

RETURN TO CURLING

Guidelines and Protocols

VERSION #1

Approved by the PMCC Board on October 5, 2020

Updated October 13, 2020



Port Moody Curling Club

Port Moody Recreation Complex

300 Ioco Road, Port Moody, BC V3H 2V7

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INTRODUCTION

The Port Moody Curling Club (PMCC) is a non-profit incorporated society, representing curlers at the Port Moody Recreation Complex. The recreation complex is a multi-user facility that also houses an indoor walking track, two gymnasiums, two arenas, a weight room, child minding center and other multipurpose rooms. It is located at 300 loco Road next to the Port Moody City Hall and the Library. This modern facility features an upstairs viewing lounge (The Ice House Lounge) which overlooks six sheets of ice. The PMCC is a community-oriented organization serving the Tri-Cities. The Club's emphasis is on social curling and the encouragement of curling at all levels of interest and skill. We have over 600 members with a mandate to encourage, support and recruit new members of all ages and abilities.

We recognize that the Covid-19 pandemic has changed many aspects of our lives and especially our sporting activities. In order to meet the requirements of the Government of BC's Restart Plan, and to be in compliance with the guidelines set out by the Provincial Health Officer, and meet any municipal requirements, we have developed the PMCC Return to Curling Guidelines and Protocol document. The intent of this proposal is to encourage the maximum participation of our members while ensuring a safe environment for their return to curling.

Our environment looks like this:

- Curling is a non-contact sport played in a custom built refrigerated arena.
- A single sheet of dedicated curling ice is on average 14.2 to 15.7 feet in width and 146 to 150 feet in length or a little over 2000 square feet.
- We have a dedicated rink of six sheets, or approximately 12,000 square feet.
- If all 6 sheets are in use by a league, up to 48 curlers could be on the ice at any one time.
- A normal game is about 2 hours in length, with 4-8 curlers on a sheet of ice.
- We have approximately 20 leagues that curl from 9:00 am -11:30pm, Sunday to Saturday.
- Ceiling heights vary but at the minimum, they are 12' or higher.
- The average temperature in the ice arena is 0° Celsius, and this can vary depending on building specifications.

RETURN TO CURLING

On May 6, 2020 the Government of BC announced *BC's Restart Plan: Next Steps to Move Through the Pandemic*. The goal outlined in this plan “is to slow the spread of COVID-19, protecting our most vulnerable and ensuring our health care system can respond to increased demand while we develop a vaccine”, see:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/gdx/bcs_restart_plan_web.pdf

Our Return To Curling Guidelines and Protocols document includes operational processes and procedures that work to limit the transmission of Covid-19 in our facility. We are adopting our RTCGP document using information gathered from our national and provincial organizations: *Curling Canada's Return-To-Play Guidelines: A Resource for Boards of Directors, Volunteers and Managers of Canadian Curling Rinks and Curl BC's Return to Curling: A Guide For BC Curling Centres*.

The PHO's guidance is that the Return To Sport Guidelines (viaSport) should cover three areas:



#1 Processes to open safely



#2 Measures to keep people safe to avoid further outbreaks



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

Resuming curling 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 our province. This responsiveness - the need to adapt to changes in community transmission and updated advice from the PHO - is built into our proposal.

COVID-19 AND TRANSMISSION

It is important that all our participants understand that when you choose to participate in curling during a pandemic, you may be at an increased risk of being exposed to and contracting Covid-19. Curl BC considers curling to be a MEDIUM risk sport.

The World Health Organization declared COVID-19, a new respiratory infection, a pandemic on March 11, 2020. COVID-19 is a respiratory infection. According to the BC Centre for Disease Control, COVID-19 is transmitted through liquid droplets or particles when a person coughs, sneezes, or simply talks or laughs. These droplets, if containing the virus, can infect a person by entering through the eyes, nose or throat. It's not believed to be airborne and it's not known to infect via the skin.

However, the virus can survive on some surfaces, so if a person sneezes into their hand, shakes your hand and you then rub your eye with your hand, transmission is possible through self-inoculation. Self-inoculation occurs when a person transfers a disease from one part of their body to another. Therefore close, prolonged personal contact such as touching or shaking hands is not advised.

SYMPTOMS OF COVID-19

COVID-19 is similar to other respiratory illnesses and symptoms which include a fever, dry cough, sore throat and headache. There may also be aches and pains, loss of taste and smell, fatigue and in some cases vomiting and diarrhea.

While most cases are mild, some individuals may experience more severe symptoms such as shortness of breath, difficulty breathing, prolonged fever and pneumonia like symptoms. Those with health issues or underlying conditions may be affected more severely.

It may take up to 14 days after exposure for symptoms to appear. It is vital that if you are feeling unwell or have had an exposure, that you self quarantine for 14 days, and seek medical attention if required.

