



Return to Play OCTOBER 1, 2020

Please note that as of 1 October 2020, the Province of Nova Scotia and Chief Medical Officer, Dr. Strang have announced that in a sports setting, groups of 50 do not need to physical distance. Curling can now operate normally while on the ice and the game can be played as usual -- no distancing required; two sweepers permitted; and sweeping behind tee line permitted. All other protocols in this document must be followed until further announcements are made.

INTRODUCTION:

The Nova Scotia Curling Association has produced a Return to Play plan that has been approved by the Province. The rules and guidelines in this plan must be followed or adhered to in order for Clubs to open this season. It is the responsibility of each individual club to put together its own plan that shows how it will operate within these rules and guidelines. The Club plan will be subject to inspection by Public Health.

Whether we are on the ice or in the club, unless the Province allows the NSCA to advance to Phase 5 of its plan (return to normal conditions), the following basic principles will need to be applied:

- 1) Social distancing, whether on the ice or off.
- 2) Frequent washing and sanitizing of hands.
- 3) Use of masks.
- 4) Frequent cleaning and sanitizing of high-touch areas.
- 5) No sharing of equipment.
- 6) Practicing proper hygiene...cough or sneeze into the bend of your arm, avoid touching your eyes, nose and mouth.
- 7) If you have any symptoms, **STAY THE BLAZES HOME!**

IF YOU AREN'T FEELING WELL:

The Province has greatly expanded the list of potential COVID-19 symptoms. In order to protect the health of others, if you are not feeling well, **you must stay home**. Coming to the Club while sick or unwell puts everyone else at risk and puts the Club at risk of needing to shut down if an outbreak is traced to the Club. Take care of yourself, and in doing so, take care of others!

The Board of Directors of the Glooscap Curling Club has developed this Return to Play Plan in order to provide an environment at the Club that is as safe as possible for all members. It is the responsibility of each member to understand the rules and guidelines that are expressed in the Plan, and it is the responsibility of each member to do their best to act within these rules and guidelines at all times. To do otherwise puts the health of others, as well as our ability to stay open as a Curling Club, at risk.

START OF THE SEASON:

Curling will start Sunday, November 1.

REGISTRATION:

We will be holding registration from Oct 5 to Oct 19, 2020. If we do not get a reasonable number of people registering and paying to curl by our decision time of mid-October, then the Club will not open. Ice making is scheduled to start Oct 26th assuming we get enough interest (approximately 50% membership).

Registration will be online primarily, with a couple in-person registration nights at the club. *Please register online if possible, as this maintains the best physical distancing. Expect to see further communication on when this will happen.

LENGTH OF GAMES:

The length of games will be decided by the Director of Curling in consultation with each league once registration is completed.

GAME SCORING:

The scoreboards will not be used this season, as the numbers would need to be sanitized after every use. Before the start of your game (*while at the table getting ready), nominate someone to keep score. Acceptable options for keeping score would be to have someone do it on their phone, or keep it in their head, or any other method that does not create contamination.

LOCKER ROOMS:

Locker rooms will be off limits this season due to occupancy limits and the need for increased cleaning.

OUTER FOOTWEAR:

Since the locker rooms will be off limits, and in an effort to keep the Club as free from dirt as possible, outer footwear must be removed when you enter the Club. Outer footwear must be stored in the storage racks just inside the main entrance (these will be a new addition for this season) and must stay there until you are in the process of leaving the Club.

WASHROOMS:

Washrooms will have occupancy numbers listed on the outside of each washroom. Please sanitize before and after use.

BAR OPERATION:

Yes, there will be bar service. Due to the need to restrict crossing of traffic as much as possible, the bar will not be open prior to the start of draws. The bar will be open at the completion of the first game of each draw. The bar will only be able to serve curlers after they have come off the ice. Before the game, while curlers are seated at their designated tables getting ready, they will fill out their bar requests, so the bartender can have their selections ready on their tables at the end of the games.

We anticipate having two options to pay for drinks without using cash. Use of a bar tab will be allowed, as always. We are also investigating the use of "Tap" that would allow for the use of debit cards. Whenever possible, we would like to encourage people to avoid using cash to pay for drinks. Every time the bartender handles cash, they will need to wash and sanitize their hands, which will slow things down. Cash will still be accepted at the bar, however.

