



The following return-to-play guidelines focus on four areas to consider at the Curling des Collines Center:

- a) General Instructions
- b) Navigation in the Center
- c) Procedures in the Lounge/Bar
- d) Play Instructions (on the ice)

### **GENERAL INSTRUCTIONS**

The COVID-19 Committee has prepared the following guidelines to ensure return-to-play within a healthy and safe environment, in accordance with Public Health, Curling Canada and Curling Québec general instructions. We therefore count on our members' volition and collaboration to ensure a smooth return-to-play while respecting physical and social distancing at all times. We do realize that these guidelines will be an adjustment for all and we thank all members for their cooperation.

#### **Hygiene**

- ✓ If curlers or staff have flu-like symptoms or COVID-19 symptoms, please stay at home.
- ✓ Make sure your hands are clean. Wash your hands often with soap and water during at least 20 seconds. If soap and water are not available, use an alcohol-based sanitizer.
- ✓ Avoid touching your eyes, nose and mouth.
- ✓ Cough or sneeze into the bend of your arm.

### **NAVIGATION THROUGH THE CENTRE**

Navigation through the centre will be as it was in the past except for wearing a mask to respect Public Health standards. Upon your arrival at the Centre, all curlers must wear a mask and disinfect their hands. They may then proceed to the lockers upstairs or use the ground level

cloakroom, and once ready, take place at a table in the lounge as they wait for the ice to be ready and/or free for play.

To reduce time spent in the locker rooms, it is strongly recommended that curlers be ready to play upon arrival. To avoid continuous sanitization of handrails, we recommend that people using the upstairs lockers and/or the conference room wear gloves before taking the stairs leading to the lounge. Please note that you must wear a mask whenever you travel through the Centre, except on the ice, where wearing a mask is recommended, but not mandatory.

As per the recommended instructions, water dispensers have been removed this year. Players may bring their own bottle of water or energy drink (alcohol-free) or buy some at the bar. However, since the owner must be the only one to touch his or her bottle, it will be important to clearly identify your bottle.

### **Entrance and Upstairs**

- Please arrive no more than 20 minutes before the beginning of your scheduled game. We also strongly encourage you to already have on your curling clothes, except for shoes.
- Wear a mask or face cover when moving through the centre.
- Disinfect your hands with the product at your disposal in the entrance.
- Sign the COVID-19 Declaration Form **if you have not yet done so**.
- Sign the Waiver Form – Release of Liability, Waiver of Claims and Indemnity Agreement – *(for participants over the age of maturity)* **if you have not already done so**.
- Sign the log (voluntary basis) and write down your phone number.

### **Second Floor**

- To facilitate circulation and minimize handling, the locker room and conference room doors will remain open. Showers will not be accessible, only one sink will be available for use in the women's bathroom and two will be available for use in the men's bathroom.
- If you are going to the locker room, please check the occupancy – **NO MORE THAN 16 PEOPLE** – if physical distancing is not possible, please wait in the conference room (again a capacity of 16 people) until someone leaves the locker room and moves to the lounge.

- In the locker room, you may remove your boots, put on your curling shoes, take your broom, stabilizer and/or stick, etc., then take the stairs leading to the lounge as you did before, but always wearing your mask, **and putting on your gloves before taking the stairs** so as to avoid continuous sanitization of the handrails.

### **After the Game**

- We ask that you do not end the game early so that everyone may circulate at the same time. You will then put on your mask, leave the arena, go directly to the locker rooms on the second floor or to the dance floor in the lounge (if physical distancing is possible). You should wait about 15 minutes on the second floor – until the ice is ready and the next group of players is on the ice – before returning to the lounge (always wearing your mask), as you did in the past. In the lounge, each table will accommodate four people. We recommend that you share a table with your opposing player of the other team (i.e. leads and seconds at one table, while thirds and skips at another table). Once seated, you may remove your mask, but you must put it on again to get to the bar or move around in the centre.
- Since access is limited at the bar, you should respect physical distancing markings on the ground and along the walls. As a result, you may have to wait at your table until a spot in line is available.

