



RETURN TO PLAY GUIDELINES

A Resource for Boards of Directors, Volunteers
and Managers of Alberta Curling Rinks

MESSAGE FROM THE EXECUTIVE DIRECTOR



First and foremost, on behalf of Curling Alberta and the broader curling community, I would like to extend our thanks to the essential workers in Alberta and around the world who are placed in dangerous situations day after day and continue to make sacrifices for our well-being. We are also indebted to the managers and staff at our curling centres, the volunteers, curlers, and partners who have come forward to offer support for our communities and our sport. I have been inspired by our resiliency, and I am convinced that not only will we weather this crisis, but we will emerge even stronger. Your commitment makes all the difference, and I encourage you to continue to be mindful of all the ways curling helps to keep our communities healthy, connected, and vibrant.

It has been said that it is in times of crisis that great opportunities also arise. In all modesty, we want the values and benefits of curling to shine during this difficult time. Curling has always been a sport that people of all ages and abilities can participate in as an accessible and low-risk activity in order to stay active and social. With a few modifications to the traditional rules, it is entirely possible for people to continue to play in a manner that is physically distant and low risk, while still reaping the positive benefits of sport.

I would also like to recognize the staff and volunteers at our clubs— your commitment and your discipline to following reopening guidelines to the best of your ability are critical at this time. It is Curling Alberta's priority to support you in this important endeavor. We fully recognize that reopening our facilities may seem daunting, and that everyone is also busy managing challenging personal and family situations at this moment. However, your effort in going the extra mile will make a huge difference to our sport, to your community, and to curlers both returning and new.

The safety of all of us is paramount. We can only make positive contributions and achieve our common goals if we stay healthy and avoid spreading the virus. Hand in hand with our national body, we've been urging Canadians to #keepcurling at home. As the message shifts to #keepcurling, we are committed to getting our curlers back on the ice this fall. Let's all do our part to avoid future outbreaks of COVID-19, and to keep our curling clubs and communities open and thriving.

Please let us know if there's anything we can do to support you or your club at this time, or if there are any ways you'd like to adjust the way we're providing services to you. We'll get through this as a community by supporting each other and looking out for the good of the whole.

As always, we are grateful to serve you, and wish you all the best.

A handwritten signature in black ink that reads "Jill Richard". The signature is fluid and cursive, with a large initial "J" and "R".

Jill Richard

Executive Director, Curling Alberta



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INTRODUCTION

Curling Alberta and our National/Provincial/Territorial Partners are committed to:

- The health & well-being of our customers playing our sport at the community level in a safe environment to the satisfaction of local authorities
- The health & well-being of our fans attending our sanctioned events
- The health & well-being of our athletes in their training and competitive opportunities including field of play safety
- Unequivocal cooperation with the federal, provincial & territorial, and municipal governments and any health authority being flexible to customize return to play plans in any jurisdiction

Curling is a sport played in more than 1,000 dedicated clubs or arenas in Canada. Our environment looks like this:

- Curling is a non-contact sport played most often in a custom-built refrigerated arena.
- A single sheet of dedicated curling ice is on average 14'2" wide and 146' in length or a little over 2000 square feet.
- A normal game is about 2 hours in length with anywhere from 4-8 people on the sheet of ice.
- 37% of Canadian dedicated rinks have four (4) sheets (8000 sq. ft.). A full time slot in a 4-sheet club would be a maximum of 32 people on the ice.
- 22% of Canadian dedicated rinks have (3) sheets (6000 sq. ft.). A full time slot in a 3-sheet club would be a maximum of 24 people on the ice.
- 15% of Canadian dedicated rinks have (6) sheets (12000 sq. ft.). A full time slot in a 6-sheet club would be a maximum of 48 people on the ice.
- Ceiling heights vary but at minimum, they are 12' or higher.
- Average temperature in the ice area is 0° Celsius. It varies from building to building (depending on wall & ceiling insulation and heating systems) but can be in a range of -3° Celsius to +3° Celsius.
- Most clubs in Canada have locker rooms and warm areas complete with a licensed bar and some form of kitchen / restaurant. The warm areas are most often proportionate to the size of their ice surface. The bigger the ice area, the bigger the lounge.
- Most clubs have a minimum seating for the number of people who can be on the ice at any one time. For example, a 4-sheet rink will have a maximum of 32 people curling at any one time. Therefore, there would be minimum seating for 32 in the warm area normally in table arrangements for eight people.

With the assistance of various sources including input from a number of curling club managers, here are the guidelines established for returning to play at curling rinks in Alberta. Please refer to Curling Canada's guidelines for the national perspective. The information in this document is positioned as a resource to adhere with provincial health authority guidelines and should be used as a guide to developing your own tailored plan for start-up this season.

Eventually restrictions from our Provincial and Federal governments and health authorities will lessen, however,



Curling Alberta understands there may be concerns on the part of your members, renters, and staff as we return to play the game of curling. The safety of your customers and staff is first and the foremost principle in the decisions for the near future.

Alberta's ongoing success to reopen safely will depend on Albertans following the guidance provided. These guidelines were designed for eight people per sheet of ice with physical distancing recommendations. Curling Alberta recommends that all curling centres adopt these guidelines to the best of their ability for club-level play including bonspiels, rentals, and various programs, recognizing that each curling centre is unique (please refer to the Sanctioned Competitions section for guidance specific to competitive play). Our best efforts to be compliant will keep our communities safer and allow us to collectively promote curling as a low-risk and accessible opportunity to stay active, social, and involved with sport. If your club chooses to adopt an alternate approach such as cohorting among teams or other groups such as entire leagues (i.e. to allow two sweepers and other relaxed physical distancing practices) please refer to Alberta's applicable guidance and carefully consider the increased risks.