SHARED EQUIPMENT:

Every time you touch something, you contaminate the surface, and the equipment must be sanitized before the next person uses it. To eliminate this, the following equipment will **NOT** be available to be used this season, except for the Junior Program, the Learn to Curl Program and the Try Curling Program. These programs are responsible to ensure that all used equipment are thoroughly cleaned before and after every use. The Club Equipment WILL NOT be available for any other usage. Please consider purchasing your equipment from the club equipment manager, Jim Noonan.

- 1) Sliders
- 2) Brooms
- 3) Scepter delivery devices
- 4) Stick delivery devices
- 5) Measuring devices

USE OF MASKS:

As of July 31, 2020, per Public Health, it is a requirement when entering a public building to wear a mask. The GCC is a public building, so a mask is required to be worn when entering the building and when you are in motion inside the club's non-ice areas.

The following exceptions where mask use will be optional (please wear one, if you are more comfortable doing so):

- 1) When inside the ice shed.
- 2) When seated in the post-game area of the lounge.

At all other times while in the Curling Club, a mask is to be worn.

If the Province chooses to update its guidance and policy on mask usage, the Board will review what this means to the Club and may make adjustments during the season based on that guidance. Our goal is to be flexible and able to react to changes as they occur.

CONTACT TRACING AND TRACEABILITY:

We will be required to keep a log of everyone that is in the Club during the season, so that Public Health can perform contact tracing in the event of a positive COVID test. League Coordinators will take attendance on draw schedules for this purpose. For groups that operate on a drop-in basis, it will be necessary to log everyone that is at the Club, each time the group is at the Club. A name and phone number will be required. One person will need to perform this task, to prevent cross-contamination from sharing a pen.

DEFINITION OF BUBBLING AT THE CURLING CLUB:

When on the ice, the only people allowed to bubble will be a parent and a child under the age of 19. Only one parent is allowed to bubble with a child under 19 at one time. This means that the parent is allowed to be closer than six feet to the child while in the ice shed. Otherwise, there are no bubbles on the ice. Everyone else will be considered as an individual for the purposes of social distancing, meaning you must maintain at least 6 feet of separation from all other players at all times.

Inside the curling club lounge, whether in the pre-game or post-game area, the following are the allowable bubbles:

- 1) A parent and their child, as long as the child is under the age of 19. More than 1 parent is allowed to bubble with their child in the curling club lounge.
- 2) Couples or significant others are allowed to bubble with each other in the lounge.

SEATING IN THE LOUNGE:

The tables in the lounge have been set up to provide seating that is done to respect social distancing.

To maintain social distancing on each side, chairs will be situated on either end of each side of the table. Couples or significant others are considered to be bubbled in the lounge and can sit together on one end.

SPECTATORS:

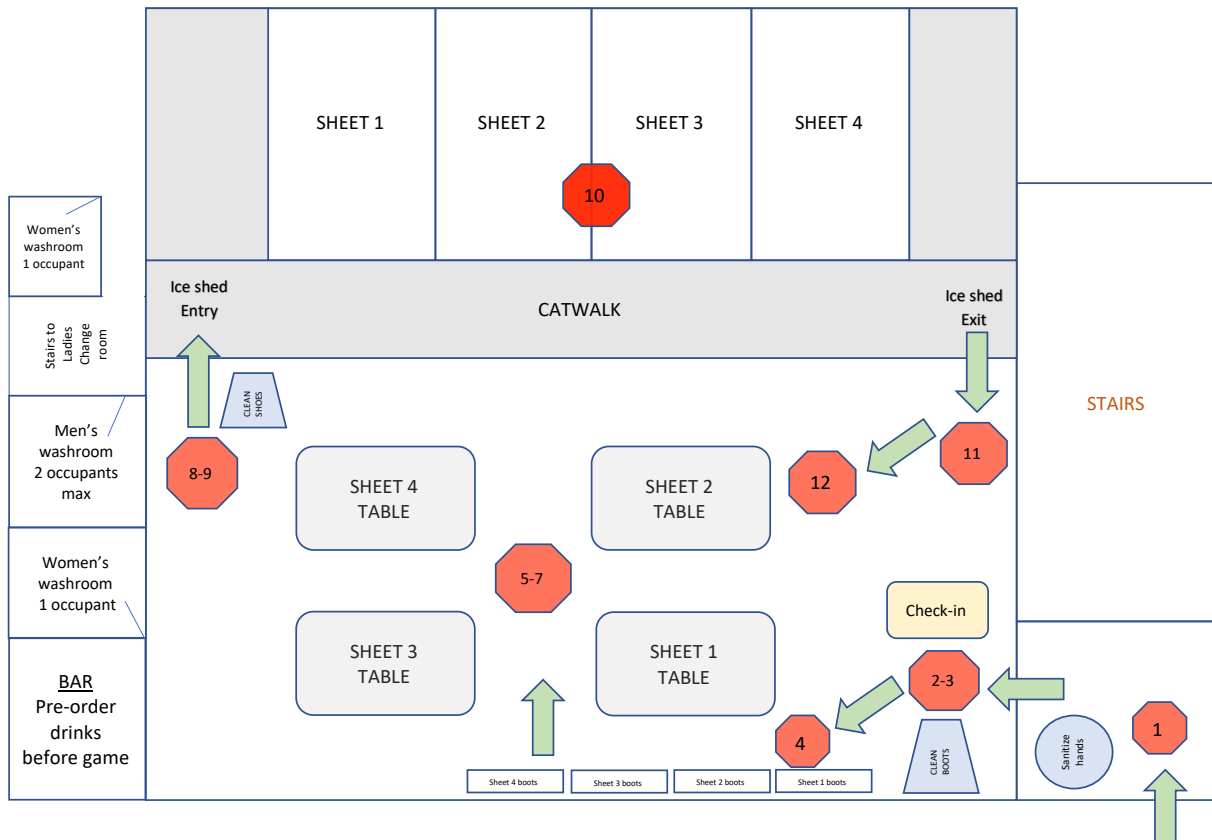
Due to the need to maximize the amount of space that we have in the lounge for those curling, as well as the need to sanitize any surfaces that are touched, we will **not** be allowing spectators in the curling club this season.

