



August 30th, 2020

# *Rocky Curling Club*

## Relaunch Strategy

### 2020-2021 Curling Season

Draft Document - August 12th 2020



## Rocky Curling Club Relaunch Strategy --- 2020-2021 Curling Season

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## Rocky Curling Club Relaunch Strategy --- 2020-2021 Curling Season

### Introduction

The essential element to mitigate the spread of COVID-19 has been physical distancing. Curling, with its highly social nature and proximity of teammates and opponents while on the ice, presents a challenge to clubs devising relaunch strategies and operating “on ice” programs. Relaunch strategies involve both on and off-ice components,

Hockey, curling and indoor court activities as part of “indoor sport, Physical Activity and Recreation”, have been included in Stage 2 of the Province of Alberta’s relaunch , which took effect on June 12th, 2020. Accordingly - and subject to continuing regulation and guidelines, - curling may now resume in Alberta and the Rocky Curling Club is planning for an on-time start for the 2020-2021 season.

The current “Indoor Sport, Physical Activity and Recreation Guideline”, among other things, Notes the following:

- Individual organizations should look to their provincial or national associations for additional guidance; provided it contains standards that are in compliance with any applicable public health regulation.
- It is up to individual organizations to ensure they are in compliance with all applicable public health regulations.
- All organizations should consider developing and disseminating written plans.
- The Province of Alberta will NOT be reviewing written plans (which refers to plans developed by individuals in their sports or their governing bodies).

Rocky Curling Club will monitor any guidelines issued by the provincial & national associations and will assess them for possible implementation in this relaunch plan.

### Overview

In consideration, and given that it might not be practicable for all components of the provincial strategy to be adopted, It will be up to our facility to ensure that we comply with all public health regulations.

As noted above, a relaunch broadly covers two areas: the return to on-ice portion; and the off-ice component. This paper will address specifically the following:

- Reducing congestion and facilitating foot traffic in all areas
- Mandating the position of participants while in the off-Ice position
- Mandating the position of curlers while on the ice
- Modifying the Food & Beverage services
- Restricting Access to areas of the Club
- Communication with all users
- Ensuring waivers and registration documents are correct

We hope that these provisions will be temporary but we should be prepared to have them in place for an indefinite period of time.



## Reducing Congestion and Facilitating Foot Traffic.

### Building Access / Egress.

- The Main North Arena entrance will be the primary entrance to the curling facility.
- The Curling club north/east entrance will become exit only as long as covid-19 stage two conditions are in place.
- The South parking lot door will be locked and only used as an emergency exit only.
- Lounge access will be through the Main sliding doors only and the stairwell access will be locked from entry. These will be designated as the primary lounge exit to facilitate one way flow through the lounge and minimize pinch points at the lounge entrance.
- Curling Lobby restricted to active curlers/Coaches & Staff only.
- Anyone accessing the building should use hand sanitizers
- Everyone must read and comply to self screening protocols (posters)
- Masks are not mandatory for the age of majority but are encouraged in congested areas or for individuals that feel at risk.

### Staging for play & End of Games:

The following apply to the Lobby and Congested area;

- Curling Lobby restricted to active curlers/Coaches & Staff only.
- Lane markers will be set up to guide curlers as best possible.
- Masks are not mandatory but encouraged while in the lobby/dressing room areas.
- Curlers are asked to only show up in the arena & curling lobby/dressing room 5-10 minutes before their scheduled ice-time fully dressed other than footwear and ready to play. No socializing in congested areas.
- Curlers are asked to leave the lobby promptly after the end of their game.
- Curlers will stage according to the ice they are on. For example players on sheet A,B&C will enter the ice from the left hand door, Players on Sheets C,D&E will enter the Ice from the Right hand entrance. Ice C can enter either door! Players will immediately disperse onto the sheets to minimize congestion on the back boards.
- Players will exit the closest exit after their game respecting others still playing.
- Locker rooms will be restricted/limited to a certain amount of curlers at any given time.
- Chairs will be available but limited for people to put/ take off shoes.
- DO not leave (other than outside shoes on designated areas) personal belongings in the lobby.
- If curling a later draw and wish to show up early in the event of open ice you must not wait in the lobby. Wait in the lounge. Unless otherwise arranged prior by the league coordinator and staff.



