to serve drinks to patrons at their tables.
5. Consider a pre-game order and post-game pick up system to minimize the line up at the counter(s).
6. Consider applying for an extension/amendment to your liquor license to expand your licensed area to include areas not usually considered your Lounge so that all of the curlers coming off the ice can stay to socialize.
7. Consider limiting patrons in the Lounge to curlers waiting to start their games, or coming to the Lounge after their games.
8. If allowing non-curlers in the Lounge, consider collecting the full name and contact information of any non-curler in your Lounge if there is a need for contact tracing by local medical health officers.⁸



⁷ Provincial Health Officer Order Food Service Establishments and Liquor Services: <https://www2.gov.bc.ca/assets/gov/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/covid-19/covid-19-pho-order-nightclubs-food-drink.pdf>

⁸ Guidance provided to Restaurants, Cafes, and pubs: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/restaurant-cafes-pubs>

Emergency Response

Measures Related to First Aid



In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. Ensure that these are at hand.

First aid protocols for an unresponsive person during Covid-19: <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/first-aid-protocols-for-an-unresponsive-person-during-covid-19>

Measures Related to Cases and Outbreaks



An “outbreak” is two or more cases; a “case” is a single case of Covid-19.

1. Identify the roles and responsibilities of staff or volunteers if a case or outbreak is reported.
2. Ensure a procedure is in place if staff (including volunteers) or a participant reports they are suspected or confirmed to have Covid-19 and have been at the curling club. This should include identification of an isolation area, cleaning processes, notification processes and media relations. Implement enhanced cleaning measures to reduce risk of transmission. If you are not the facility operator, notify the facility right away.
3. Advise individuals to:
 - a. self-isolate.
 - b. monitor their symptoms daily, report respiratory illness and not to return to activity for at least 10 days following the onset of fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
 - c. use the Covid-19 self-assessment⁹ tool to help determine if further assessment or testing for Covid-19 is needed.
4. In the event of a suspected case or outbreak of influenza-like-illness, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority.¹⁰
5. If your organization is contacted by a medical health officer in the course of contact tracing, cooperate with local health authorities.



⁹ Covid-19 self-assessment tool: <https://bc.thrive.health/covid19/en>

¹⁰ Regional Health Authorities: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-authorities/regional-health-authorities>

Insurance and Waivers

- Click here for sample waivers.
- Click here for updated insurance information.

On June 10, 2020, the Province issued a ministerial order that protects non-profit sport organizations like our curling clubs from liability for damages to an individual who has been infected or exposed to Covid-19 in any of our member clubs if the club was “organizing, administering, facilitating, or providing” curling in accordance with “all applicable emergency and public health guidance”.¹¹

As of June 18, 2020, Wawanesa Insurance, which provides Curl BC members with commercial general liability through the National Curling Centre Insurance program, has confirmed that the liability policy coverage has no pandemic exclusion. The insurer will respond to allegations of negligence related to the pandemic, if filed against a covered curling club, subject to the terms and conditions of the policy wording. However, if your club’s commercial liability insurance coverage is with a different insurer, please contact your local broker for additional information and advice on your specific liability policy.

A waiver is a legal document, which if drafted properly, will alert the signer to the risks of injury in participating in any curling activity. If properly drafted, it also provides the curling club with a good defense in any claims that may be brought against the curling club for any losses or damage arising out of one or more injuries to one or more individuals. Waivers, or in the case of minor curlers or curlers who may not be legally competent, assumption of risk documents are important pieces in a club’s risk mitigation plan.

We have included a sample waivers for our clubs to consider. If implementing a waiver, all curlers must sign one before stepping onto the ice. We have also included a participant agreement document highlighting the risks of curling during the Covid-19 pandemic.



¹¹ Order of the Minister of Public Safety and Solicitor General: http://www.bclaws.ca/civix/document/id/mo/mo/2020_m183

Communication

Communication Plan



1. Create your communication plan to stay in touch with your staff, board, volunteers, and members.
 - a. Have a plan for communicating to your members during each phase of return to curling.
 - i. Example: Going from Phase 2 Transition Measures to Phase 3 Progressively Loosen.
2. Utilize technology to bring staff, board, volunteers, and members together.
3. Consider hosting a webinar on your club's return to curling plan once it has been approved by your board of directors. Allows you to discuss the plan with your members, answer questions, and make any adjustments as necessary.
4. Provide updates to your membership.
 - a. What is being worked on for return to curling?
 - b. What measures will be implemented?