Recognizing that it may be difficult to distinguish which guidelines are of the utmost importance, and which may be simply helpful tips, advice, and considerations, please note that order 25-2020 published by the Province of Alberta states that entities must comply, to the extent possible, with any applicable Alberta Health guidance found on Bizconnect. You should check these documents regularly (listed in the Resources Section of this document) as the guidance may be expanded or changed at any time. While these guidelines are provincial by nature, you and your club are also expected to follow the authority of relevant agencies in your community, municipality, and facility to customize your own plan. Therefore, the information contained within should guide decisions and provide examples rather than being prescriptive. If your curling centre requires any assistance interpreting these or any other applicable guidelines, please contact Curling Alberta for support.

Disclaimer

Curling Alberta's Return to Play Guidelines are intended to be used for the purposes set in this document. While Curling Alberta 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 Curling Alberta cannot guarantee the accuracy or completeness of any information or recommendations provided in this document. Curling Alberta will endeavor 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 Alberta Health Services. If there is any ambiguity or conflict between Curling Alberta's Return to Play Guidelines and current public health legislation, orders, and regulations, the legislation, orders and regulations will prevail over Curling Alberta's Return to Play Guidelines. Links in this document to third party web sites are provided solely for further reference and as additional resources. Curling Alberta does not endorse the information contained in the linked websites 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 Curling Alberta 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 Curling Alberta to help review your return to play plan to ensure that your plan is as up to date as possible. Curling Alberta's Return to Play 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 Curling Alberta's Return to Play Guidelines. Curling Alberta shall not be responsible for any loss of damage of any kind resulting directly or indirectly from the implementation of these guidelines by our member clubs, including without limitation, reliance on the completeness or accuracy of the information found in Curling Alberta's Return to Play Guidelines.



These guidelines target four areas to consider for any returning-to-play policies:

- a. Authorities
- b. Curlers / Staff
- c. Building
- d. Programming / Planning

Board & staff to review any risks and/or complete a risk assessment

- Consider creating an ad hoc committee to oversee returning to play and a Health and Safety Ambassador. This committee should include your cleaning staff and ice technician.
- The committee should be tasked to source rules and guidelines from your applicable health authorities. The rules in one community may be very different from another.
- Assign responsibility to:
 - keep track of all updates from any applicable health authorities including updates from Curling Alberta;
 - observe physical distancing guidelines you have implemented;
 - report any Covid-19 cases to your local health authorities and Curling Alberta;
 - design a communication plan to stay in touch with your customers;
- The committee should also discuss and plan appropriately for any user groups which may have special considerations. For example, older Canadians appear to be at greater risk. Senior leagues may need special precautions such as less people on the ice in comparison to other groups.



AUTHORITIES

GOVERNMENT OF CANADA

The Federal Government recommendations for gatherings (all applicable to a draw or time slot of curling):

- practice proper hygiene;
- physical distance between players wherever possible (ideally to 2 metres);
- encouraging ill people and people who are at risk for severe illness not to attend;
- supporting hand hygiene by providing hand sanitizers dispensers in prominent locations.

PROVINCIAL / TERRITORIAL / MUNICIPAL

- Stay connected with your governments and health authorities (local, regional) by finding their web pages and signing up for newsletters, bulletins. Stay connected with the new measures as to cleanliness.
- Connect with local refrigeration authorities to stay in step with any new guidelines to access the plant room among other things.
- Connect with the Restaurant & Bar industries to stay informed as to the operation of your Food & Beverage delivery.

RESOURCES

ALBERTA GUIDANCE DOCUMENTS

Guidance Documents created by Alberta Health, in conjunction with Sport, Physical Activity and Recreation (SPAR) Branch

<https://www.alberta.ca/guidance-documents.aspx>

Guidance for SPAR – Stage 2 (June 30, 2020)

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

Guidance for Cohorts – (June 23, 2020)

<https://www.alberta.ca/assets/documents/covid-19-relaunch-guidance-cohorts.pdf>

Alberta Daily Health Checklist – (June 22, 2020)

<https://open.alberta.ca/publications/covid-19-information-alberta-health-daily-checklist>

Guidance Documents created by Alberta Health, in conjunction with Restaurants, Bars, and Cafe's:

<https://www.alberta.ca/assets/documents/covid-19-relaunch-sports-physical-activity-and-recreation.pdf>

CANADIAN GUIDANCE DOCUMENTS

Health Authorities

<https://www.justice.gc.ca/eng/cv/author.html>

Federal Government Covid-19 Information

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

Federal Government Resources

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html>

Provincial & Territorial Information

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/symptoms/provincial-territorial-resources-covid-19.html>



BUSINESS SAFETY (CLEANLINESS)

Curlers (members / renters / casual users), staff, and management should be made aware of your return-to-play guidelines and the role they need to play allowing them to come back to the rink when you can reopen under government-mandated conditions.

See Appendix #1 for a one-page handout to share with curlers and staff, and post in-house in prominent locations.

All members, renters, or those trying curling for the first time should sign a Declaration of Compliance and a Waiver of Assumption of Risk. Note: weekly renters (based on your definition) should be given access to regular play if possible. See Appendix 2 & 3.

Note: We recommend that curling centres follow the General Safety & Cleanliness Guidelines even if they are allowed to reopen without restrictions (such as physical distancing).