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### Lounge Access & Egress.

- The lounge will not be accessible through the stairwell next to the North East entrance. Lounge exit only!
- Lounge will only be accessible through the main sliding doors (arena side) as these are no contact doors.
- Lounge egress is recommended through the main sliding doors but egress is allowed to down the stairwell by the Main North East Entrance.

### On-Ice Modifications

#### Starting a Game.

- Sheets A, C & E will start the game (home) from the west end (lobby end) Sheets B & D will start from the (home) east end of rink (Scoreboard end). This will minimize congestion.
- Once in the Ice shed, acknowledgements should be made between teams as quickly as possible without physical contact. (no handshakes or high fives) and curlers should disperse onto the ice to ensure physical distancing so that:
  - Other teams / curlers can pass on backboards if required &
  - The order of play can be established between the thirds.
- The order of play to determine hammer will be established by mutual agreement between the thirds (personal coin handled by one person, rock paper scissors etc)
- Once the order of play has been determined, curlers should assume their positions as per the positioning guidelines stated below.

#### Designating In-Game Curler Positioning and Sweeping:

The following in-game protocols will be adopted as per Curling Alberta return to play guidelines. **Please refer to Appendix "A"** for a diagram of the recommended positioning.

- Only one person is permitted to sweep for the entire duration of the shot (the designated sweeper).
- While a rock thrower (the thrower) is in the hack:
  - The sweepers from the opposing team should position themselves along the north side of the sheet between the hog lines in the designated areas.
  - The person next throwing should position themselves outside the hog line in the designated area.
  - The designated sweeper should position themselves around the hog line in the designated area.
  - The remaining team member who is not the Thrower, Designated Sweeper or the person holding the broom (Skip) should be positioned behind the thrower as shown in the diagram.
  - The Skip for the throwing team should position themselves in a spot that is no further back than the hack and no further ahead of the top of the house.
  - The Skip of the opposing team should be positioned in a spot that is at least as far back as the Hack.
  -



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- Once a rock is delivered:
  - The designated sweeper may commence sweeping after the rock crosses the near hog line. He/She is the only person permitted to sweep the delivered rock or any other of that team's rocks (i.e, taps, raises) during that shot.
  - The Thrower, upon release should hold their position.
  - If required, the skip of the throwing team should ensure that they are retreating to accommodate the approach of a designated sweeper.
  - Until all rocks come to a complete stop all other players must hold their positions.
  - Sweeping rocks behind the tee line is not allowed by either team opposing or not.
  - Designate sweepers may change during the end but not during the shot.
  - While transitioning between shots, curlers should be aware of each other's positions on the ice in order to maintain physical distancing.
  - In Ice Decals will mark designated areas.

All other interactions among team members, including (but not limited to) strategy discussions or putting the broom down for the skip, must be done in compliance with physical distancing rules.

### Completing the End; Scoring & Measurements:

The completion of an end traditionally involves a lot of movement where curlers congregate. While moving quickly to designate standing areas, these additional protocols will help promote physical distancing and safe handling of equipment.

- Repositioning of rocks. The person holding the broom for the last shot of the end (third) is responsible for pushing the rocks of both teams to their positions in their respective corners. See limiting contact with rocks below.
- Putting up the Score. Only one person is to handle putting up the score. Recommend that the third with the hammer to start the game will be responsible to put up the score for the entire game, both thirds will agree on the posted score.
- Measurements, the third not handling the score will be solely responsible for all required measurements and handling of such equipment. Best practices of physical distancing will be upheld in respect to measuring. Sanitizing wipes will be provided by measuring equipment and is recommended for use before and after use.