Communication should include: Policies & Protocols

- Illness policy
 - Screening
 - Waivers
 - Zero tolerance (signs of symptoms/expected behavior)
5. Consider posting a visual walk-through of your facility (photos and/or video) on your website and on your social media channel(s).
 - a. Physical distancing
 - b. Traffic flow
 - c. Engineered Controls

Gives your members a clear picture of what to expect walking back into the club for curling.

Survey



Take the time to survey your members. A sample template is available on the Curl BC website under Covid-19 Resources.¹²

The survey answers will provide you with baseline information to make informed planning for the upcoming season. Any insights will help you with planning for your league options and facility operations.

- Allows you to connect with your members and letting them know that you are thinking about their needs during this time and beyond.
- Builds your rapport with your members.

Signage



Curling Specific signage is being designed for all clubs to access and use. Templates will be available for:

- Staying Home While Unwell
- Handwashing
- Floor Decals
- Safety measures at club



1. Consider shifting sponsorship space digitally.
 - a. Adjust sponsorship to be included in your clubs newsletter, on your website, etc.
 - b. How else can you promote a sponsor if participation is limited this season?
 - c. How can you use social media to fulfill sponsorship agreements and maintain your partnership moving forward.
2. Continue to encourage new participants to play curling.
 - a. Shift your marketing to encourage the activities your club can most likely deliver.
 - i. Example: Skill development - Four weeks of curling lessons
 - ii. Market to smaller windows of 2-4 week spans to allow for adjustments due to transitions between phases.
3. Media Toolkit

In the event of an outbreak at your facility, there will be media interest. Please read this guide to how to handle that produced by Curling Canada: <https://www.curlbc.ca/wp-content/uploads/2020/03/Media-Toolkit-English.pdf>



Disclaimer

The Curling Guidelines are intended to be used for the purposes set forth in this document. While Curl BC aims to provide relevant and timely information to our member clubs, information known about the Covid-19 virus and recommended measures to reduce and protect against the risk of infection changes rapidly and Curl BC cannot guarantee the accuracy or completeness of any information or recommendations provided in the Curling Guidelines.

Curl BC will endeavour to update our members as we learn about new information related to the Covid-19 virus and how we may need to adjust and change our practice and procedures in our clubs and with our curling programs.

This document is not a substitute for actual legislation, or orders of the Provincial Health Officer. If there is any ambiguity or conflict between the Curling Guidelines and public health legislation, orders, and regulations, the legislation, orders and regulations will prevail over the Curling Guidelines.

Links in this document to third party web sites are provided solely for further reference and as additional resources. Curl BC does not endorse the information contained in the linked web sites and does not guarantee its accuracy, timeliness, or fitness for a particular purpose. The information in the links may be updated from time to time by their respective owners, and Curl BC does not monitor these links or linked sites and is not responsible for any updates. You should check relevant websites for updated information or contact Curl BC to help review your return to play plan to ensure that your plan is as up to date as possible.

The Curling Guidelines is not intended to be a legal document, or to serve as legal advice. Our member clubs use the Curling Guidelines at their own risk, and if necessary, after receiving independent legal advice about the contents and recommendations found in the Curling Guidelines. Curl BC shall not be responsible for any loss or damage of any kind resulting directly or indirectly from the implementation of the Curling Guidelines by our member clubs, including without limitation, reliance on the completeness or accuracy of the information found in the Curling Guidelines.



Return to Curling Checklist

- Survey Membership re: return to curling plans
- Financial forecasting to help plan
- Create illness policy (template available)
- Create waivers to acknowledge risk (templates available)
- Complete a Risk Registry with Covid-19 considerations
- Create your club's individual Covid-19 Safety Plan with the following:
- Review your insurance to ensure you have adequate protection
- Create a shutdown process
- Incorporate your pre-work above
- Outline staff expectations (see guideline)
- Outline participant expectations (see guideline)
- Include communication plan
- Include league modification plans
- Get board approval of your plan
- Install physical measures to stop spread (barriers/physical distancing signage/sanitizing stations)
- Implement administrative controls (create policies, establish procedures like online registration)
- Consider doing a virtual walk-through of the changes for members
- Send regular updates to your members about plans for reopening
- Phased return to curling

APPENDIX A: References

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/bc-restart-plan>

B.C.'s Response to COVID-19: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

Provincial Health Officer Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincial-health-officer/current-health-topics/covid-19-novel-coronavirus>