FIRST DRAW CLUB ENTRY:

Arrive dressed to play, as locker rooms will not be available due to occupancy limits.

Please see the diagram A below for an overview of the flow of traffic at the club when there is **only one draw** or for drop-in times.

DIAGRAM A = Entry to Glooscap Curling Club for leagues with only 1 draw or for 1st draw of a league with 2 draws



1. Sanitize your hands.
2. Clean your outdoor footwear in the boot brush.
3. Check to see which sheet you are playing on and who has hammer when you register.
4. Store your outer footwear in the space provided.
5. Change into your curling footwear at your designated table (sheet #).
6. Fill out your bar request, if you plan on staying after the game.
7. Wish each other good curling (no handshakes) and assign a scorekeeper.
8. Proceed into the ice shed by sheet 1 when announced by the Coordinator (see below Note A = Staggered Ice Shed Entry).
9. Clean your curling shoes in the boot brush prior to entering the ice shed. If desired, you may remove your mask after you have entered the ice shed.
10. Prepare for the game as instructed and maintain social distancing.
11. At end of game, put your mask on and exit the ice shed using the door by sheet 4.
12. Go to your designated table after the game, change out of your curling shoes.

* Last rock advantage (hammer) will be pre-determined and listed on the schedule, as coin tosses will be eliminated. Hammer teams will always use the **RED** rocks (since Glooscap Curling's logo is red).

Note A = Staggered Ice Sheet Entry

Coordinators will stagger entry into the ice shed as follows:

- a. Coordinator will call Sheet 4 "Hammer team" first to enter the ice shed, then sheet 3 Hammer team, then sheet 2 Hammer team and finally sheet 1 Hammer.
- b. Hammer teams will clean their rocks with the wipes provided and proceed to the scoreboard end of the sheet for warm-up slides as soon as possible.
- c. Next, the Coordinator will call sheet 4 opposition team, then sheet 3, then sheet 2 and finally sheet 1 opposition team.
- d. These teams will clean their rocks and do practice slides on the end closest to the lounge.
- e. Once warm-up slides are done, proceed to the designated waiting spots on the side of the sheet (these spots will be marked).
- f. After all warm-up slides have finished, the game begins.

As in previous years, there will be a one and one half hour (6 end games) or two-hour (8 end games) time limit for the completion of a game. The buzzer will sound to start the game and again when there is 10 minutes remaining in the game. **Once the end buzzer has sounded, you may complete the end in play and the game ceases. There is to be no further play regardless of ice availability.**

PLAYING THE GAME:

Games will be played in accordance with the rules put out in the NSCA Return to Play Plan as outlined below. (As of the time of the writing of this plan, the Province has cleared curling to start at Stage 3 of the NSCA Return Plan.)