### Limiting Contact with Rocks:

- Curlers may handle their own rocks, but may not touch other rocks with their hands. If repositioning other rocks, curlers should use their brooms.
- Curlers should not clean the bottom of the rocks with their hands; they should use their brooms.
- Under no circumstances should curlers change rocks with another curler during the game.



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- In addition to the sanitizing protocols outlined in this relaunch plan, Rocky Curling Club will provide sanitizing wipes in the Ice Shed. All curlers will sanitize their own rocks before every draw.

### Strict Adherence to Duration of Game Play:

- In order to facilitate on-time starts to the next draw, as well as allowing Rocky Curling Staff to properly prepare between draws, it is critical to ensure no games last more than 2 hours. Accordingly no end may commence at a time that is greater than 1h45m after the start time. No extra ends will be played and ties will be permitted. (bonspiel rules will superseded) It is the responsibility of the two Skips prior to the game to confirm the precise time beyond which no end may be started.
- For example, if a game is scheduled to start at 7pm, the skips will verbally confirm with each other that no end may commence after 8:45 PM for this purpose. The “commencement” of an end is deemed to occur once the first delivered rock crosses the t-line.

### Ending the Game & Reporting Results:

- Upon completion of the game, the two curlers in the house will designate one between them to push the rocks to the corners at the end of the sheet where the game terminated. If at the far end Rocky Curling Staff will reposition the rocks to the home end.
- Curlers will gather up personal belongings and will exit the playing area as soon as possible through the designated exits, while being aware of the position and movements of fellow game participants and those from other sheets.
- The two thirds will agree as to which (the one not putting up the score?) will record the game outcome (win/Loss) the person putting up the game results must sanitize hands before and after putting up results.

### Restricting Use of Rental - Club Equipment:

In order to properly manage club equipment all members are asked to bring their own equipment and not to use the club's equipment, other than as designed by the designated event. If club equipment is used it is the responsibility of the user to sanitize the equipment used. Rocky Curling Club will not be responsible to sanitize equipment.



### Modification of Food & Beverage Services:

Rocky Curling Club is still in the process of considering what level of food services it can reasonably and safely provide during the 2020-2021 season.

At this time, the Club is planning to maintain beverage service in the lounge, subject to the physical distancing requirements outlined by the Government of Alberta's published guidance for "Restaurants, Cafes, Pubs and Bars" As of the date of this document the two main elements of the guidance are:

- Each Dining Party must be at least 2 meters from another.
- Dining parties are restricted to no more than 6 people.

Rocky Curling Club will be reconfiguring the lounge accordingly.

In other respects:

- Limited orders will be taken at the bar if permitted by AHS, with a partition separating Rocky Curling staff from patrons. Otherwise it will be seated service only! No seat, no service.
- Cash is discouraged and credit or debit cards are recommended.
- Self-Serve coffee will be discontinued.
- Lounge will be limited to available seating according to AHS restrictions.

### Incremental Safety and Sanitizing Protocols:

In order to ensure the safety of Rocky Curling Club staff and patrons, the following incremental sanitizing protocols will be implemented.

- Rocky Curling Club Staff will provide multiple hand sanitizing stations throughout the facility.
- Rocky Curling Club will ensure that all handheld payment terminals are configured to accept tap.
- Rocky Curling Club Staff will wipe down:
  - Rock handles twice daily, before morning draws and first evening draws.
  - Score numbers and measuring equipment prior to the first draw of the day.
  - Door handles to bathrooms, emergency exits, Ice entrance & dressing rooms on a schedule to be determined.
- Notwithstanding the above the Rocky Curling Club will provide sanitizing wipes in the Ice Shed to allow curlers to sanitize their rocks and equipment if they wish.
- Lounge staff will wipe down:
  - Flat surfaces in the bar and lounge areas frequently; and
  - The handheld payment terminal after each use.
- Staff will be instructed to perform daily cleaning in a manner that pays particular attention to "high touch" areas.