If you are unsure, you can use the B.C. government's symptom self-assessment tool, see: <https://bc.thrive.health>

According to the Public Health Agency of Canada: You can help reduce the spread of Covid-19 and protect yourself, your loved ones and your community by:

- Wash your hands often with soap and water for at least 20 seconds. If unable to wash your hands, use a hand sanitizer to clean hands for at least 15 seconds.
- Avoid touching your eyes, nose, or mouth, especially with unwashed hands.
- Avoid close contact with people who are sick.
- Cough and sneeze into your sleeve and not your hands.
- Practice [physical distancing, maintaining 2 metres of separation](#) at all times.
- Stay home if you are sick to avoid spreading illness to others.
- Wear a [non-medical mask or face covering](#) (constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect people and surfaces around you.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>

RISK MANAGEMENT

As a non-profit society, risk management is an ongoing process where our board members identify, assess, manage, and mitigate the risks inherent in the work of the club and in the activities and programs we offer to the public. The COVID-19 pandemic represents an ongoing risk to our membership and as a result, their safe return to play must be carefully managed.

Risk management is a legal duty of our board of directors, whose oversight works to reduce the risks and uncertainties associated with carrying out our organizational mission. This RTCGP document was created by a subcommittee of five members and presented to the PMCC Board for their input and approval.

A risk registry was completed following these five steps:

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

Risk Mitigation

- Our reopening plan assessed the risks of participants being exposed to or infected with the virus. This plan was developed to take all necessary precautions to mitigate those risks.
- Our RTCGP document will be made readily available to participants and other stakeholders through our website and/or posted in our facility.
- Participants will be trained on the RTCGP (as appropriate to age/role).
- The plan includes directives set by the Provincial government, WorkSafe BC, health authorities, and national and provincial curling organizations.
- Implementation of this plan will be monitored and updated as necessary when circumstances or provincial guidance changes.
- Participants will be asked to sign a Covid-19- Declaration of Compliance form and a Waiver- Age of Majority and/ or a Assumption of Risk -Under Age of Majority form depending on age.
- The plan was developed to reduce the risk of transmission:
 - ★ contact intensity - how close you are to someone and for how long.
 - ★ number of contacts - how many people are in the same setting at the same time.

FACILITY OPERATIONS



The City of Port Moody has developed [Moving Forward](#). A phased plan to deliver services and programs as we adapt to the new normal during the Covid-19 pandemic. The City is currently in Phase 3, which includes the opening of recreation centres for drop-in services, opening of the Inlet Theatre, opening of civic facilities for community rentals and scheduled access to specific City facilities and programs.

Aug. 24, 2020 - VANCOUVER - Athletes throughout British Columbia will be able to engage in more organized sport activities and some competitive play as the Province moves to Phase 3 of the Return to Sport Guidelines.

Phase 3, which could start in early fall 2020, will focus on increasing public access to buildings, accepting bookings for small gatherings at civic facilities, and making modifications to enable drop-in service. Phase 4 will focus on activities that involve large gatherings.

The City of Port Moody's Moving Forward plan aligns with [BC's Restart Plan](#). It is a living document that can be scaled back or adjusted to allow for new or revised direction from the Province as the pandemic continues to evolve. The City has followed, and will continue to follow, all federal and provincial recommendations and directives related to COVID-19 and public health.

FACILITY ACCESS AND USE

As of August 25, 2020, access to the Port Moody Recreation Centre is open to physiotherapy appointments, children's day camps and limited exercise classes. There is limited use of outside sports courts and fields with limited access to the inside facilities.

Recreation Center

- The City will publish and post occupancy numbers for the areas associated with curling (with the effective date), as assigned by our local authority.

Cleaning Protocol

- The entire recreation centre will be cleaned prior to the start up of curling.
- High and low-touch surfaces in our area have been identified.
- A plan to ensure proper cleaning of high and low-touch areas based on traffic and frequency will be developed for both the City and the PMCC.
- The City and the PMCC will keep a log of the cleaning activity.
- Cleaning products that maintain a clean and safe workplace will be provided by the City and/or the PMCC.
- The City and the PMCC will ensure proper PPE and training has occurred regarding equipment and cleaning products, in consultation with the city and our Head Safety Officer.
- The City will ensure access to soap, water and paper towels in the public washrooms.
- PMCC will be responsible for the placement of hand sanitizing dispensers in prominent locations (entrances, exits, curling ice arena and change areas).

Curling Centre Layout And Navigation

- The City will not allow access to lockers.
- The City will allow access to water bottle fill stations.
- The City has indicated that curlers will enter at the main entrance to the recreation centre which can be propped open and is a covered space, so safety representatives provided by the club will be able to safely check in curlers.
- The City will provide markers to show the traffic flow: at the entrance door, to the change area, to the ice, off the ice, and out the exit doors.
- The City has indicated that the Ice House lounge will not be open and there will be no access to the second level of the facility.
- The City will update the PMCC on the latest changes to doors; taps for sinks; soap dispensers; paper towel dispensers; urinals and toilets which are now automated.

Curling Equipment and Ice Making Equipment

- Each player will need to provide their own equipment. There will be **NO** sharing of equipment (e.g. delivery sticks, sliders, brooms, and stabilizers) between players.
- Stones:
 - ❑ Stones will be sanitized by safety representatives at the start of each draw.
 - ❑ Players will select their two stones. There will be no interchanging of stones during the game.
 - ❑ Players are not to touch any stones other than their own. Let the player delivering the next stone retrieve his/her own stone.
- Measuring: remove gloves, sanitize your hands, conduct measure, wipe down measuring device with sanitizer provided, return measuring device to its location, and sanitize your hands before returning to play.
- Players will not touch any ice making equipment.