Hygiene

- Keep your hands clean. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer.
- Curlers, staff, guests and spectators should be required to sanitize their hands upon entry.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into the bend of your arm.
- Avoid touching surfaces people touch often, such as:
 - Toilets and sinks
 - Door handles
 - Bar and bar tables
 - Stone handles (except your two stones in your game)

Your Curling Centre

- Publish and post your current occupancy load with the effective date assigned by your local authority.
- Display posters and documents around your building to support awareness and actions to be taken to help prevent the spread of the virus. AHS has created a number of posters which can be found here: <https://www.alberta.ca/covid-19-information-posters.aspx>
- If players or staff have symptoms, please kindly tell them to stay at home and be sure to offer proper support.

A. CLEANING PROTOCOL

- Undertake a full building clean prior to start up. Consult with your cleaning company or local authority.
- Your ad hoc committee should address where your high-touch surfaces might be, then develop a plan to keep them clean based on traffic, frequency etc. The main entrance is an example. Keep a log of the cleaning activity.
- Provide your cleaning staff the necessary facilities and cleaning products to maintain a clean and safe workplace.



- Provide employees with any personal protective equipment recommended by occupational health and safety guidelines, and provide training to ensure it is used correctly
- Health Canada has published a list of hard surface disinfectants that are likely to be effective for use against covid-19.
- Provide access to soap and paper towels in washrooms. Ensure that they are monitored and filled regularly.
- Purchase and place hand sanitizing dispensers in prominent locations (entrances, ice area, lounge).

B. MISCELLANEOUS CONSIDERATIONS

- The [Alberta Health Daily Checklist](#) is a tool that has been developed to support activity organizers and facility operators in reducing the risk of transmission of COVID-19 among attendees. The tool is meant to be used to assist with assessing attendees who may be symptomatic, or who may have been exposed to someone who is ill or has confirmed COVID-19.
 - This checklist should be completed by each participant each time they enter the facility. This not only helps to screen but reduces the club's liability if an issue arises.
 - AHS requires that the screening and tracking information be collected and securely stored for a minimum of two weeks (14 days). It is recommended to keep these documents for two years for legal purposes.
 - Consider options on how you will screen and collect this information for all those who enter your facility for contact tracing in the event there is an outbreak or connection to the curling centre.
- Clubs may want to promote the AHS "ABTraceTogether" mobile app or the national mobile app called "COVID Alert" as a way of tracing contacts. More information can be found here: <https://www.alberta.ca/ab-trace-together.aspx> (ABTraceTogether) or <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html> (COVID Alert)
 - It is recommended that this information also be collected for all one-time users of the club.
- Masks: each curling centre should assess whether they should require users to wear a mask, either in the lounge and/or out on the ice. Note, masks may be mandatory in your region so be sure to check with your municipality.
- Consider creative options to pay fees including early bird and monthly options.
- When bar/lounge areas are allowed to open, discourage cash. Consider credit or debit cards, chits, accounts, etc.
- Create a sanitation/cleaning log to track cleaning in each area needing attention. Expect staff to log each time they clean. You may want to put this where visitors can see.

C. ICE MAKING EQUIPMENT

- We strongly suggest the rink's Ice Technician and/or his/her assistant(s) are the only persons allowed to handle ice making equipment: power scraper, hand scrapers, pebbling cans and heads, brooms, mops, garbage cans, etc. In volunteer-only rinks, assign specific individuals to these pieces of equipment, then develop a sanitization schedule as to when and how to clean the equipment.

D. ADDITIONAL SANITARY RECOMMENDATIONS

- Specific AHS COVID 19 recommendations:
 - [COVID-19 Public Health Recommendations for Environmental Cleaning of Public Facilities](#)
 - [Principles for Environmental Cleaning and Disinfection](#). Note, primarily for facilities where care is provided.



However, it has some good references to cleaning and disinfecting.

- Use Health Canada approved **hard-surface disinfectants** and **hand sanitizers** for use against COVID-19 (search products by DIN number). Approved sanitizers tend to include the following. However it is recommended that you check the current list:
 - Diluted Bleach (Sodium hypochlorite)
 - Benzalkonium Chloride
 - Alkyl Dimethyl Ethylbenzyl Ammonium Chloride
 - Hydrogen Peroxide
 - Hydrochloric Acid
 - Solutions with at least 70% alcohol

A full list available here: <https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>

Important Information on Disinfectants and Cleaning Agents

- Follow manufacturer's label instructions for application.
- Ensure proper ventilation.
- Make sure employees are trained appropriately on cleaning and disinfection procedures.
- Ensure the product is not past its expiration date.
- Never mix household bleach with ammonia or any other cleanser
- Centres may consider posting the disinfectant product that is being used in the locker rooms or bathrooms.

E. CURLING CENTRE LAYOUT AND NAVIGATION

- Check with your local authorities about the use of locker rooms. Consider requiring participants to come to the rink ready to play if access to locker rooms is restricted. If your locker room remains accessible, consider asking curlers to wear masks while changing. Consider removing benches to allow for more room to maintain distance.
- Consider removing water dispensers that are not touchless or used for filling water bottles. Players should bring their own containers for water during play. Individual dispensers do not need to be six feet apart, however, only the owner should handle his or her container.
- User markers to show traffic flow, which should be in only one direction where possible (e.g. in the front door, to the ice, off the ice, out the exit door).
- Temporary partitions can be used to separate traffic or in the lounge to create some extra change room space.
- Table setups (i.e. how many chairs at each table) should reflect the guidance provided for restaurants, bars, and cafes.
- Investigate electric doors; touchless taps for sinks; automatic soap dispensers; automatic paper towel dispensers; touchless urinals and toilets.