NSCA Return To Play: These approaches are applicable for Phases One, Two and Three.

1. Only throwing team shall sweep any stones.
2. Non-throwing skip shall remain on end boards until shot is completed. One sweeper per team. No tagging in or sharing of sweeping.
3. One Non-sweeper or thrower may follow stone maintaining 6 feet distance. Other player to remain near center line at the throwing end hog line.
4. Sweeper can sweep stone to the tee line, with skip calling line from back line. Sweeper must not travel past the tee line. Sweeping must stop soon enough to ensure this.
5. Position of players not involved in the shot – non sweeper, opposition thrower, both sweepers for opposition – shall have predetermined standing locations. Each club will have to determine the exact locations based on their # of sheets and the setup in their ice shed. (see attached Curling Canada diagram on the next page)
6. To transition – 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.
7. 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.
8. 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.
9. 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.

10. 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.
11. 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.
12. Between ends – the team throwing first shall clean up stones. Team without hammer take up their mid ice positions.
 - a. 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.
 - b. 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.
13. Between end chats will be limited to two people at a time to reduce space required.

AFTER THE GAME:

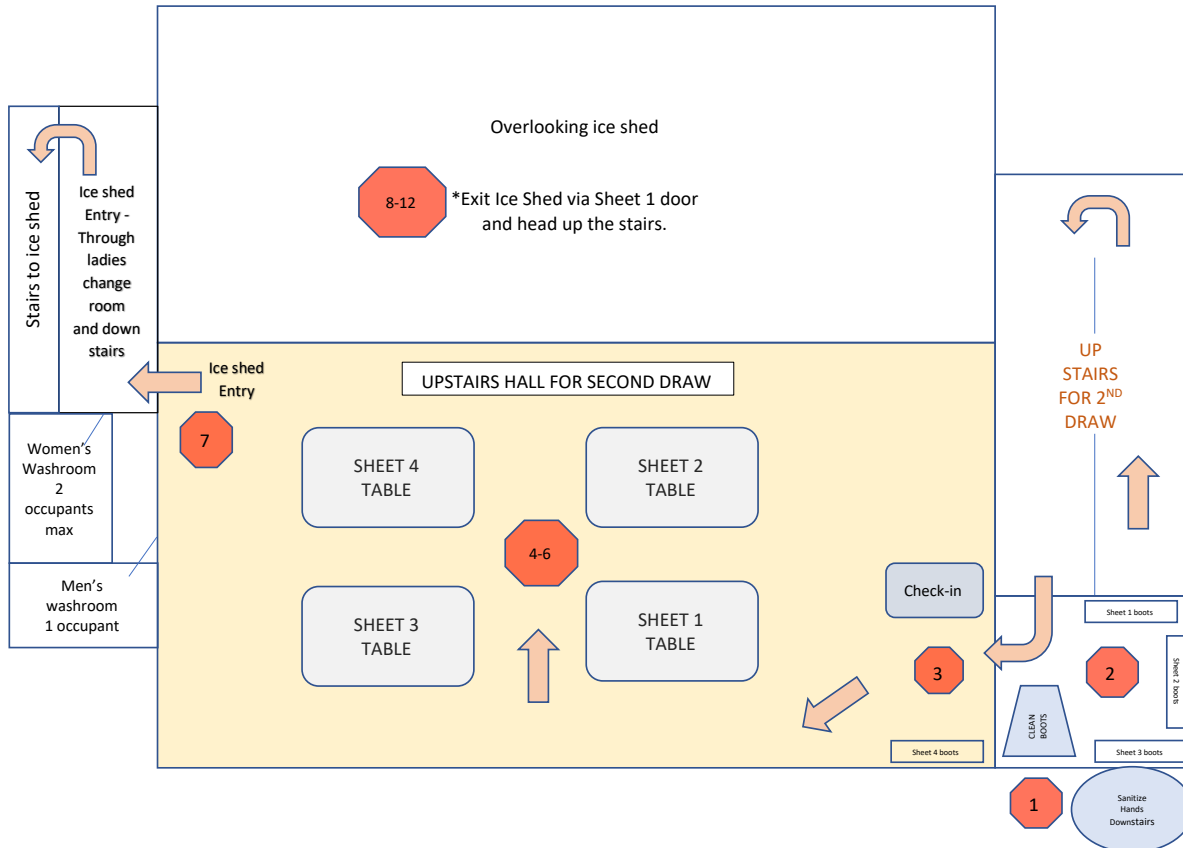
1. The lounge has been set up for seating that respects social distancing requirements. This will allow for the bar to be in service.
 - a. Once the game is completed, all players are to put their masks on.
 - b. Then the winning team gathers their gear and leaves the ice first. The losing team maintains distance while the winning team gets off the ice.
 - c. The losing team will put away the rocks, sanitize all the rock handles, and clean the ice.
 - d. Teams are to exit the ice through the door by sheet 4.
 - e. Before you enter the lounge, sanitize your hands.
2. Once in the lounge, go to your sheet's table to remove your curling shoes and to collect your pre-ordered beverage (if you are staying). Once seated you may remove your mask. If you are more comfortable leaving it on, please do so.
3. If you are coming off the ice and not staying for a drink, you can cross through the seating area and go directly to the area where your outer footwear is stored.
4. Anytime you leave your table, you must put your mask back on.
5. NOTE: If there is a second draw, those players are to go directly upstairs after sanitizing their hands and follow the instructions on Diagram B in the next section.
6. One person from each team shall collect glasses, cans and bottles and return them to bar.
7. Winning teams clean the tables and chairs with wipes provided, since losing teams cleaned the ice.
8. As you are leaving, put your mask on, sanitize your hands, retrieve your gear, and proceed to the area where your outer footwear is stored. Leave the club via the main doors. If there are people entering at the same time you wish to exit, please maintain physical distancing.