HEALTH RESOURCES

Regional Health Authorities

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

BC Centre for Disease Control: <http://covid-19.bccdc.ca/>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

WORKSAFE BC RESOURCES

Returning To Safe Operations

Sports and Recreation: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>

Restaurants, Cafes, and Pubs: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/restaurant-cafes-pubs>

COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safety-plan?lang=en>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid-19-occupancy-limit?lang=en>

SPORT AND RECREATION RESOURCES

viaSport Guideline: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/community-settings/recreation-facilities>

APPENDIX B: Return to Curling Phases

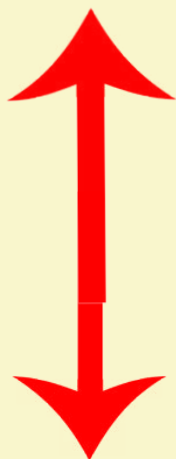
Phase 1 Lockdown



- Curling Clubs/Centres Closed
- No Events/Activities Allowed
- No non-essential Travel
- Virtual Activities OK
- Individual off-ice or outdoor training

1. Curling clubs and centres close
2. Initiate shut down procedures for the following scenarios:
 - a. Temporary closure (2 weeks- 1 month)
 - b. Suspended closure (1 month- 3 months)
 - c. Long Term Closure (3 month- 1 year)
3. Follow WorkSafeBC procedures
4. Follow Technical Safety procedures
5. Secure any Financial Funding
 - a. Government grants
 - b. Government financial relief programs
 - c. Limited membership drive
 - d. Sponsorship agreements
6. Initiate Crisis Communication Protocols
 - a. Update your members and participants on any decisions and actions of the club.
 - b. Utilize technology for staff, board, volunteer, meetings or annual general meetings.
7. Support your staff and volunteers during this time.
8. No in-person activities or events allowed
9. Virtual Activities are OK
10. Members and participants may engage in individual training activities off-ice or outdoors.

Phase 2 Transition Measures



- Clubs/Centres slowly open
- 2m Physical Distancing
- No events >50 people
- Non-contact training
- Local community participation only
- Modified play
 - Individual/Family practices
 - Skill development activities
 - 2 person games*
 - 3 person games *
 - No or limited spectators

1. Curling clubs and centres slowly open.
 - a. Ensure 2m physical distancing measures are in place.
 - b. Ensure your policies, protocols, and procedures are in place and can be maintained.
 - c. Encourage local participation only.
 - d. Phase in modified play activities.
2. Modified/phased-in activities.
 - a. Non-contact training to start.
 - b. Scheduled small group practices (1-6 people per sheet).
 - i. Scheduled individual and/or family practices.
 - ii. Scheduled team practices.

CHECKPOINT

- a. Ensure all measures to minimize the transmission of Covid-19 are working before starting leagues or offering programming.
 - b. Ensure all members and participants understand the policies, protocols, and procedures.
3. Introduce scheduled doubles games
 - a. 2 players per team on the ice
 - b. Consider phasing in sweeping

CHECKPOINT

- a. If all measures continue to work continue to add other leagues and/or programming.
4. Phase in triples games
 - a. 3 players per team on the ice.
 - b. 1 sweeper only between the hoglines.
 - c. Ensure physical distancing can be maintained.
 5. Phase in other Curling Programming
 - a. Lessons with physical distancing coaching groups 1-4 people per sheet
 - b. Doubles Learn to Curl
 - c. Hit-Draw-Tap Competition
 - d. Youth Programming
 6. No events >50 People
 - a. Events includes: Open houses, clinics/lessons, bonspiels, rental groups
 7. No or limited spectators
 - a. Create protocols and procedures for spectators.

Phase 3 Progressively Loosen



- 2m Physical Distancing
- Facility access expanded
- Regional Participation/Events*
- Provincial Participation/Events*
- 3 person games*
- 4 person games*
- Spectator Group Size increases

1. Maintain two metre physical distancing.
2. Curling Clubs and Centres may consider expanding facility access.
3. Regional Participation/Events
 - a. Regional events may occur
 - b. All events following current restrictions
4. Provincial Participation/Events
 - a. Provincial events may occur.
 - b. All events following current restrictions
5. Game modifications
 - a. Continue to schedule all on-ice activities.
 - b. Continue to phase in programming.
 - c. Continue to offer doubles and triples curling activities.
 - d. Phase in four-person curling.
 - i. Physical distancing must be maintained.
 - ii. See resources page for alternative options.

