



Truro Curling Club

2020-21 Season Regulations re COVID-19

October 2020



Welcome to the 2020-21 season of Curling at the Truro Curling Club.

These regulations meet all requirements set out by the NSCA Return to Play Plan which has been approved by the Government of NS. They may become more or less restrictive should there be changes to restrictions from the Department of Health. The Truro Curling Club Board of Directors will reassess the requirements at regular intervals.

We wish everyone a safe and fun filled season of curling.

1. Regulations for Everyone's Safety

- 1.1 The Provincial Health Self-Check must be performed before entry to the building. **Do not enter the building if:**
 - You or a member of your household is unwell, feeling sick or showing symptoms of illness
 - You have travelled outside the Atlantic Bubble in the past 14 days.
 - You have been in contact with any person diagnosed with or suspected to have COVID-19
- 1.2 **Physical Distancing Requirements are in effect** - Please maintain 6' (2m) of physical distance while in the curling club.
Note: The Bar regulations will follow the Restaurants NS Recommendations.
- 1.3 **Non-Medical Masks are required** inside of the public access areas of the Truro Curling Club unless you have a valid medical reason. Masks must be worn until you enter the ice shed. Masks are not required in the ice shed area of the TCC or while seated in the lounge. Face shields do not replace a mask.
- 1.4 **All curlers and spectators are required to sign in at the Welcome Station upon arrival. This is to provide information for contact tracing if required.**
- 1.5 Enhanced cleaning and sanitizing protocols will follow provincially required protocols.
- 1.6 Hand sanitizing stations are located at the entry of the building, and the entrance to each sheet, washrooms and bar area.
- 1.7 Locker rooms will be accessible. However, social distancing and limiting close contacts are utmost priorities. All curlers are required to come dressed to curl so as to minimize locker room exposure and congestion. Please use lockers only for storing your equipment, shoes and outdoor gear.
- 1.8 Due to safety concerns and the associated cost of cleaning & disinfecting equipment, we encourage all curlers to purchase their own equipment from the Broom Closet.



Truro Curling Club

2020-21 Season Regulations re COVID-19

October 2020



2. Preparing for Your League Game

- 2.1 Plan to arrive at the Club no sooner than 15 minutes ahead of your scheduled draw.
- 2.2 Arrive dressed / prepared to curl other than outerwear and footwear.
- 2.3 Chairs will be available for changing footwear. Coats, shoes & boots should be stored in the coat racks or in lockers. **Please be patient and respect social distancing.**
- 2.4 Washrooms can be used at this time.
- 2.5 Hammer to be determined in the Club House using Rock/Paper/Scissors or similar system.
- 2.6 Daytime curling will continue as usual, with one draw time and tiles drawn to determine sheet.
- 2.7 Curlers should sanitize their hands before entering the ice shed
 - a. Entry and exit to the ice shed will be through sheet 1 door for sheets 1,2,3 and through sheet 5 door for sheets 4 and 5.
 - b. When you are ready, proceed to your sheet. Practice slides may be taken. **Please be patient and practice social distancing.**
- 2.8 When exiting the ice shed, please be patient and ensure that you wait for teams on adjacent sheets to move to a safe distance.
- 2.9 Regular bell policy will be in effect to allow for ice maintenance and sanitizing.
- 2.10 Teams are to remain on their designated sheet for full duration of session.
- 2.11 Please exit the change area as soon as possible (15 minutes max) to make room for other curlers to use the station.

3. Game Play Regulations – As of October 2, on ice protocols remain a customary with the following adjustments.

- 3.1 One person on each Team should sanitize the rocks (handles) at the beginning of each game. Once the game starts, **ONLY TOUCH YOUR OWN ROCKS**. If you must move a rock that is not your own, please do so with your feet or broom.
 - a. For leagues that rotate positions, please keep the same rocks for the entire game.
- 3.2 Maintain 6' of Physical Distance recommended:
 - a. Please be patient and keep 6' of distance where possible.
 - b. At the completion of an end rocks must be removed and organized.
 - Do not rush this process. Do not touch the rock's handles.
- 3.3 **At the sound of the bell you will finish the end you are playing.** Teams must exit the ice shed on time to allow for preparation of the next draw.



Truro Curling Club

2020-21 Season Regulations re COVID-19

October 2020



- 3.4 No extra ends.
- 3.5 Measuring devices to decide what rock is closest to the button may be used. If used, they must be sanitized after use.

4. Ice Maintenance Crew

- 4.1 All ice crew are to exercise proper sanitizing (hands and equipment) before and after ice maintenance.

5. Practice

- 5.1 Practice times be available as usual. However, please plan to finish at least fifteen minutes to the hour to allow for cleaning and sanitizing rocks after your practice session.
- 5.2 Please clean \ sanitize your rock handles before and after use.
- 5.3 Please remember to sanitize your hands after moving the hack guards.

6. After Your Game

- 6.1 Face masks must be worn as you move throughout the club.
- 6.2 Masks must be worn when ordering at the bar and while moving to your table. Masks may be removed after seated at your table.
- 6.3 Teams must remain at their designated tables until you exit the curling club. Your team and your sheet opponents may sit as a group at one table. Do not visit with other tables. No more than 10 people may be seated at one table.
- 6.4 Face masks must be worn when going to washrooms.