Playing The Game

- No admittance to the ice 5 minutes after the draw starts.
- Handshakes at the start and end of games will be replaced with either a wave or the tapping of brooms.
- A coin toss will not be used to determine the last stone advantage in the first end. The League scheduler will assign this every game ahead of time, or, alternately, an online tool access by one's cell phone, can be used: <https://justflipacoin.com/>
- 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 1. This will keep players 10 feet apart.
- Markings will be inserted into the ice to ensure proper physical distancing is maintained.
- The scoreboards will not be used as sanitizing them after each game is labour intensive. Instead, teams are asked to designate one player to keep track of the score by using a pen and paper, the following cell phone app: <https://play.google.com/store/apps/details?id=com.curlingscorekeeper&hl=en>
- Only one sweeper will be permitted on all delivered stones. No relying on a 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 behind the tee-line.
- The skip or vice skip (not both) of the non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- Neither skip or vice skip (both teams) may sweep any stones (both colors) set in motion by the delivering team.
- Players are to leave the rink immediately after their game.

League Considerations

- The occupancy numbers are: shoe changing lounge (17) and the curling ice rink (50).The City will ensure these are accurate and posted in the facility.
- The number of sheets a league may use will be based on the City's occupancy limits.
- We may need to stagger or change game times to manage the number of people in the curling rink at any one time due to occupancy numbers allowed by the City.
- Players will be reminded to pay close attention to league schedules (posted on the club website) as game times and sheet assignments may be altered to meet physical distancing requirements.
- Games will be 1 hour and 40 minutes maximum. Skips will be the timekeeper using an app on a cell phone. A timer will be set for 1 hour and 30 mins. When the timer goes off the skip will yell "WARNING" this will allow 10 mins. to complete the end.At 1 hour and 40 mins.the game is complete.
https://play.google.com/store/apps/details?id=at.cwiesner.android.visualtimer&hl=en_CA
- No extra ends will be played to declare a winner in the event of a tie, instead, a draw to the button by a designated player will determine the winner.

Miscellaneous Considerations

- The collection of information for contact tracing will be mandatory for each league. League Presidents or their safety representatives will be responsible to ensure that the collection is done every time their league has an ice time scheduled and that every curler is checked in. PMCC will provide a template for Covid-19 Tracking. NO EXCEPTIONS
- [Non-medical masks will be required to be worn at all times in the recreation centre \(building\). Masks will not be required on the ice.](#) It will be a personal choice to wear masks on the ice.
- Curlers will arrive at the designated check in area with masks in place and be asked questions re: Covid-19. If okayed for entry you will enter the facility and sanitize your hands.

PARTICIPANTS

Follow all Government Health Regulations and Mandates

- This includes Provincial and municipal restrictions; all laws and bylaws must be adhered to at all times.
- Leagues and Event Coordinators are advised to review their specific requirements with the PMCC executive and club administrator to ensure proper permits, gaming licenses, and City requirements are being followed.

Personal Protection

- Do not come to the facility if you are ill or have been around anyone who is ill, or show any symptoms associated with COVID-19. There is a **ZERO** tolerance policy for anyone playing while sick.
- The use of a non-medical mask is mandatory upon arrival to the recreation centre.
- Avoid touching your eyes, nose or mouth.
- Use proper hygiene even while wearing a mask. If you need to cough or sneeze, do this into the elbow of your sleeve.
- Refrain from chewing gum, tobacco, or spitting in the recreation centre facility.
- The use of personal fitted curling gloves is recommended.
- It is recommended that each curler bring their own hand sanitizer for personal use only.
- A personal water bottle is permitted, ensure your first and last names are well marked on the bottle. Your water bottle is not to be shared, and it must go home with you. If it is left behind at the recreation centre facility, it will be thrown out for safety concerns.
- Wash or sanitize your hands frequently.
- The PMCC will **NOT** be renting any equipment this season; each curler is responsible for their own equipment.

Arrival/ Departure at the Facility

- The City has indicated that the entrance/ exit doors will be the same which is the main entrance to the facility.
- Arrive 15 minutes prior to your scheduled ice time. You will go to the main entrance of the recreation centre facility to check in at the contact tracking area. You will be met by a safety representative, who will ask you questions related to your health, and check you in.
- You must arrive in your playing gear, except for your curling shoes.(You will not be able to use the public washrooms for changing into your curling clothes).
- When changing into your curling shoes, please follow the signage on the

benches to ensure physical distancing. Please be respectful of others waiting to change into their shoes.

- You are to leave the facility immediately upon completion of your game.

Physical Distancing During the Game

- There will be no physical contact between players before, during, or after the game. Handshakes at the start and end of each game will be replaced with waves or the tapping of brooms.
- There will be no warm up or slides before the start of play.
- All curlers will follow ice rink markings for traffic flow and proper distancing requirements.

Team Management/ Administration

- Teams and players who do not adhere to the requirements put forth in the PMCC Return To Curling Guidelines and Protocols document risk being refused to participate not only for themselves but also their team.
- It is imperative that all participants conduct themselves in a respectful and supportive manner in order to maintain everybody's safety.

Mandatory Completion Before League Play

- Every participant must register online using Curling I/O.
- Every participant must read, understand, and sign the **APPENDIX B - COVID-19-DECLARATION OF COMPLIANCE form**.
- Every participant must read, understand, and sign the **APPENDIX C - WAIVER-AGE OF MAJORITY form** or the **APPENDIX D - ASSUMPTION OF RISK-UNDER AGE OF MAJORITY form**, depending on your age.
- Every participant must read, understand, and sign the **APPENDIX E- PARTICIPANT AGREEMENT**.
- Every participant must read and understand the **APPENDIX F- ILLNESS POLICY**.