F. CURLING EQUIPMENT

- Rental equipment (sliders, brooms) should be disinfected after each use. Consider charging \$5 (or more) per item and use this revenue to hire someone to clean them. Consider cleaning options such as bleach and water. Consider also offering access to cleaning products for users to clean the equipment again themselves if they wish.
- Consider removing club-provided equipment from the ice shed such as stabilizers if you cannot ensure proper



disinfection measures after each use.

- Stones:
 - Stones should be sanitized at the end of each draw and cleaning products such as wipes should be made available to the curlers of the next draw in order to clean again before play.
 - Consider making wipes or cleaning products available throughout play so that curlers may disinfect stones at their discretion.
 - Players select their two stones which should not be interchanged during a game.
 - Players should not touch any stones other than their own. Let the player delivering the next stone retrieve his/her own stone.
 - Insist that the stones are lined up in single file in the corners.
- Measuring: remove gloves, sanitize your hands, conduct measure, return measure device to its normal location, sanitize your hands again.



GUIDELINES FOR RETURN TO PLAY

NOTE: Each club will have to take the appropriate steps to have players enter and exit their building and stage the players prior to entering the rink in a manner that, as best as possible, allows for physical distancing given the physical layout of that club. A club may include the wearing of masks in this process. The bylaws and guidance provided by your own municipality will apply. Refer to appendix 5 for return to play distancing illustrations.

To help manage the number of people in the curling centre at any one time, clubs may also consider the following:

- A role call to have teams enter the rink in a specific order.
- Staggering the start times of games.
- Split starting times. Instead of all games starting at 6 pm, start 50% of the games at 5:30 pm and the other 50% at 6:30 pm. Half of the players will be in the lounge an hour before the other half. Consider a maximum stay in the lounge which may be 45 minutes and then each player would be required to leave.
- Alternate the start of games. Even-numbered sheets start at the home end and odd-number sheets start at the away end.
- Depending on schedules/timing, consider not allowing extra end games. If you must declare a winner, do a draw to the button.
- Consider a triples league which would have only six players per sheet and would promote efficient physical distancing. See www.curling.ca/about-curling/business-of-curling/covid-19-club-stimulation-program/
- Encourage curlers to arrive no more than 20 minutes before their scheduled time.
- Designate some doors as “entrance only” or “exit only”.

A. ENTERING THE ICE RINK

- Once teams enter the rink, it is important that they do not congregate on the walkway. When a player has reached his or her sheet they should immediately leave their bag or equipment, if applicable, in the appropriate location and then move onto the ice surface and proceed as far along the sheet as is necessary to allow others to access the ice while maintaining at least two meters distance from others.
- Instead of shaking hands, please wave, nod, or raise your brooms together.
- Instead of coin flips, it is recommended that another method is used to determine hammer. This can be something like rock-paper-scissors, a smartphone “heads or tails” app, a stopwatch “odd or even” or an online tool on your phone such as: <https://justflipacoin.com/>
- Note that rocks may be on the away end of the rink, depending on the previous game.

B. DURING PLAY

The following guidelines for sweeping are recommended by Curling Canada and Curling Alberta for non-cohort play.

- Only one designated sweeper on the delivering team can sweep their delivered stone and any of their own stone(s) set in motion. There will be no relaying of sweepers (second sweeper taking over halfway down the sheet). The



person in charge of the house (skip or third) is not allowed to sweep at any time under any circumstance. The skip of the non-delivering team must remain in the hack area until all stones come to rest and move back to accommodate the incoming sweeper and maintain at least two meters of distance.

- Any opposition stone(s) in motion may not be swept under any circumstances. The non-delivering team may not sweep any stones, including their own at any time under any circumstance.
- After a player delivers his or her rock, that player should either:
 1. follow the rock, while maintaining at least two (2) meters from the designated sweeper, but go no further than the second hog-line or
 2. move to the nearest unoccupied standing location.

This will allow the players from the other team to move into position for the next shot.

- As it is a labor-intensive activity to sanitize the scoreboard numbers after each game, consider other methods of keeping score (example: record on one person's phone; paper and pen).
 - i. Designate one person to be the score poster for the game if a scoreboard is being used. The score poster should use hand sanitizer after handling scoreboard numbers.
- Players should only use their hands to touch the rocks they will deliver. Players may move rocks that they are not using but must do so using their broom or their foot on the side of the rock and avoid any contact with the handle.
- Players should not clean the bottom of the rock with their bare or gloved hand but instead use their broom to clean.

C. AT THE COMPLETION OF THE GAME

- Push the rocks with the brush of your broom or your foot to the corners of the end at which play was completed even if it is not the end at which the game began.
- Players are to gather their belongings while distancing themselves from other players.
- If it is necessary to cross behind other sheets that are still active, it may be necessary to request a player on that sheet to move, to allow for the players to exit the rink. Conversely, players should be aware that games may finish prior to theirs and they may have to move to accommodate (a team to pass) them leaving.

D. TRAVEL

- For **AHS Stage 2 of Relaunch Guidance**, activities should be restricted to local opportunities. This means within a neighbourhood, town or municipality. Participants should not seek sport, physical activity and recreation opportunities in other regions, or out of provinces. Cross-jurisdictional, or inter-regional, play should not occur at this stage.

E. ADDITIONAL

- When there is a side walkway, divider, or empty sheet available that is acceptable to use, players are encouraged to use that space for distancing and keeping the pace of play reasonable.
- The number of curlers allowed to be in the ice area will be determined by your approach (i.e. whether your club/league/program will practice physical distancing or adopt a cohort scenario) and the current guidance provided by health authorities. Design league play based on that number.



