

## Lunenburg Curling Club - Curling Plan for 2020/2021 Season

The special COVID-19 Committee of the Lunenburg Curling Club has developed a Curling Plan for the coming season. Our mission as a Committee is to ensure a season of play that is both safe and enjoyable for members and guests.

This plan is based on the recommendations laid out in the Return to Play Plan from the NSCA. We have adapted it to fit our Club. As the situation with COVID-19 evolves, these regulations may change to meet new conditions as they occur. However, any changes will always follow guidelines and restrictions from the Department of Health.

The plan is broken down into four parts:

- I. A list of General Club Regulations which we all must adhere to;
- II. A Game Walkthrough for Members;
- III. Playing the Game;
- IV. An Appendix showing where curlers should stand on the ice and transitioning between throwers.

### I. General Club Regulations:

#### BEFORE YOU ENTER THE CLUB

1. As per Provincial Guidelines, do a self-check. DO NOT enter the Club if:
  - You are feeling ill, have a fever, or showing any of the symptoms of COVID-19.
  - Within the past 14 days, you have travelled from a place that requires you to quarantine upon your return to Nova Scotia.
  - You have been in contact with someone diagnosed with, or suspected to have, COVID-19.

#### ENTERING THE CLUB

2. Non-Medical masks are required to enter the Club unless you can demonstrate a valid medical reason. As per Provincial Guidelines, a face shield is not acceptable.
3. Inside the Club, physical distancing is required. Please ensure that you maintain 2m (6') of spacing, unless with a person in your immediate bubble.
  - The Bar area adheres to NS Restaurant regulations for physical distancing.
4. The locker room areas are closed until further notice.
5. **There will be two entrances to the Club.**
  - Curlers
    - Are to enter at the Junior (far) end. There is only one person allowed in the foyer area at a time. Please safely queue outside if you are unable to enter. Sanitize your hands immediately upon entry. Proceed to the shoe change stations set up along the back wall. There will be lines taped off on the floor to show how to get there. Do not leave personal belongings other than shoes at the change stations.
    - Once you have changed your shoes, exit from the far door, and proceed down the lane beside Sheet D. At the end of the sheet, cross over and enter the clubhouse through the door near Sheet A. Absolutely no street shoes to be worn in the ice shed.
  - Spectators/Visitors
    - Are to enter at the Club Room end. There is only one person allowed in the foyer area at a time. Please safely queue outside if you are unable to enter. Sanitize your hands immediately upon entry. Proceed up the stairs and wait near the registrar table.

Spectators MUST be signed in by a member. Spectators must also sign a declaration waiver if they have not already. It is the responsibility of the member signing them in to ensure this happens.

6. Upon entry:
  - Be sure to review any posted signage immediately inside the foyer. Any changes to policy will be posted here. By entering the Club, you are agreeing to adhere to the current regulations.
  - Before doing anything in the Club Room, check in with the Registrar. For members, this will be ticking a box. Spectators/Visitors must sign in. The registrar table is beside the Bar. They will be able to tell you which sheet you are on if you do not know. The check-in process for the Masters group will be slightly different and this will be explained in a separate document.
7. Please ensure that you follow the signs and floor decals showing direction of traffic through the Club.
8. The Club will follow all Provincial guidelines related to cleaning and sanitizing.
9. Visitors are allowed in the Club if signed in by a Member. No more than 10 at any one time.
  - Visitors are permitted to sit with Curlers at a table if there are no objections from other team members or opposing team members.
  - Visitors may sit in chairs placed along glass in the Club Room once Curlers have started their game. Visitors must vacate those chairs once games are complete to ensure social distancing between those chairs and member tables
10. Until further notice, Member practice is unavailable.

## II. Game Walkthrough

### STEP BY STEP: GAME PREPARATION:

1. Arrive at club at least 15 minutes before game
  - a. Arrive dressed to curl: the only thing to put on in the club is your shoes;
  - b. Bring all devices needed for curling, eg. Broom, stabilizer, stick, slider, etc.
2. Follow directions for entry listed in section I-5.
3. After signing in with the registrar, proceed to your designated table.
4. There will be 4 table areas in the clubroom, labelled A, B, C & D. Find the table that coincides with the sheet you are playing on. If you wish, you can put your jacket and other personal belongings on your chair.
5. Once seated at your table, you can remove your mask. If you get up to move around, please put your mask back on.

### BUYING FROM THE BAR

6. We encourage all members to use tabs, if possible, to minimize the bartender's need to handle cash. We will try to provide tallies semi-monthly.
7. The bartender will come to your table and take your order. The bartender will bring your drink to you.
8. Drinks must stay at the table at which you were served.

### STRETCHING/WARMING UP

9. Find a safe, physically distanced place to stretch. Please stay out of marked laneways.

### TIME TO CURL

10. Use "Rock, Paper, Scissors" to determine hammer. The non-hammer team may choose rock colour.
11. The Mate of the team with the first hammer will score for both teams. The scoreboards have an inserted dry-erase markerboard, and there will be a dry-erase marker at each scoreboard. The Mate will write the score with the marker, using the same system as the number cards.

12. The entrance to the ice shed is through the door near Sheet D.
13. Common items will have been sanitized before the start of the game.
14. Teams will enter the ice shed in order starting with Sheet A through Sheet D.  
For Each sheet:
  - a. Hammer team is first to enter ice shed. They will proceed to the far end of the sheet to do their practice slides.
  - b. Non-hammer team is second to enter ice shed. They will do their practice slide at the club room end of the sheet.
  - c. Please start practice slides 5 minutes before game to ensure that we start on time.
15. Non-Hammer teams wait until they see Hammer teams move to far end of sheet, then enter in order Sheet A through Sheet D
  - a. Non-Hammer teams to do their practice slides, and then prepare to start the game.
16. To maintain Social Distancing, one person may wait at the opening of hallway, and one at the top of stairs while one moves through the door to ice shed.
17. Members MUST sanitize hands before leaving Club Room, using the sanitizer station provided.
18. If someone is exiting the washroom, please let them proceed!
19. Inside Ice Shed, use shoe cleaner if able.