FOOD AND BEVERAGE

The Ice House Lounge



The City indicated at a meeting held on August 25, 2020, that the Ice House lounge will remain closed. The City has not opened the second level of the recreation centre and it may not open in January 2021. The opening of the lounge will depend on such considerations as occupancy levels, staffing, financial and of course Covid-19 restrictions.

No outside food or alcohol may be brought into the facility.

PARTICIPANT, MEMBER AND OTHER STAKEHOLDERS COMMUNICATION

A communication plan is a critical element of our Covid-19 response plan. As an organization, we are deeply committed to providing our membership with the most current information regarding the conditions under which they may engage in the sport of curling during a pandemic. We have many channels through which to communicate changes to our RTCGP document, including using Mailchimp for mass email communication, our website, and our social media feeds such as Facebook, Instagram and Twitter.

Website: <https://portmoodycurling.ca/>

Facebook: <https://www.facebook.com/portmoodycurling>

Instagram: <https://www.instagram.com/portmoodycurling/>

Twitter: <https://twitter.com/PortMoodyCurl>

SPORT PROGRAMMING

In discussions with the City, it was determined that all funspiels, bonspiels, and learn to curl programs will be cancelled through calendar year 2020. The reason for the cancellations is that the programs exceed the current occupancy numbers permitted by the PHO. We agreed to meet with the City again in November 2020 to discuss the programs scheduled from January to March 2021, and reassess the situation.

The Juniors program should be able to proceed in the new year as long as coaches and participants follow the guidelines and protocols set out in the RTCGP document developed by the Club. A meeting will be held between the subcommittee, coaches, and President of the Juniors program to discuss the RTCGP and address any needs or concerns specific to their program, due to the close contact between curler and coach.

Discussion ongoing.

The Special Olympics program should also be able to proceed in January 2021 as long as coaches and participants follow the guidelines and protocols set out in the RTCGP document developed by the Club. Again there may need to be discussion between the sub-committee and the Special Olympics coordinators. **Discussion ongoing.**

EMERGENCY AND SAFETY PROCEDURES

Determine the level of injury:

A. MINOR INJURY

1. First Aid Kit is located on a hook above sheet #1 and will be identified with a sign. Included in the First Aid Kit will be separate bags which will contain a Accident form, mask, gloves and safety visor.
2. All accidents require that an Accident Form be completed by the League Representative and/ or designate. The Accident Form can also be found online at: [Port Moody Curling Club Accident Report .docx](#)
3. All accidents (minor or major) must be immediately reported to the City front desk if someone is in attendance or after hours **ensure** there is someone to meet the emergency vehicle, **complete** the accident form and email it to the Club Administrator- clubadmin@portmoodycurling.ca .Who will then notify City staff of the incident..

B. MAJOR INJURY

1. Phone 911.
Use a personal cell phone **AND** send a runner to the front desk to report the accident. If no one in attendance or after hours **ensure** there is someone to meet the emergency vehicle, **complete** the accident form and email it to the Club Administrator- clubadmin@portmoodycurling.ca .Who will then notify City staff of the accident.
2. Describe the Injury to 911 operator.
3. Facility Information:
Port Moody Recreation Center- Curling Rink
300 Ioco Road, Port Moody, BC
Phone Number 604-469-4555
INFORMATION IS ALSO ON THE WALL OF THE ICE AREA
4. Notify the Club member's Emergency contact.
5. Fill in the Accident form using link below:

[Port Moody Curling Club Accident Report .docx](#)

All accidents (minor or major) must be immediately reported to the Club Administrator along with a completed accident report. Send email to: clubadmin@portmoodycurling.ca

FIRST AID & INSURANCE INFORMATION

ON ICE ACCIDENTS: <http://www.portmoodycurling.ca/club/accident-insurance/>

1. STEPS TO TAKE IN CASE OF AN ON-ICE ACCIDENT:

- Report the accident to Club Administrator and City Staff immediately
- Fill out the Port Moody Curling Club Accident Form and submit to the Club Administrator . The forms are found in the individual bags in the First Aid Kit and online at [Port Moody Curling Club Accident Report .docx](#)
- Notify Port Moody Curling Club :
clubadmin@portmoodycurling.ca (604-949-9993)
- For injuries requiring ongoing treatment, the member must fill out a claim form and submit it to the Insurance Company and email a copy to the Club Administrator within 30 days from the date of original injury.

2. INSURANCE COVERAGE- Accident Insurance

[Claim Procedures - Curl BC Members](#)

[Policy # BW200997- Hub International Insurance](#)

[SEPTEMBER 1, 2020 TO SEPTEMBER 1, 2021](#)

[Sports Accident Program](#)

Club Name: Port Moody Curling Club

Club Address: 300 Ioco Rd, Port Moody BC V3H 2V7

Club Primary Contact: clubadmin@portmoodycurling.ca

Club Administrator Contact #: 604-949-9993

Policy document through Hub International:

<https://www.curlbc.ca/wp-content/uploads/2019/08/Curl-BC-BW200997-Policy.pdf>

Making a claim:

<https://www.curlbc.ca/wp-content/uploads/2019/06/Accident-report-form-Dec-2019.pdf>

Send Claims to:

curlbcclaims@hubinternational.com

OUTBREAK PLAN

An “**outbreak**” is two or more cases of COVID-19. Early detection of symptoms can facilitate the immediate implementation of effective control measures. The two most important factors in limiting the size and length of an outbreak is early detection and immediate implementation of enhanced cleaning measures.