### **LOUNGE/BAR PROCEDURES**

The tables have been set up to accommodate only four people, thus two tables per sheet. We recommend that you sit with your opponent of the other team (i.e. one table will be for leads and seconds, whereas thirds and skips will sit at the other table) so as to favour socialisation between teams. Once seated at your table, you may remove your mask, but you must put it on again when you move around through the center.

Access at the bar being limited, you should follow the markings on the ground and along the walls. As a result, you might have to wait at your table until a spot in line is available.

As you know, Curling des Collines is a not-for-profit organization. Revenues generated at the bar are crucial to the survival of our Centre. Consequently, we ask curlers to respect the curling tradition where the four players of the winning team offer a drink to their opponent of the other team. We also strongly encourage members of the losing team to offer their opponents a second round.

Contactless payment (i.e. debit card on contactless or tap terminals) is preferred to avoid touching the terminals.

We do realize that this will require an adjustment for all. We ask for your collaboration during this adjustment phase. These measures are necessary to reopen the center.

## **PLAY INSTRUCTIONS (ON THE ICE)**

### **General Instructions**

- Handshakes are not allowed
- Follow good hygiene practices
- Physical distancing between players (ideally, 2 metres)
- Wear gloves
- Water dispensers have been removed. Players may bring their own water bottle (alcohol-free). Six feet spacing is not required for these bottles, however only the owners may touch their bottle.
- Club equipment such as stabilizers, brooms, sliders and grippers have been removed.
- Scoreboards will not be used.
- Only the center's ice technician and/or his assistants are authorized to manipulate ice-making equipment: electric scraper, manual scrapers, water tanks for pebbling, mops, garbage cans, etc.

### **Sweeping**

- Only one sweeper is authorized for each delivered stone. Relay is forbidden (second sweeper taking over halfway down the sheet).
- The person in charge of the house is not allowed to sweep in any circumstance. The Skip of the non-delivering team must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposing stone behind the tee-line.
- The Skip or Vice-Skip (for both teams) may not sweep any stones (both colours) set in motion by the delivering team.

### **Stones**

- Stones are sanitized before each game.
- Players select their two stones. No interchanging of stones during a game.
- Players should not touch any stones other than their own.

- Let the player delivering the next stone retrieve their own stone.
- Stones should be lined up in a single file in the corners to allow easier handling.

### **Measuring**

- Remove gloves, sanitize your hands, conduct measure, return measuring device to its usual location, sanitize your hands.

### **The Game**

- Instead of a handshake, give a friendly wave or tap the other players' brooms to start the game.
- Do not use coins to decide the last stone advantage in the first end. The league convenors may assign them every game or, use an online tool on your phone: <https://justflipacoin.com/>
- Teams are alternately placed at the beginning of a game. On sheets A and C, the game will begin on the side of the scoreboards. On sheets B and D, the game will begin on the lounge side. The ice technician will set this up before the game.
- Players remain on the same side of the sheet. For example, if you are playing on sheet B, you should always walk or position yourself on the sideline to sheet A. This will keep players 10 feet apart.
- Markings will be inserted four feet from each side of centre ice (roughly 69 feet from the end boards). *See Distancing Illustrations.*
- **Non-Delivering Team:** The two sweepers of the non-delivering team should be positioned on these markings while the other team is throwing. The player of the non-delivering team whose turn is next to deliver should be positioned at hogline on the same side as the two sweepers. The Skip (or Vice-Skip) will stand on the backboards but no closer than the hack.
- **Delivering Team:** The Skip has control of the house. The player whose turn it is to deliver is in the hack. The non-sweeping player is on the backboards. The sweeping player is at the tee-line.

Once the stone has been released, the player who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hogline if it is his/her turn next. After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hogline, depending on their turn to deliver or not.

- The Skip or Vice-Skip (not both) of the non-delivering team must stand at the hack until the other team is finished and relinquishes control of the house.