- **Example #1:** If your club chooses to adopt the approach that leagues will be considered as a cohort, you could have no more than the maximum number of members in a sport cohort according to current AHS guidance participants on the ice. Note, teams may only have one sport cohort. Meaning, they cannot be a cohort in any other sport.
- **Example #2:** If your club chooses to adopt the approach that teams will be considered as a cohort, you may have an unlimited number of participants on the ice, providing that all non-cohort individuals are physically distanced from each other.
- **Example #3:** If your club chooses to adopt the approach that all participants will remain physically distant from each other, you may have an unlimited number of participants on the ice, provided the space accommodates that.



JUNIOR AND LEARN TO CURL PROGRAMS

A. JUNIOR AND LEARN TO CURL PROGRAMS

- All programs should follow the following guidelines set out by AHS.
- All coaches/instructors are required to wear masks if within two metres.
- Individuals who may have difficulties maintaining physical distance of two metres at all times, such as youth, should be encouraged to wear a mask. To be clear, wearing a mask still means that distance should be maintained when possible.
 - Masks may be mandatory in your region, refer to the bylaws and guidance provided by your own municipality. Exclusions may apply.
- Consider a maximum of four students/players per sheet plus one coach.
- One parent per child may be permitted on the ice if physical distancing can be maintained and the number of people per sheet is not exceeded.
- Only one parent per child should be allowed to spectate. Consider putting siblings on the same sheet.
- Arrange for all equipment borrowed by participants to be sanitized after each use. Users should also be encouraged to clean the equipment again themselves before use.
- Someone at the club (e.g. Junior Coordinator) should be assigned responsibility to notify families and attendees of the steps being taken to prevent the risk of transmission, and the importance of their own roles in these measures.

B. ROCK MANAGEMENT

For learn-to-curl and other junior programs, mark the rocks with stickers, tape, or labels to indicate which rocks “belong” to each participant. As an idea, stickers may match on kids’ brooms and rocks. Coaches will instruct students to use only the rocks they have been assigned. Players within the same household or family cohort will be able to share their equipment.

C. BEFORE THE LESSON

Use contactless payment methods or debit/credit cards as much as possible. Payments and registration should all be done online. We recommend that you arrive wearing your curling clothes ready to play. Shoes will be changed onsite continuing to follow the physical distancing measures. All players will be required to use sanitizer before entering the facility. All youth curlers and those who cannot maintain physical distance should be required to wear a mask. Masks may be available for purchase or bring your own. We recommend you arrive no more than ten minutes ahead of your scheduled time. When onsite, always maintain a physical distance of at least two meters from others at all times.

E. DURING THE LESSON

Continue to practice the physical distancing of two meters between all players and coaches. Consider requiring all coaches to wear masks as they are likely to exert while speaking loudly so that participants are able to hear them in a group setting. There will only be a maximum of four players and one coach on each sheet.



Players will continue to use the rock management program. Only one parent per child should be an on-ice spectator.

F. AFTER THE LESSON

After a lesson, it is recommended for adults who are picking up their children to remain in the parking lot until the child leaves the facility. All youth under twelve should be guided by a coach to ensure they find their parents while always mindful and compliant with the Rule of Two. All players will be required to sanitize/wash their hands and ensure physical distancing of at least two meters is maintained with others when leaving the facility to ensure a buffer time with the next set of players entering.

G. ILLNESS

AHS recommends that clubs consider implementing active screening of attendees (where applicable) and staff for **symptoms** of fever, sore throat, cough, runny nose or difficulty breathing.

- Operators may choose to use **Alberta Health Daily Checklist**, the **Alberta Health Services COVID-19 Self-Assessment tool** can be used by attendee or other screening methods.

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

Clubs should develop a rapid response plan that sets out a fast-action plan for operators when an attendee shows symptoms or tests positive for COVID-19.

- Operators should develop a plan that includes appropriate policies and procedures based on the type of attendees specific to their services and settings.
- Staff should be familiar with and follow the rapid response plan if an attendee starts feeling symptoms during a shift. This should include:
 - Immediately isolating the attendee from others.
 - Cleaning and disinfecting all surfaces that may have come into contact with the symptomatic attendee.
 - Requiring hand hygiene and masking of the attendee.
 - The bylaws and guidance provided by your own municipality regarding masks should be followed.
 - The attendee must isolate as soon as possible



BONSPIELS, CASHPIELS & CLUB COMPETITIONS

Bonspiels, cashspiels, club competitions for dedicated curling rinks.

- Establish a 'cleanliness committee' to build your plan to host a tournament.
- Contact the health authority with jurisdiction to get guidelines specific to any travel restrictions and your rink.
- Review how you managed events in the past as a reference point to start your planning.
- Consider:
 - Spacing of draws.
 - Occupancy of building for warm areas.
 - When players can arrive and when they should leave.
 - Online results instead of big draw boards.
 - Follow Curling Canada and Curling Alberta's guidelines for on-ice activity where applicable.
 - Plan for warm-up areas, storage of equipment.
 - Carefully plan food & beverage options.
 - E-transfer cash prizes instead of merchandise.
 - Consider trophy presentations if under physical distancing restrictions.
 - Participants must provide signed waivers with their entries. Avoid signing on site.



CURLING ALBERTA SANCTIONED COMPETITIONS

Curling Alberta Sanctioned Competitions (Provincial Qualifiers, Excel Cups, and Provincial Championships)

- Guidance for organizers, officials, and athletes will be produced as soon as possible.



Please consult your local authorities for adherence to regulations in your area.