## Monitoring Compliance and Managing Risk:

### Compliance

While Rocky Curling Club is hopeful that all facility users will respect both this document and its intent, Government of Alberta public health regulation imposes an obligation on the Curling Club to monitor compliance. Should patrons be found knowingly or unknowingly out of compliance, Staff will be instructed to sensitively provide direction. Should further breaches occur, enforcement may include, but is not limited to: a request to leave the facility for the balance of that day: and/or suspension from attending the facility.

In the event facility patrons observe non-compliance with the Relaunch Plan, they are encouraged to politely approach the other individual and, in the spirit of what has always made sport rewarding, outline their concern. Should the behavior continue to be out of compliance, then patrons should approach facility staff.

### Application of Rocky Curling Club Rules:

All Rocky Curling Club policies and rules are hereby modified to accommodate the provisions of this Relaunch Plan. To the extent that if there is any conflict between the Rocky Curling Clubs Rules and the Relaunch Plan, the provisions of the Relaunch Plan take precedence.

### Waivers and Other Risk-Management Documents:

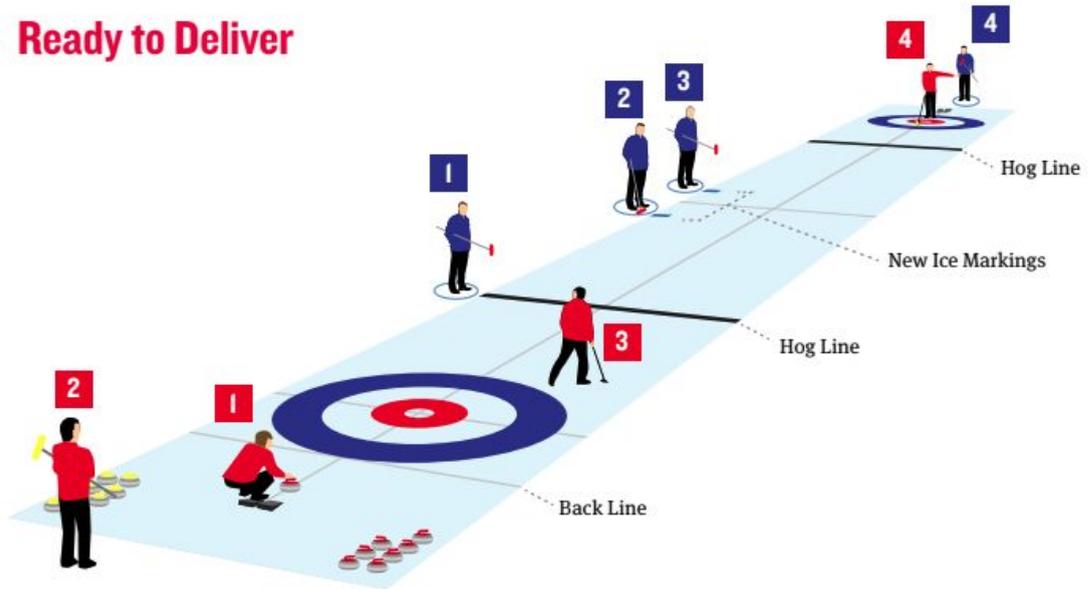
ALL FACILITY USERS will be required to sign to appropriate documents, prior to curling their first game:

- CURLING CANADA - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
  - *For Participants Under the Age of Majority*
- CURLING CANADA - RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT
  - *to be executed by participants over the Age of Majority*
- DECLARATION OF COMPLIANCE – COVID-19
  - *For all Members & Non Members curling in Bonspiels*

Given the extremely serious repercussions associated with COVID-19 FACILITY USERS will not be permitted FACILITY USAGE unless these documents are signed. The waivers will be available through the on-line registration as well as manual (paper) registration.

Appendix “A” In-game Curler Positioning.

Curling Canada / Curling Alberta Return to play.