- A Head Safety Officer for the club will identify the roles and responsibilities of participants, if a case or outbreak is reported.
- When a participant is suspected to have COVID-19 like symptoms, the safety representative for the league will notify: the Head Safety Officer or Club Administrator and the facility operator. The Head Safety Officer or Club Administrator will contact Fraser Health Authorities.
- The contact tracing document for that draw or time slot will be used to advise participants to:
 - ❑ Self-isolate or, if requiring medical attention, contact your medical healthcare provider, or call the COVID-19 helpline 811, or for all emergencies, call 911 or go to the nearest Emergency Room.
 - ❑ Use the COVID-19 self assessment tool to help determine if further assessment or testing for COVID-19 is needed:
<http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/if-you-are-sick>
 - ❑ In the event of a suspected case or outbreak of influenza-like-illness, the head safety officer/ club administrator/ league safety representative will contact the Medical Health Officer at Fraser Health (North or South) to immediately report a possible outbreak.
 - ❑ The club administrator will contact the City Manager Jim LaCroix.

APPENDIX A- DEFINITIONS

“Participant”- applies to all coaches, members, volunteers, staff, participants and family members of participants while in attendance at club activities.

“PHO” - Provincial Health Officer

“RTS” - Return To Sport Guidelines- viaSport

“PMCC” - Port Moody Curling Club

“RTCGP” - Return To Curling Guidelines and Protocols - PMCC

“The City” - This refers to the City of Port Moody whether that be management, employees and/or staff.

“Organization”- collectively this is Curling Canada, Curl BC, and the Port Moody Curling Club

APPENDIX B

DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian: _____

(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

WARNING! ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION.

Curling Canada, Curl BC, and the Port Moody Curling Club, (collectively the "Organization") requires the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than the age of majority) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than the age of majority), hereby acknowledge and agree to the terms outlined in this document:

1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.

2) The individual has not been diagnosed with COVID-19; OR If the individual was diagnosed with COVID-19, the individual was cleared as non contagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.

3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19; OR If the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.

4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable) agrees to assume those risks, including but not limited to exposure and being infected.

5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) The individual has not, nor has any member of the individual's household, travelled to, or had a lay-over in any country outside Canada, or in any province outside of Prince Edward Island in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Prince Edward Island after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

8) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

9) The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.

10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.

11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____ Date: _____

Individual (If the age of majority)

Signature: _____ Date: _____

Parent/Guardian (if the individual is younger than age of majority)

APPENDIX C

CURLING CANADA - RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT To be executed by participants over the Age of Majority

WARNING! Please read carefully. By signing this document, you will waive certain legal rights – including the right to sue.

1. This is a binding legal agreement. Clarify any questions or concerns before signing.
2. As a participant in the sport of curling and the activities, programs, classes, services provided, and events sponsored or organized by:

Curling Canada, Curl BC, and Port Moody Curling Club, including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the “Activities”), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

3. Curling Canada, Curl BC, Port Moody Curling Club, and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 - 3.

Description and Acknowledgement of Risks

4. I understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards, and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis, and loss of life. The sport of curling is played on a sheet of ice, which is slippery, hard, and dangerous.

b) A pertinent risk to participating in the sport of curling is the risk of suffering serious head injury should I fall, trip, or stumble onto the ground or ice. It is highly recommended that I wear a helmet at all times when participating in the sport of curling.

c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and COVID-19

d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.

5. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:

a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.

b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises.

c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.

d) Contact: contact with brooms, brushes or curling stones, other equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.

e) Advice: negligent advice regarding the Activities.

f) Ability: Failing to act safely or within my own ability or within designated areas.

g) Sport: the game of curling and its inherent risks, including but not limited to, running, sliding or slipping on the ice surface, delivering the curling stone, skipping or sweeping, stepping onto the ice surface from the walkway or onto the walkway from the ice

surface, or stepping over dividers that divide one sheet of ice from the next.

h) Cyber: privacy breaches, hacking, technology malfunction or damage.

i) Conduct: My conduct and conduct of other persons including any physical altercation between participants.

j) Travel: Travel to and from the Activities.

k) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury, or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers, and hazards of curling, some of which are referred to above.

I have read and agree to be bound by paragraphs 4 and 5.

Terms

6. In consideration of the Organization allowing me to participate in the Activities, I agree:

a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;

b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;

c) To comply with the rules and regulations for participation in the Activities;

d) To comply with the rules of the facility or equipment;

e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;

f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;

g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;

h) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment;

i) Covid-19: that COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent

disability, or death.

Release of Liability and Disclaimer

7. In consideration of the Organization allowing me to participate, I agree:

- a) That the sole responsibility for my safety remains with me;
- b) To ASSUME all risks arising out of, associated with or related to my participation;
- c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a brochure or advertisement or in individual conversations, to agree to participate in the Activities;
- d) To WAIVE any and all claims that I may have now or in the future against the Organization;
- e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
- f) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
- g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
- h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
- i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
- j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

8. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of British Columbia and further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 6 - 8.