- [Disinfectants List \(EN\) List](#)
- Full cleaning of kitchen area before opening.
- Check expiration dates on all food products.
- Check all temperatures in freezers (-18°C or lower), refrigerators / coolers (4°C or lower), pantries (10-21°C).
- Keep all food covered with lids or wraps.
- Use proper utensils to reduce direct hand contact.
- Keep food items six inches off the floor on rack or shelves.
- Trained and knowledgeable Food Handlers help to ensure that food safety, personal hygiene and cleaning and sanitizing standards are being upheld. The SafeCheck® Advanced Canadian Food Certification is an effective way to gain Food Safety (food handler) Certification that includes COVID-19 awareness. *(Courtesy of Restaurants Canada).*
- Keep any cutlery, salt & pepper and any other condiments off your tables. Keep them clean and distribute only when asked. Or, use packaged condiments.
- Clean and sanitize re-usable menus.
- You may choose not to offer food services or bar services open and to minimize the area for sanitation.
 - Follow the [COVID-19 Public Health Recommendations Food Establishments](#) for AHS sanitation recommendations.

Courtesy of Restaurants Canada - <https://www.restaurantscanada.org/industry-news/navigating-coronavirus-covid-19-resources-for-foodservice-operators/>

Re-opening the Bar and Concessions

Please consult your local authorities for regulations in your area and follow AHS [guidance for cafes, restaurants and bars](#).



The lifeblood of any curling rink in our country are the customers whether they are members, renters or casual players. The local curling rinks are community hubs and are very important to each of the communities where they operate.

Part of this re-opening plan will be communicating with your members and other user groups. This is a priority. Message them about your plans. Survey them as to their eagerness or reluctance to return to play. We must be respectful of their needs if we hope to fully overcome this crisis as soon as possible.

Here are some real-life best practices we are sharing with you. They are from rinks all across the country.

- Survey your existing customer list asking them if they will return to play once the ice is in. The list should include members, renters, and annual one-time only events (i.e. company bonspiels).

Ask them:

1. Will they return to play with physical distancing restrictions? Yes or no.
 2. If the answer is no, may we ask why?
 3. Will they return to play without physical distancing restrictions, if permitted? Yes or no.
 4. Do you have any safety or cleanliness concerns on returning to play?
- E-mail your client list asking them to join your Facebook page, or to follow your Twitter feed. Challenge them to post what they have been doing during the pandemic. Or ask them to post curling photos from their curling past. All to keep the customer base active and aware.



Physical distancing and accepting reduced occupancy limits may allow you to re-open your doors to your customers, but will it be financially prudent for you to open your doors?

We strongly recommend your Board and staff (where applicable) review your expenses versus potential revenues to determine the feasibility of actually opening the doors.

Some fixed expenses you will incur when you open the doors:

- Electricity
- Water
- Other utilities (natural gas for heating as example)
- Insurance
- Property taxes or rent
- Ice technician and other start-up costs
- Other staff

Investigate provincial and federal financial support to see if your facility is eligible:

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>
- <https://www.alberta.ca/biz-connect.aspx>

Prepare a revenue projection so you can develop income / expense scenarios. If you require assistance with financial planning, please contact our return to play help group at returntoplay@curling.ca.

CAUTION: Once your curling rink receives the go-ahead from the local health authority to open the doors, make sure you have enough contingency funding or access to emergency loans.

For example, if a second wave of the virus hits in November and you need to shut down again, you may need to deal with the start-up costs such as: ice paint, electricity costs, ice technician pay.

You will have to pay these costs while also reimbursing partial membership fees.

We would strongly recommend ensuring your finances can support another shutdown.



We strongly recommend curling rinks update their waivers and forms before permitting individuals to participate in the sport of curling. Here is why.

All of the information in this section is copied and pasted from a blogpost on the Sport Law & Strategy Group website published on May 20th, 2020 and available here: <https://sportlaw.ca/returning-to-participation-under-covid-19-updating-your-waivers-and-forms/>

BACKGROUND

The first part is a waiver backgrounder / primer. For some curling rinks, this may be the first time you are looking at waivers. Why does it say what it says? Should you use a template? Can a minor sign a waiver? We answer those questions in a helpful refresher of waiver basics.

The second part is about COVID-19. What should your waiver now include? Who needs to sign it? Should you have a separate 'return to play' protocol or does a waiver suffice?

IMPORTANTLY, one general reminder for everyone is that a minor cannot sign a contract that is not a benefit to them and therefore cannot sign a liability waiver. Also, and equally as important, a parent cannot sign a contract restricting their minor child's rights (which is what waivers do – limit their right to sue). This means that organizations can have adult participants sign a waiver but must use a different type of document for minor participants, such as an 'assumption of risk' form. This form still describes the physical and legal risks related to participation but does not limit the minor's right to sue. A parent/guardian can sign this form and indicate their consent of the potential harm to their child. *(From here on, we have used the term 'waivers and forms' to represent both documents).*

WAIVER PRIMER

A waiver is a legal contract signed by a participant who, in exchange for the opportunity to participate, gives up their right to seek legal recourse in the event of an injury. This includes injuries that occur as a result of the organization's negligence or inherent risks associated with the activity. The participant signs a waiver and accepts not only the physical risks of the sport – but the legal risks as well. The participant essentially waives their basic legal right to be compensated for an injury caused by your organization's negligence. A waiver should have the following features:

- Clear application to participants over the age of majority;
- A warning that the individual signing the waiver will waive their right to sue;
- Definition of the rink and the individuals who are being protected;
- References to releasing the organization from liability and claims related to the organization's own negligence;
- Comprehensive description of curling-specific physical risks;
- Signature of the participant.