CHECKPOINT

- a. **Evaluate policies, protocols, and procedures and make any adjustments.**
 - b. **Clearly communicate transitions of activities to your members and participants.**
6. Spectator group sizes increases
 - a. Based on your capacity with physical distancing measures.
 - b. Spectators subject to screening protocols and procedures.
 7. Programming Resources can be found on our website: <https://www.curlbc.ca/resources/documents-forms-covid-19/>

Phase 4 Next Normal



- Continued alignment with government guidance
- National and/or International Travel
- Large Spectator Group sizes allowed
- Large Scale Events may return
- 4 person games

1. Return to traditional curling activities (with no or limited restrictions)
 - a. Bonspiels
 - b. Curling socials
 - c. Full competitions
 - i. Regional
 - ii. Provincial
 - iii. National
 - iv. International
 - d. Four person curling
2. National and international travel resumes.
3. Spectators and large groups are allowed.
4. Continue enhanced cleaning protocols.
5. Continue using adapted policies, procedures, and protocols.
6. Continue using waivers.

APPENDIX C: viaSport Activity Chart

This chart outlines the types of activities that can be considered as we transition through the various return stages.

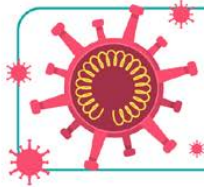
	Strictest Controls Prior to May 19, 2020	Transition Measures Approx. May 19th to Sept	Progressively Loosen Future date TBC	New Normal Future date TBC
Restrictions in Place	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel 	<ul style="list-style-type: none"> Maintain Physical Distance (2m) No non-essential travel No group gatherings over 50 people 	Refer to PHO and local health authorities	Refer to PHO and local health authorities
Enhanced Protocols	Increased hand hygiene	<ul style="list-style-type: none"> Increased hand hygiene Symptom Screening in place 	Increased hand hygiene	Increased hand hygiene
Facility	<ul style="list-style-type: none"> Outdoor or within home Facilities and playgrounds closed 	<ul style="list-style-type: none"> Outdoor is safest Indoor facilities slowly re-opening 	Outdoor/Indoor	Outdoor/Indoor
Participants	Individual activities	<ul style="list-style-type: none"> Small Groups No or limited spectators 	<ul style="list-style-type: none"> Groups sizes may increase Limited spectators 	<ul style="list-style-type: none"> Large groups allowed No restrictions on spectators
Non-contact Activities	<ul style="list-style-type: none"> Low risk outdoor activities can occur (biking, running, etc). Virtual activities 	<ul style="list-style-type: none"> Fundamental movement skills Modified training activities, drills 	Expansion of training activities	No restrictions on activity type
Contact Activities	Should not occur	<ul style="list-style-type: none"> Should not occur Contact sports should look for non-contact alternatives to training 	Introduction to pair or small group contact skills	No restrictions on activity type
Competition*	Should not occur	In club play or modified games may slowly be introduced	Interclub or regional game play may be considered	Provincial competitions and larger scale events may return
Equipment	No shared equipment	<ul style="list-style-type: none"> Minimal shared equipment Disinfect any shared equipment before, during and after use 	<ul style="list-style-type: none"> Some shared equipment Enhanced cleaning protocols in place 	Shared equipment

*Introduction of competitive activities should be in alignment with Sport Specific guidelines

APPENDIX D: Covid-19 Visual Primer

CORONAVIRUS

Covid-19 or 2019-nCov



WHAT IS IT? Q

COVID-19 is a new virus and so health officials are still learning about its impact and severity. At this time, it appears to cause an illness similar to the flu with the most common signs of infection being fever, cough and shortness of breath. In severe cases patients can develop pneumonia, severe respiratory distress, kidney failure and death.



PREVENTION



Stay at home when you are sick



Avoid touching eyes, nose, & mouth with unwashed hands



Avoid close contact with people who are sick



Clean & disinfect frequently touched objects and surfaces



Wash your hands at least 20 seconds



Use a hand sanitizer that contains at least 60% alcohol



Cover your cough or sneeze with a tissue



Avoid crowded places and all unnecessary travel



SYMPTOMS



Common



Less typical

Hemoptysis



Dry Cough



Phlegm Buildup



Shortness of breath



Fever



Headache



Fatigue



Diarrhea



Aching muscles



INCUBATION

Because the early symptoms of COVID-19 are similar to other respiratory illnesses, if you have any of the common symptoms (fever, cough and shortness of breath) you should contact your doctor's office and arrange to have a consultation.