Acknowledgement

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

Name of Participant (print)

Signature of Participant

Date

APPENDIX D

CURLING CANADA - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT For Participants Under the Age of Majority

WARNING! Parent or Guardian, please read carefully. By signing this document, you will assume certain risks and responsibilities.

Participant's Name: _____

Participant's Date of Birth (yyyy/mm/dd): _____

1. This is a binding legal agreement. Clarify any questions or concerns before signing.
2. As a Participant in the sport of curling and the activities, programs, classes, services provided, and events sponsored or organized:

Curling Canada, Curl BC, Port Moody Curling Club (collectively the "Organization"), including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:

3. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

We have read and agree to be bound by paragraphs 1 - 3.

Description and Acknowledgement of Risks

4. The Parties understand and acknowledge that:

a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life. The sport of curling is played on a sheet of ice, which is slippery, hard, and dangerous;

b) A pertinent risk to participating in the sport of curling is the risk of suffering serious head injury should the Participant fall, trip, or stumble onto the ground or ice. It is highly recommended that the Participant wear a helmet at all times when participating in the

sport of curling;

c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction;

d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.

b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises.

c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.

d) Contact: contact with brooms, brushes or curling stones, other equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.

e) Advice: negligent advice regarding the Activities.

f) Ability: Failing to act safely or within my own ability or within designated areas.

g) Sport: the game of curling and its inherent risks, including but not limited to, running, sliding or slipping on the ice surface, delivering the curling stone, skipping or sweeping, stepping onto the ice surface from the walkway or onto the walkway from the ice surface, or stepping over dividers that divide one sheet of ice from the next.

- h) Cyber: privacy breaches, hacking, technology malfunction or damage.
- i) Conduct: My conduct and conduct of other persons including any physical altercation between participants.
- j) Travel: Travel to and from the Activities.

We have read and agree to be bound by paragraphs 4 and 5

Terms

6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:

- a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
- b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
- c) To comply with the rules and regulations for participation in the Activities;
- d) To comply with the rules of the facility or equipment;
- e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
- f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way;
- g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
- h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and,
- i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.

7. In consideration of the Organization allowing the Participant to participate, the Parties agree:

- a) That the Parties are not relying on any oral or written statements made by the

Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities

b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and

c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of British Columbia and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of British Columbia and they further agree that the substantive law of the Province of British Columbia will apply without regard to conflict of law rules.

We have read and agree to be bound by paragraphs 6 to 8.

Acknowledgement

9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

APPENDIX E - PARTICIPANT AGREEMENT

This Participant Agreement ("Participant") applies to all coaches, members, volunteers, staff, participants, family members of participants while in attendance at club activities.

All Participants of the Port Moody Curling Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and Return To Curling Guidelines and Protocols:

- I agree to Covid-19 symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.
- I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.
- I agree to sanitize my hands upon entering and exiting the facility, with a hand sanitizer.
- I agree to sanitize my personal equipment prior to entering and exiting the facility with approved cleaning products.
- I agree to sanitize the shared equipment used throughout the game with approved cleaning products provided by the club (measuring sticks, etc.).
- I agree to continue to follow social distancing protocols of staying at least 2m away from others.
- I agree to not share any equipment during practice/game times.
- I agree to abide by all of my Clubs COVID-19 Guidelines and Policies.
- I understand that if I do not abide by the aforementioned guidelines/policies, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.
- I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.
- I agree to wear a face covering/mask that completely covers my nose and mouth when in the facility.
- I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Curling Guidelines and Protocols, will not entirely eliminate those risks.

Date: _____

Print First and Last Name: _____

Signature: _____

APPENDIX F - ILLNESS POLICY

Illness Policy (Adapted from Curl BC)

In this policy, “Team member” includes a member, coach, volunteer, participant or parent/spectator.

- 1. Inform an individual in a position of authority (coach, team manager, league representatives) immediately if, you feel any symptoms of COVID-19 such as 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.**
- 2. Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility each time they enter the facility, before their practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. League Representatives/managers/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
- 3. If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. If they feel sick and /or are showing symptoms while practicing/playing, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. No Team Member may participate in a practice/activity if they are symptomatic.
- 4. If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the practice/activity/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who played closely with the infected Team Member will also be removed from the/practice/activity/ facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect the practice/activity/facility area immediately and any surfaces that could have potentially been infected/touched.

5. If a Team Member has been tested and is waiting for the results of a COVID-19 Test

- a. As with the confirmed case, the Team Member must be removed from the practice/activity/facility.
- b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
- c. Other Team Members who may have been exposed will be informed and removed from the practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
- d. The practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

6. If a Team Member has come in to contact with someone who is confirmed to have COVID-19

- a. Team Members must advise their league representative/coach if they reasonably believe they have been exposed to COVID-19.
- b. Once the contact is confirmed, the Team Member will be removed from the practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the practice/activity for at least 14 days.
- c. The practice/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

7. Quarantine or Self-Isolate if:

- a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
- b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
- d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.

APPENDIX G - REFERENCES

BC Recreation And Parks Association.(2020, May 20). *Guideline For Restarting Operations*. COVID-19: Recovery through recreation and parks.