ASSUMPTION OF RISK

A minor should not be given a waiver to sign and a parent / guardian cannot sign a waiver on behalf of a minor. Instead, parents / guardians of minor participants should sign an 'assumption of risk' form that describes the physical risks related to the participation. This form also serves as 'informed consent' that the parent / guardian is aware that their child may be injured as a result of their participation. This form should have the following features:

- Clear application to participants under the age of majority;
- Does not refer to waiving the right to sue or to the club's negligence;
- Definition of the rink and individuals who are being included;
- Comprehensive description of curling-specific physical risks;
- Clear language that it is the parent / guardian who is accepting the physical risk to the participant;
- Signature of the parent / guardian (the signature of the minor participant is not required).

WAIVERS AND FORMS UNDER COVID-19

Many insurance underwriters are issuing a 'contagion exclusion' that explains that your insurance policy will not cover your curling rink for claims related to COVID-19. This is important information that should prompt a review of your waivers and forms. However, even if you have not received this type of notice, your organization should still include COVID-19 into your waivers and forms as a risk management practice.

Essentially, you should want to be protected from participants filing a claim against your organization should they become exposed or infected. How best to do this?

We recommend reviewing the four general strategies for risk management:

- Avoid
- Transfer
- Reduce
- Retain

AVOID

Avoiding the risk would involve not having any programs or services in which participants could interact with one another and / or with the same equipment or facilities. This would not be practical or desirable for most sport organizations.

REDUCE

Risk reduction strategies include these 'return to play' protocols. Some of these protocols will be curling-specific but others will be common throughout sport. In addition to the 'return to play' guidelines, we recommend introducing a 'Declaration of Compliance'. This document would be signed by any individual who enters your facility and / or who participates in your club's programming. Individuals younger than the age of majority would have a parent / guardian sign the document on their behalf. This Declaration does not replace a waiver or assumption of risk form. It is a risk reduction strategy and not a risk transfer strategy.

In general terms, this Declaration of Compliance should state that the individual pledges that they have not been exposed to COVID-19 in the past 14 days and they are taking reasonable steps to avoid being exposed. The Declaration should also say that your organization reserves the right to remove the participant from the facility or from your programming for any reason. The Declaration of Compliance is a risk reduction strategy that, ideally, reduces the number of people participating in your programming who have been exposed to COVID-19. We recognize, of



course, that some individuals may be untruthful, and others may be unaware of potential exposure – which is why a waiver for adult participants (to transfer the legal risk) is still necessary.

TRANSFER

Insurance is one way that your organization will transfer its legal risks. But, as we mentioned above, we are aware that some insurance underwriters have a ‘contagion exclusion’ which leaves your organization at risk for claims related to COVID-19. This is why updating your waiver is vital.

As we mentioned at the beginning, a minor cannot sign a contract and therefore cannot sign a liability waiver. Also, parents / guardians cannot sign agreements limiting their child’s rights. So, a curling that has both adult and minor participants should have two documents – a waiver (for adult participants) and an assumption of risk form (for minor participants). Both documents should be updated to include the risk of COVID-19 exposure and infection.

The waiver (for adult participants) should be further updated to indicate that the participant will forever release and indemnify the organization from any action or claim related to the participant being exposed to COVID-19, including due to situations that were caused by the organization’s negligence.

RETAIN

Some of the risks related to COVID-19 must be accepted if your organization wants to continue to operate. But with the proper risk reduction and risk transfer strategies, the remaining risk will ideally be low.

CONCLUSION

Organizations want to resume operations, want to protect their participants, and want to protect themselves from the legal risks related to COVID-19. This protection comes in the form of risk reduction and risk transfer strategies. These strategies include:

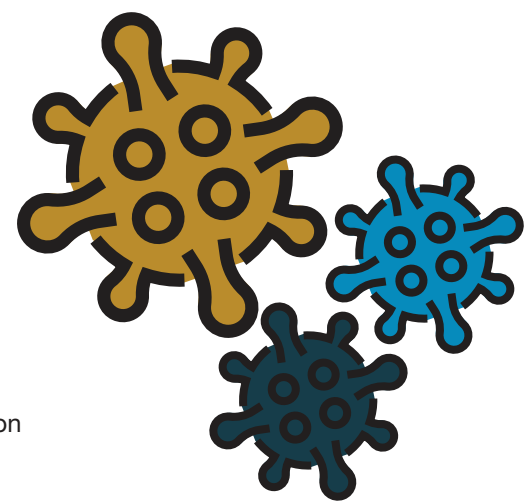
- Return to Play protocols / guidelines
- Declaration of Compliance for COVID-19
- Waiver / Assumption of Risk form

ALL PLAYERS SHOULD SIGN BOTH DOCUMENTS:

- Age of Majority: sign the Waiver and sign the Declaration of Compliance
- Under the Age of Majority; parent or guardian signs the Assumption of Risk and the Declaration of Compliance (the person under the age must be identified)



APPENDIX #1: KNOW THE FACTS ABOUT COVID-19



COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



Symptoms may take up to 14 days to appear after exposure to the virus.

The best way to prevent the spread of infections is to:

Coronaviruses are most commonly spread from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 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** at all times;
- stay home if you are sick to avoid spreading illness to others;
- wear a **non-medical mask or face covering** (i.e. constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect the people and surfaces around you.

Note: The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. **The 14-day period begins on the day you enter Canada.**

- If you have travelled and have no symptoms, you must **quarantine** (self-isolate).
- If you have travelled and have symptoms, you must **isolate**.

