

Carlyle Curling Club

Return to Play Guidelines

We are excited for the upcoming curling season. Please read the following information carefully to ensure a fun and safe curling season for everyone. The 2020/2021 curling board thanks you for your efforts!



Bar/Lounge

- The bar will NOT be self-serve this year. Teams will be assigned to work the bar during league curling nights.
- No more than 6 people may sit at a table
- Bartenders will pour pop for drinks and scoop ice.
- Masks must be worn when ordering drinks but are not required when sitting at your table.

LOCKERS

Every second locker will be rented out. This will be done on a first come, first serve basis. Masks must be worn while accessing your locker.

ARRIVAL

Please try to arrive no more than 10 minutes prior to game time to avoid congregating in the lobby.

HYGIENE

Hand sanitizer is available throughout the building. Wash your hands regularly. If you are sick, please stay home.

Waiver

All players must sign a Declaration of Compliance (waiver) at the start of the curling season.

Contact Tracing

All team members must leave contact information at the rink at the start of the season. Spares and drop-in curlers must sign in when entering the building.

Masks

Masks must be worn at all times in the rink except during game play and while at tables upstairs.

Tickets

If you curled last year and still have tickets, please return them to the office by Nov. 30. Draw will be made for the TV at the December board meeting.

On-Ice Guidelines

Stones:

- Sanitary wipes are provided to wipe rock handles after each game. One person from each team is responsible to wipe their team's rocks at the end of the game.
- Players are to only touch their own rocks
- Use brooms or feet to move rocks

Measuring:

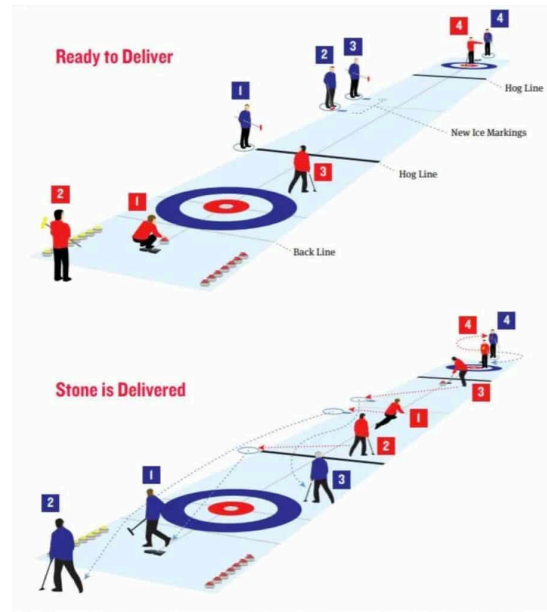
- Choose one person from each team to handle measuring
- Remove gloves, sanitize hands, measure, sanitize again
- Please wipe down measuring stick when you are finished with it

Game Play:

- DO NOT shake hands
- Thirds will play rock-paper-scissors to determine last rock advantage
- Use the marked lane on the side of your sheet for walking

Sweeping:

- 1 sweeper per rock
- Skips cannot sweep in the house



Scoreboard:

- Designate one person at the start of the game to mark the score for both teams
- Only use one marker per team to mark the score to reduce the number of surfaces being touched

Cleaning:

- The winning team will be responsible to clean the ice and wipe down the score board at the end of the game. Wipe down broom after cleaning the ice
- One person from each team will be responsible to wipe down their team's rocks at the end of the game.

SCREENING

Please do not enter the building if you answer 'YES' to any of the following questions:

1. Are you experiencing any new or unexplained symptoms?
2. Have you travelled outside of Canada (including the United States) within the last 14 days?
3. Have you been exposed to someone under investigation for COVID-19, or who has tested positive for COVID-19 within the last 14 days?

Please complete the following questions before beginning your work today.

Name: _____ Time: _____
Date: _____

Do you have any of the following:

Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Fever	Cough	Shortness of breath
Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>	Yes <input type="checkbox"/> No <input type="checkbox"/>
Sore throat	Runny nose	Feeling unwell

Yes No Have you been in close contact with someone who is sick or has confirmed COVID-19 in the past 14 days?

Yes No Have you returned from travel outside Canada in the past 14 days?

If you answered YES to any of these questions, go home & self-isolate right away. Visit [Ottawa.ca/public-health/coronavirus](https://ottawa.ca/public-health/coronavirus) for more information as you may be eligible for a COVID-19 test.

If feeling unwell, contact your health care provider or call Telehealth Ontario at 1-866-797-0000 to speak to a registered nurse.