<https://www.bcrpa.bc.ca/media/242766/bcrpa-restarting-guidelines-final.pdf>

Curl BC.(2020, October 06).*Curl BC's Return to Curling Guidelines*. The return to curling guidelines. Version 4

<https://www.curlbc.ca/wp-content/uploads/2020/07/Return-to-Curling-Guide.pdf>

Curling Canada.(2020, July 07). *Return - To - Play Guidelines*. A Resource for Boards of Directors, Volunteers and Managers of Canadian Curling Rinks.

https://www.curling.ca/files/2020/07/CC-Manual_Return-to-Play_CAN_EN.pdf

Government of Canada.(2020, July 20). *COVID-19: How to safely use a non-medical mask or face covering*. Awareness resources.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-safely-use-non-medical-mask-face-covering.html>

Government of Canada.(2020, July 16). *COVID-19: Testing and reducing stigma*. Awareness resources.

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-testing-reducing-stigma.html>

Government of Canada.(2020, October 08). *Coronavirus Disease (COVID-19)*. Prevention and risks.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks.html#h>

Government of Canada.(2020, October 09). *Coronavirus Disease (COVID-19)*. Measures to reduce COVID-19 in your community.

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/measures-reduce-community.html#co>

The City of Port Moody.(2020, June 22). *Port Moody to move forward with phased plan for delivery of services*. Moving Forward.

<https://www.portmoody.ca/en/news/port-moody-to-move-forward-with-phased-plan-for-delivery-of-services.aspx>

WorkSafeBC.(2020, May). *Sports and recreation*. Protocols for returning to operation.

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

APPENDIX H - COVID-19 SAFETY PLAN

Port Moody Curling Club

September 22, 2020

Step 1: Assess the risks at Port Moody Curling Club

We have identified areas where there may be risks, either through close physical proximity or through contaminated surfaces. The closer together individuals are and the longer they are close to each other, the greater the risk.

- We have identified areas where people gather- The Ice House Lounge, downstairs change area that encompasses 2 levels which includes handrails, and the elevator. **The City has removed the 4 chairs in the lobby lounge.**
- We have identified situations and processes where individuals are close to one another or members of the public- **The Ice House Lounge, downstairs changing area that encompasses 2 levels, elevator and staircase.**
- We have identified the equipment that may be shared by individuals- **measuring sticks.** Players MUST have their own equipment as there will be no sharing of equipment between players. (We will not make available any rental equipment this year).
- We have identified surfaces that people touch often- **enter/exit door handles, washroom door handles, stairwell handles and concrete ledges in the change area of the curling lounge, curling rocks, measuring sticks, garbage cans and time clock in curling rink, elevator.**

Step 2: Implement protocols to reduce the risks

We have implemented protocols to minimize the risks of transmission.

The following information, input, and guidance that were referenced:

- Via Sport sector guidelines and your sport-specific guideline- **we have referenced these and will update if any changes occur.**
- Orders, guidance, and notices issued by the provincial health officer and relevant to your sport- **we have referenced these in our document and will update if any changes occur.**
- Municipality or facility guidelines- **City will provide guidelines.**

First level protection (elimination): Limiting the number of people and ensuring physical distancing whenever possible.

- We have established maximum program numbers for our program that meets facility requirements- **City has provided us with these numbers.**
- We have established and posted occupancy limits for common areas such as meeting rooms, change rooms, washrooms, and elevators.

- We have implemented measures to keep participants and others at least 2 metres apart, wherever possible- [The City has placed some signage but it is changing weekly. We can ask to have curling related signage but it needs City approval.](#)

Measures in place:

Our control measures for maintaining physical distancing in our environment. This information is in another document which is listed below.

Placement of signage on floors, windows, entrances/exits. Once all the measures have been developed they will be placed in the documents under Facility Access and Use and Participants areas.

Second level protection (engineering): Barriers or partitions for the facility.

- Barriers could be used to mark out lines for bar service. [Lounge will not be opening at this time.](#)

Measures in place:

Barriers or partitions will be used in our environment. This information is in another document which is listed below.

The only barriers needed would be in The Ice House Lounge at the bar if opened. [Not opening at this time.](#)

Extensions to mark out change areas for curlers before and after games from other user groups in the facility to facilitate safe distancing protocols. [Only if the facility is open to other user groups.](#)

Third level protection (administrative):

- We have identified rules and guidelines for how participants, coaches, volunteers, and spectators should conduct themselves. [RTCGP document will provide the information.](#)
- We have clearly communicated these rules and guidelines through a combination of training and signage. [League Presidents, Executive and Board](#)

Members will be trained on safety protocol and will then model proper Covid-19 guidelines and protocols to our membership.

Measures in place:

The rules and guidelines that everyone is required to follow. This information is in another document which is listed below:

In our Return To Curling document under the participants area it will include directions as to the entrance and exits of the facility. It will also include sanitization of our equipment before and after use.

Fourth level protection: The use of masks.

- We have reviewed the information on selecting and using masks and instructions on how to use a mask. [The need for proper mask wearing has been identified in the Participant area of the Return to Curling document.](#)
- We understand the limitations of masks to protect the wearer from respiratory droplets. We understand that masks should only be considered when other control measures cannot be implemented. [Face coverings/masks are to be worn upon entry and are required to be worn in all common areas of the facility.](#)
- We will train individuals on the proper use of masks (if applicable).