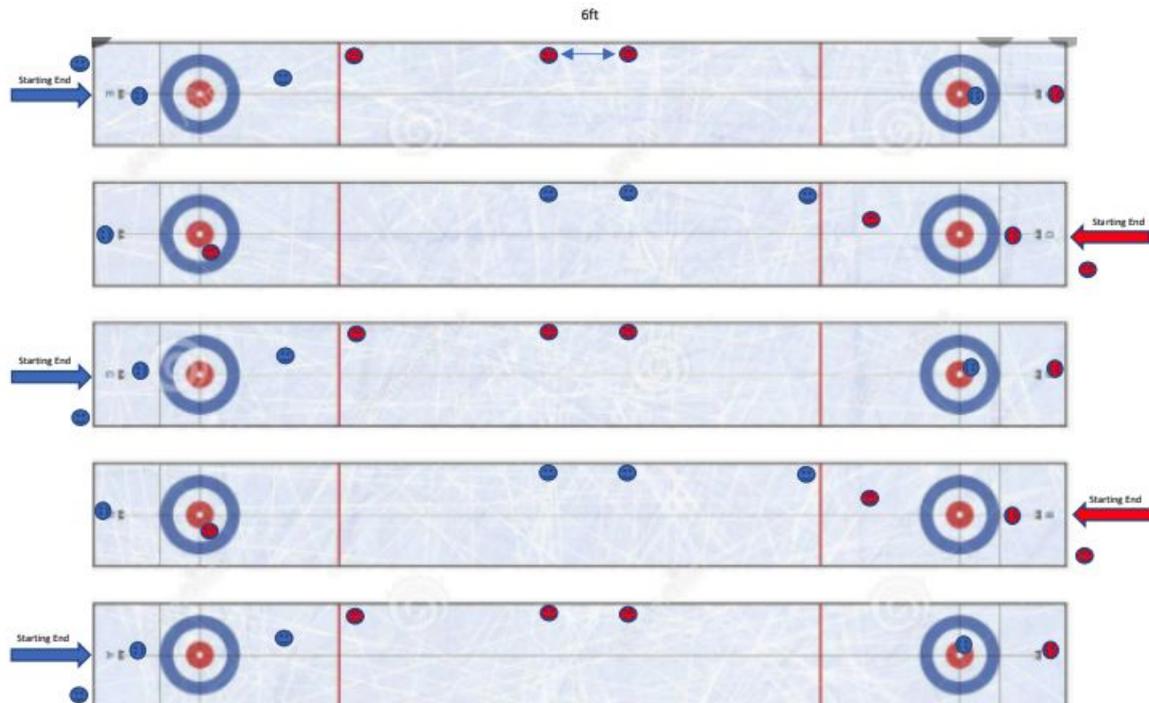




## Appendix "A" In-game Curler Positioning.

### Rocky Curling Club

Stop the Spread – On Ice Physical Distancing Guide. (example 5 sheets)