## ON THE ICE

20. Use of masks in ice shed is not mandatory. If you feel more comfortable with a mask, please use one.
21. The Scorer (Mate of team with first hammer) will mark score for both teams.
22. For convenience & safety, a bottle of hand sanitizer will be present at both ends of every sheet.
23. Due to the excessive cleaning that would be required, club brooms, sliders, grippers & sticks are not being used. Members should provide their own.
24. Club stabilizers will be available.
  - a. Sanitize hands before touching shared equipment.
  - b. Once taken, do not share stabilizer with other curlers. Leave at designated area when done.
25. Follow guidelines in the section below – **PLAYING THE GAME.**
26. Once the game is complete, teams will choose one person from each team to clean that team's rocks.
  - a. Paper towel and cleaner will be available at the Club Room end of the ice shed.
  - b. Please spray cleaner on to paper towel and then clean rock handles. **DO NOT** spray cleaner directly on the stones as it will damage the ice surface.
27. No handshakes: please congratulate in a socially-distanced method.
28. Exiting teams will have priority. Please be patient, make space, and let everyone pass.
  - a. Teams will exit to the Club Room through the door at Sheet A end.
29. Put mask on before leaving ice shed.
30. Scorer is responsible to post game score on the Bulletin Board.
  - a. There will be 4 markers, one for each sheet, on your table. Only use the marker for your sheet.
  - b. **Please leave marker on your table when the game is complete. Do not leave it in the ice shed!**
31. If staying behind for drinks, maintain physical distancing.
32. If moving from your table, you must wear your mask. The only time you can be unmasked is while seated at your table.
33. If remaining in the Club Room, do not change your shoes. When ready to leave, proceed to the Junior end, change your shoes, then leave the building.
  - a. Please make sure that you have all personal belongs with you. Do not leave anything behind.
34. No more than 10 people are allowed at any one table.

### III. Playing the Game: Physical Distancing While Curling

*These guidelines are taken from Curl Canada and Nova Scotia Curling Association plans*

*The following describes curling in Phase 3. Some leagues at LCC may run under Phase 4 which has relaxed restrictions on distancing among team members.*

1. Teams shall consist of 4 curlers. Stick and Doubles teams shall consist of 2 curlers.
2. Pre-game warm up is not allowed. Please do not enter ice shed until it is time to curl.
3. Measuring Devices are not used.
  - o The Mates can take turns looking at the stones. If they are unable to come to a consensus, those rocks will be scrubbed and removed from play.
4. ONLY TOUCH YOUR OWN ROCKS. If you must move a stone that is not yours only use your feet or a broom.
5. Only the throwing team shall sweep any stones. No sweeping behind the tee line.
6. Non-throwing skip shall remain on the end boards until the shot is complete.
7. One sweeper per team. No tagging-in or sharing of sweeping.
8. One Non-sweeper or thrower may follow stone while maintaining 6 feet distance.
9. Other player to remain near the center line at the throwing end of the hog line.
10. Sweeper can sweep stone to the tee line, with Skip calling line from back line.
  - o Sweeper **must not** travel past the tee line. Sweeping must stop soon enough to ensure this.
11. Position of players not involved in the shot – non sweeper, opposition thrower, both sweepers for opposition – shall have predetermined standing locations which shall be marked in the ice
  - o This will take some patience and understanding from all players. There are times when a called shot may bring teams close to the edge of their sheet and therefore within 6 feet of the other team. In these instances, please communicate with the neighbouring sheet, ask them to make some space to allow the shot. As we have said, games will not proceed as quickly as they have in the past.
12. Non-Throwing Skip – remain behind the hack/on the back boards, near the centre line.
13. To transition (see attached Curling Canada diagram)
  - o The team that just threw will move to waiting positions on the centre line, next team will move to positions (hack, sweeper, non-sweeper) via sideline. Always maintain 6 feet of distance.
  - o Similar transition for two skips – one on sideline, one on centre line. Key is to maintain 6 feet of distance between them and with any other players on neighboring sheets.
14. Skip and third must maintain 6 feet of distance. Only the person holding the broom for the next shot (third) can be in the house. Skip should be outside the rings, or beyond the hog line for peels or brooms placed in the Free Guard Zone.
15. Non-throwing skip and third – person who just threw will wait outside hog line on the designated side. Person who just held the broom will take up non-throwing skips position. After non hammer team’s final skips stone, skip will wait in previous thrower’s position as noted above.
16. Any in-game conferences must be held at six-foot distance. All four players will maintain a 6-foot distance from each other; e.g. if they are all in the house, they can position themselves in the 12 foot using positions on the clock - 12, 3, 6 and 9.
17. Please refrain from using benches.
18. Same positions would permit timeouts with coach positioned at the back board. If the skip wants to move around to suggest shots or broom placement remaining players must return to throwing end to maintain the distance.
19. Between ends

- the team throwing first shall clean up stones. Team without hammer take up their mid ice positions.
- Sweeper cleans up stones in the rings, non-sweeper cleans up stones in Free Guard Zone. Push stones to appropriate corner and the thrower places stones in corners.
- Members will be encouraged to be patient and safe. There is no rush to get stones in place. To move the stones, they will use their broom and their feet. Players will not touch the handles the stones.

20. Between ends, chats will be limited to two people at a time to reduce space required.

## Appendix 5: Distancing Illustrations