For more information on coronavirus: **1-833-784-4397** | canada.ca/coronavirus



APPENDIX #2: COVID-19 DECLARATION

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 *[insert name of NSO]* _____

ACF - Alberta Curling Federation *[insert name of PSO]* _____

[insert name of Club] _____

(collectively the "Organization") require the disclosure of exposure or illness is 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 noncontagious 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 **Alberta** in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside **Alberta** 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 #3: WAIVER - AGE OF MAJORITY

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 *[National Association]* _____

ACF - Alberta Curling Federation *[Provincial Association]* _____

[Insert name of your 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:

3. Disclaimer

Curling Canada *[National Association]* _____

ACF - Alberta Curling Federation *[Provincial Association]* _____

[Insert name of your 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:
- 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;
 - 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;
 - 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
 - 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:
- 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.
 - 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.
 - 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.
 - 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.
 - Advice: negligent advice regarding the Activities.
 - Ability: Failing to act safely or within my own ability or within designated areas.
 - 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.
 - Cyber: privacy breaches, hacking, technology malfunction or damage.
 - Conduct: My conduct and conduct of other persons including any physical altercation between participants.
 - Travel: Travel to and from the Activities.
 - 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 programs, some of which are referred to above.

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



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 Alberta 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 Alberta and further agree that the substantive law of the Province of Alberta 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 #4: ASSUMPTION OF RISK - UNDER AGE OF MAJORITY

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 by:

Curling Canada *[insert name of NSO]* _____

ACF - Alberta Curling Federation *[insert name of PSO]* _____

[insert name of 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.

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.

I have read and agree to be bound by paragraphs 1-5

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 Alberta 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 Alberta and they further agree that the substantive law of the province of Alberta will apply without regard to conflict of law rules.

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

Acknowledgement

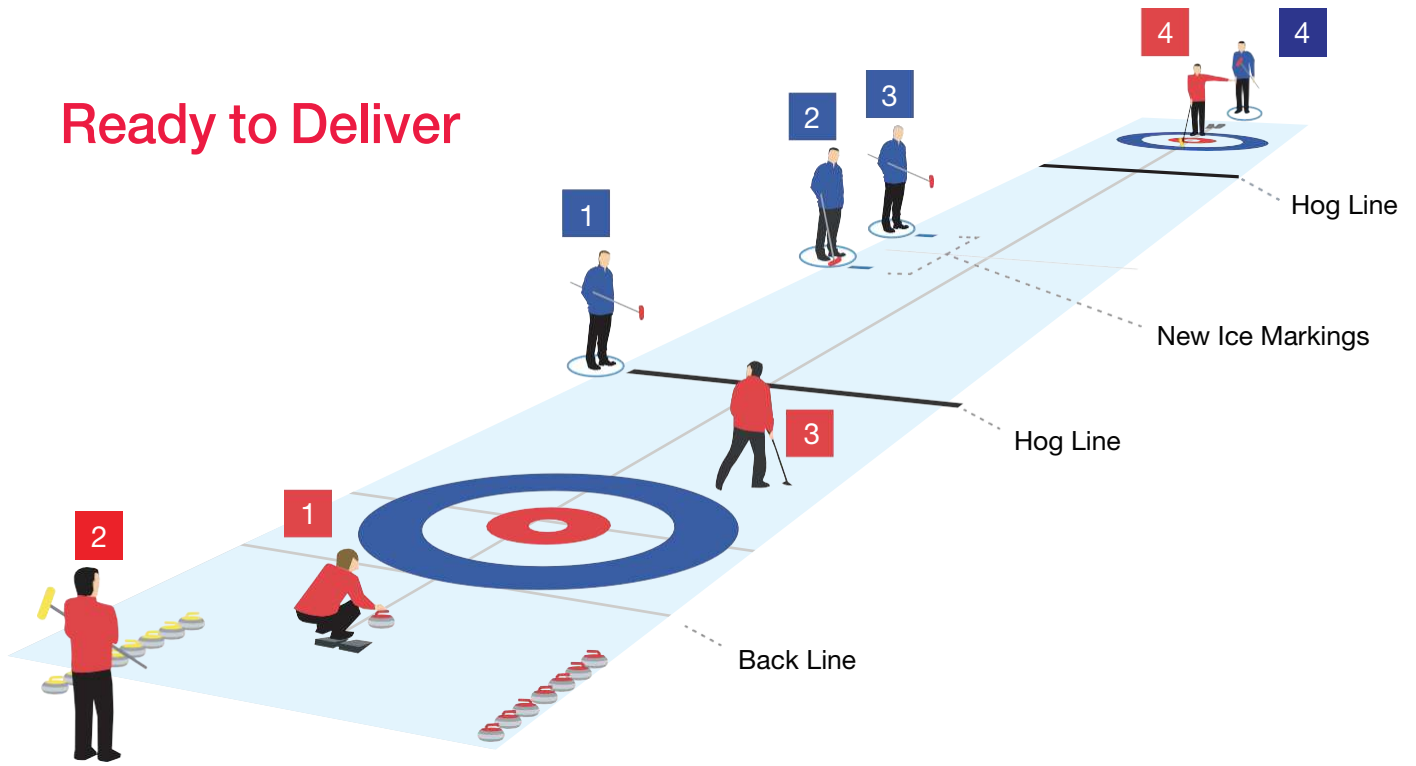
9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Participant (print)	Signature of Participant	Date
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APPENDIX #5: DISTANCING ILLUSTRATIONS

Ready to Deliver



Stone is Delivered