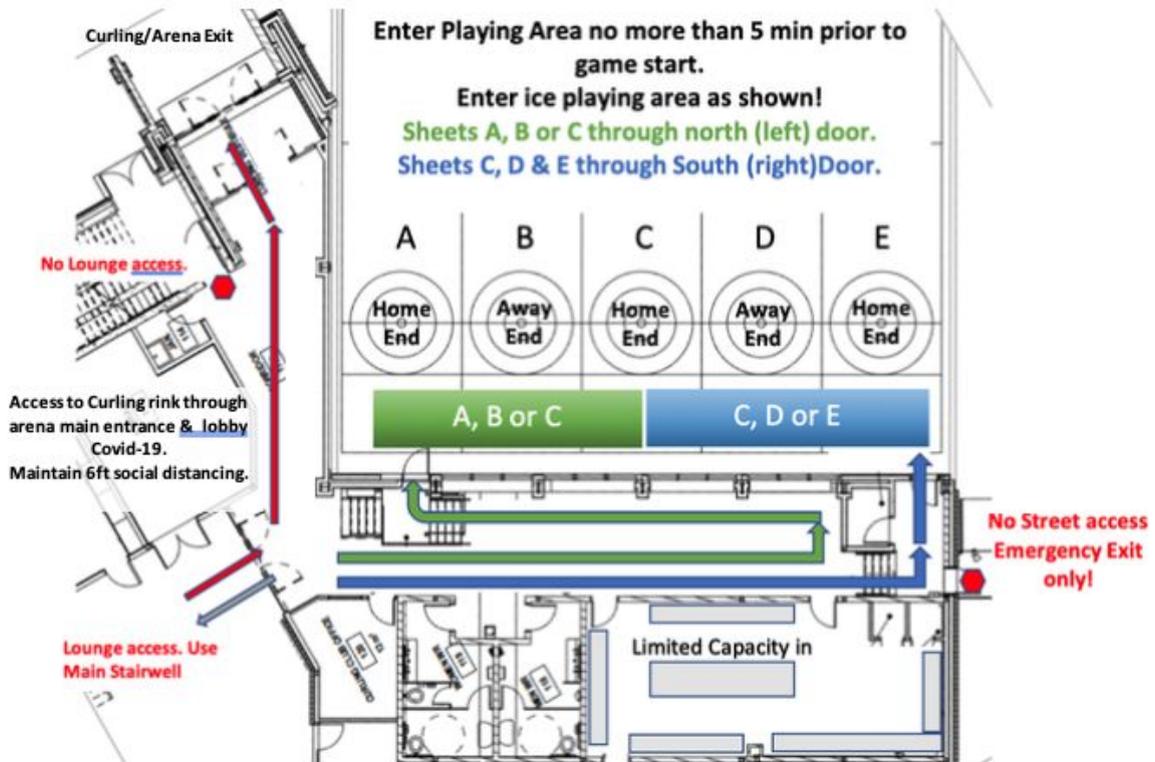
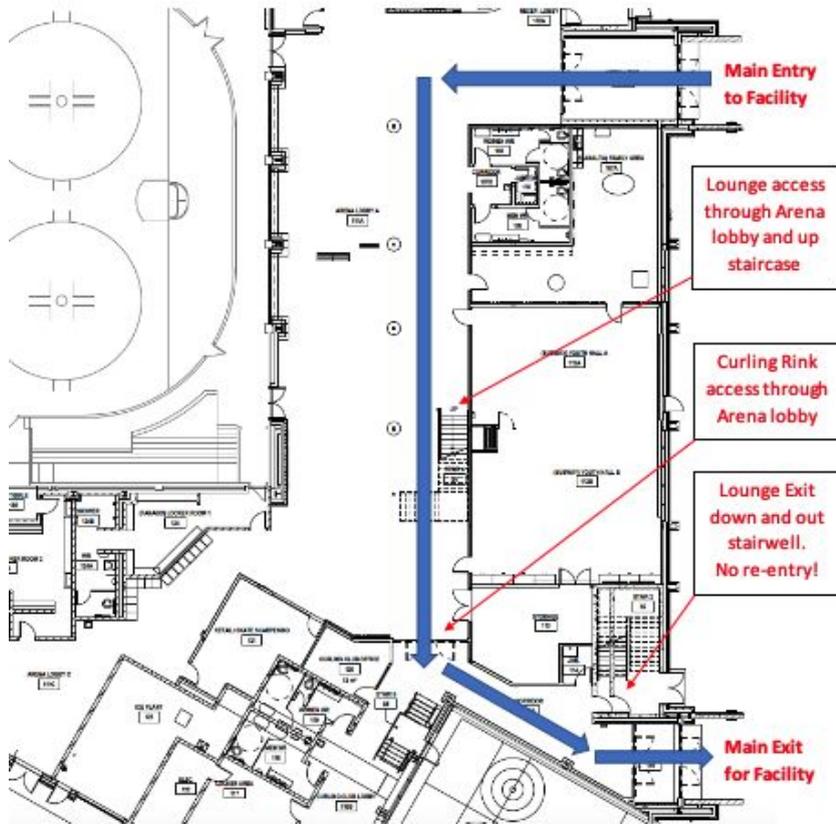
Physical Distancing - Rules of Play (Custom when physical distancing is available)