Measures in place:

Who will use masks? [All participants.](#)

What tasks will require the use of masks? [Curlers must wear a mask while in the facility.](#)

The correct use of masks is in another document which is listed below:

In the Return To Curling document under Participant.

Reducing the risk of surface transmission through effective cleaning and hygiene practices.

- We have reviewed the information on cleaning and disinfecting surfaces. **The City will be responsible for the majority of this.**
- Our sports facility has enough hand washing stations on site for our participants. Hand washing locations are visible and easily accessed. **PMCC will need to provide more stations.**
- We have communicated good hygiene practices to participants, coaches, volunteers, etc. **PMCC will ensure there is proper signage that demonstrates this in all washrooms and at hand sanitizing stations.**
- We have implemented cleaning protocols for all common areas and surfaces.
- Workers who are cleaning have adequate training and materials. **The City staff will have received training on Covid protocols.**
- We have removed unnecessary tools and equipment to simplify the cleaning process. **No rental equipment this year (we will put the brooms into storage), measuring gages will need to be cleaned after each use by the member using the gauge so that it is sanitized for the next member needing to use this piece of equipment.**

Cleaning protocols:

Cleaning protocols will include (e.g., which surfaces, tools, equipment, etc). This information is in another document which is listed below:

The City will have to confirm which areas will be the responsibility of maintenance staff and what areas the membership will be required to look after. This will be reported in the Return To Curling document when available.

Step 3: Develop policies

- Develop the necessary policies to manage your sport. **We have referenced Curl BC and Curling Canada guidelines. Our policies will ensure that all participants and others showing symptoms of COVID-19 are prohibited from participating in sport activities. Covid-19 questions will be asked outside the entrance of the facility, and signing of a Covid-19 - Declaration of Compliance form is required at registration for the curling season.**
- Members who have shown symptoms of COVID-19 in the last 10 days - Symptoms include fever, chills, new or worsening cough, shortness of breath, sore throat, and new muscle aches or headache. **Members will be questioned prior to entry and will be directed to follow Covid-19 protocols if answered "Yes" to any of the questions.**

- Anyone directed by Public Health to self-isolate. [It is mandatory for members to self isolate when directed.](#)
- Anyone who has arrived from outside of Canada or who has had contact with a confirmed COVID-19 case must self-isolate for 14 days and monitor for symptoms. [It is mandatory for members to self isolate when directed.](#)

Our policy addresses individuals who may start to feel ill while participating. It includes the following:

- Sick individuals should report to the league president (or designated individuals), even with mild symptoms. [To follow Covid-19 protocols.](#)
- Sick individuals should be asked to wash or sanitize their hands, and be provided with a mask if they do not have one. They will then be directed to go directly to the designated isolation area determined by the city. Ask the individual to go straight home or there will be a designated isolation area to wait if a member requires more assistance. [Consult the BC COVID-19 Self-Assessment Tool, or call 811 for further guidance related to testing and self-isolation.]
- If the individual is severely ill (e.g., difficulty breathing, chest pain), call 911. Clean and disinfect any surfaces that the ill individual has come into contact with. If this individual is confirmed to have Covid symptoms, the other members of the league will need to be notified and the players on this persons team as well as the other team they were playing should self isolate for 14 days.

Step 4: Develop communication plans and training

We will ensure that everyone participating in the sport activity knows how to keep themselves safe while participating:

- We have a communication and training plan to ensure everyone is trained in policies and procedures. [Three members of each league will be trained and will ensure safety policies and procedures are followed by their league members.](#)
- All participants have received the policies for staying home when sick. [Each member must sign a COVID 19 Declaration of Compliance form before participating in league play.](#)
- We have posted signage at the sports location, including occupancy limits and effective hygiene practices. [City has some signage in place and will ensure that occupancy limits will be posted. City needs to approve placement of curling related signage.](#)
- We have posted signage indicating who is restricted from participating, including visitors and workers with symptoms. [City has posted signage indicating who is restricted from participating, including visitors and workers with symptoms.](#)
- Coaches or safety volunteers have been trained on monitoring participants to ensure policies and procedures are being followed.

Step 5: Monitor and update your plans as necessary

As changes occur in our sport when we start to operate. We will identify new areas of concern, or if it seems like something is not working, we will take steps to update our policies and procedures.

- We have a plan in place to monitor risks. We will continually update our guidelines and protocols, as necessary. Documents will be updated when new information is received, and changes are required.
- Individuals know who to go to with health and safety concerns. There will be a head safety officer with at least 2 safety representatives to observe (spot check) each league regarding safety concerns.
- When resolving safety issues, we will involve designated health and safety representatives. The head safety officer will be the contact person.

Step 6: Assess and address risks from resuming operations

Our facility has not been operating since the COVID-19 pandemic began. We will manage risks arising from the restarting of our programs.

- We have a training plan for new staff, coaches and volunteers. Yes, the head safety officer will train these members.
- We have a training plan for staff, coaches and volunteers taking on new roles or responsibilities. Yes
- We have a training plan around changes to our programming. Yes
- We have identified a safe process for cleaning and removing things which should not be in use. Yes

APPENDIX I - CURL BC- ICE LAYOUT