- **Alternate game start/finish** Sheets 1,3,5 start away end. Sheets 2,4 home away end.
- **No Hand shaking allowed.** (tap brooms, wave) 
- **Deciding Hammer! Coin flip**
  - Vice skip or any player with a coin can flip their own coin.
- **Keeping Score!** Vice Skip on team starting (hammer) keeps score for both teams.
- **Measuring rocks!** Vice Skip not keeping score will be responsible to measure as required.
- Do not touch rocks other than your own (2) with your hands.
- Do not touch opponents' rocks (throwing end)
- **Non-throwing team!**
  - Skip/Vice Skip remain behind hack until throwing team gives up the house.
  - Players remain on same side of ice (left hand from home end)
    - Sweepers remain at center ice 6 ft apart until throwing team done.
    - Player waiting to throw waits at hog line until opposing team is done.
  - No Sweeping of any stones behind tee-line.
- **Throwing Team!**
  - Skip/Vice Skip have control of the house.
  - Skip/Vice Skip not allowed to sweep at any time.
  - One Sweeper only per delivered rock.
  - Alternate sweeper should remain at hog on opposite non-throwing team (right)
- **Everyone washes or sanitize hands before & after game played.**

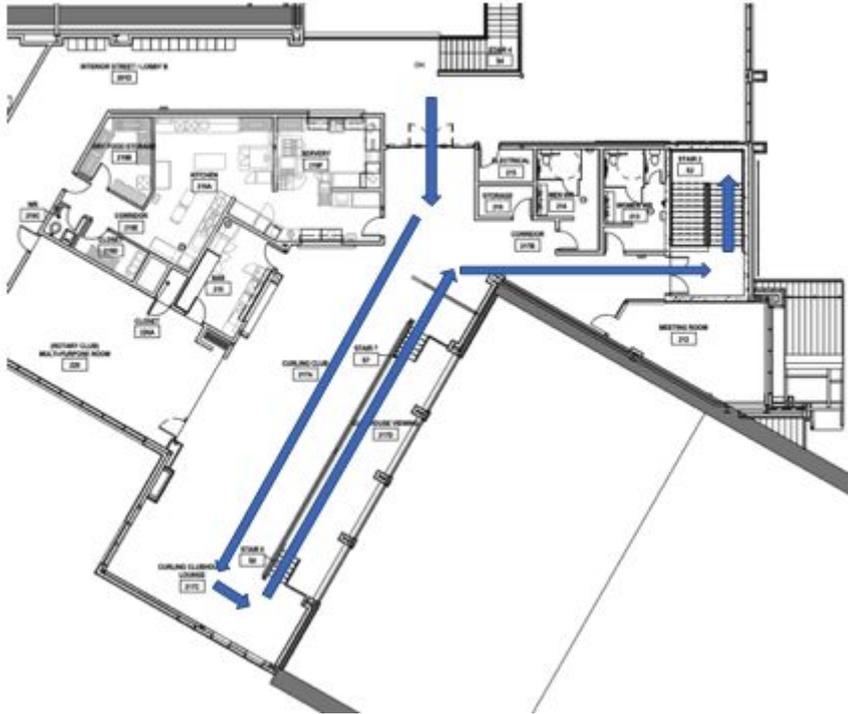
Be Respectful- Do your part and stop the Spread. It's Cold & Flu season!



### Appendix "B" Recommended Traffic Flow Diagrams: Player entry / Exit diagrams



## Lounge Traffic Flow diagrams



**The following flow diagram is the recommended flow to minimize pinch points by maintaining one way flow in and out of the lounge.**

- The Sliding doors from the arena lobby (north) at the top of the stairs will be the primary entrance to the lounge.
- There will be no access to the lounge from the east stairwell, this will be an exit only.
- Service will be provided to seated patrons only, no seat no service! This is to accommodate the AHS requirements.
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## Waivers

### 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, Curling Alberta, Rocky 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.

#### 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;
  - a) 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



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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 1 - 4**

### 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 Ontario 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.

**€ We have read and agree to be bound by paragraphs 5 to 7**

### 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.

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Name of Parent or Guardian (print)

---

Signature of Parent or Guardian

---

Date



## Appendix “C” Waivers:

### 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, Curling Alberta & Rocky 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, Curling Alberta & Rocky 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 and 2*

#### **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.



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- 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 programs, some of which are referred to above.

€ *I have read and agree to be bound by paragraphs 3 and 4*

### Terms

6. In consideration of the Organization allowing me to participate in the Activities, I agree:
- That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
  - 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;
  - To comply with the rules and regulations for participation in the Activities;
  - To comply with the rules of the facility or equipment;
  - 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;
  - The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;
  - 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;
  - That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment;
  - 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:
- That the sole responsibility for my safety remains with me;
  - To ASSUME all risks arising out of, associated with or related to my participation;
  - 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;
  - To WAIVE any and all claims that I may have now or in the future against the Organization;
  - 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;
  - 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;
  - 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;
  - 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;
  - 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
  - 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 Ontario 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 5 to 7*

### 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.

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Name of Participant (print)  
Date

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Signature of Participant



Appendix “D” Declaration:  
**DECLARATION OF COMPLIANCE – COVID-19**

Individual Name (print):

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Individual’s Parent/Guardian

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(if the individual is younger than 18 years old)

Email:

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Telephone:

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

**Curling Canada, Curling Alberta & Rocky 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.



## Rocky Curling Club Relaunch Strategy --- 2020-2021 Curling Season

- 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, in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Canada 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 “E” Signs & Posters:

**KNOW THE FACTS**

**ABOUT CORONAVIRUS DISEASE (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.

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.

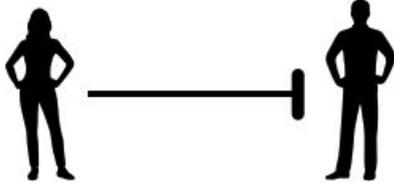
- If you have travelled and have no symptoms, you must **quarantine** (self-isolate).
- If you have travelled and have symptoms, you must **isolate**.

**For more information on coronavirus:**

1-833-784-4397      [canada.ca/coronavirus](https://canada.ca/coronavirus)

Appendix “E” Signs & Posters:

RESPONSIBLE CURLING GUIDELINES



Stay at least one broom stick length (2 meters) from others at all times



Come to the rink dressed to curl



Arrive no more than 15 minutes prior to your draw time



Resist the urge to handshake



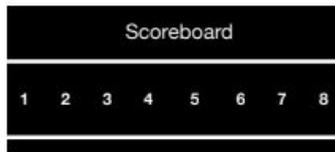
Use your own equipment when possible



Sanitize your stones prior game play and touch only those stones



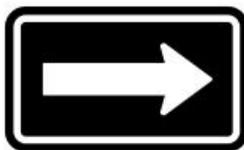
Practice proper hygiene



Avoid/limit use of the scoreboards/use provided scorecards



Stay home if unwell



Pay attention to and follow all posted signs and floor markings



Respect all club rules and procedures



Sanitize measuring equipment and rental equipment after use

Appendix "E" Signs & Posters:

**COVID-19**

Have you travelled outside Canada within the last 14 days?  
Or been in close contact with a confirmed or probable case  
of COVID-19?

**OR**

Do you have a fever, or cough, runny nose, sore throat or  
shortness of breath?

**If yes, STOP.**



Help prevent any potential spread of COVID-19  
and other illnesses.

Please do not visit today if you are unwell.

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Original date: MARCH-2020  
For more information, visit: [www.ahs.ca/covid](http://www.ahs.ca/covid)