NOTE: TO ALLEVIATE ANY POSSIBLE CONGESTION WHEN THERE IS A SECOND DRAW, CURLERS FROM THE FIRST DRAW ARE ASKED TO PLEASE EXIT THE CLUB NO LATER THAN 60 MINUTES FOLLOWING THE COMPLETION OF THEIR GAME.

SECOND DRAW CLUB ENTRY:

Arrive dressed to play, as locker rooms will not be available due to occupancy limits.
Please see **Diagram B** below for an overview of the flow of traffic at the club for the second draw.

DIAGRAM B = Entry to Glooscap Curling Club for leagues for 2nd draw of a league with 2 draws



1. Sanitize your hands upon entry to the building.
2. Clean your outdoor footwear in the boot brush and put in the space provided.
3. Check to see which sheet you are playing on and who has hammer when you register.
4. Change into your curling footwear at your designated table (sheet #).
5. Fill out your bar request, if you plan on staying after the game.
6. Wish each other good curling (no handshakes) and assign a scorekeeper.
7. Proceed through the ladies change room and down the stairs into the ice shed by sheet 1 when announced by the Coordinator (see below Note A = Staggered Ice Shed Entry).
8. Clean your curling shoes in the boot brush prior to entering the ice shed. If desired, you may remove your mask after you have entered the ice shed.
9. Prepare for the game as instructed and maintain social distancing.
10. Once warm-up slides are done, proceed to the designated waiting spots on the side of the sheet (these spots will be marked).
11. After all warm-up slides have finished, the game begins.
12. Exit ice shed via the Sheet 1 door and proceed up the stairs.

*Last rock advantage (hammer) will be pre-determined and listed on the schedule, as coin tosses will be eliminated. Hammer teams will always use the **RED** rocks (since Glooscap Curling's logo is red).

Note A = Staggered Ice Sheet Entry

Coordinators will stagger entry into the ice shed as follows:

- a. Coordinator will call Sheet 4 "Hammer team" first to enter the ice shed, then sheet 3 Hammer team, then sheet 2 Hammer team and finally sheet 1 Hammer.
- b. Hammer teams will clean their rocks with the wipes provided and proceed to the scoreboard end of the sheet for warm-up slides as soon as possible.
- c. Next, the Coordinator will call sheet 4 opposition team, then sheet 3, then sheet 2 and finally sheet 1 opposition team.
- d. These teams will clean their rocks and do practice slides on the end closest to the lounge.
- e. Once warm-up slides are done, proceed to the designated waiting spots on the side of the sheet (these spots will be marked).
- f. After all warm-up slides have finished, the game begins.

PLAYING THE GAME

See instructions under First Draw Club Entry.

AFTER THE GAME:

1. The upstairs lounge has been set up for seating that respects social distancing requirements. This will allow for the bar to be in service.
 - a. Once the game is completed, all players are to put their masks on.
 - b. Then the winning team gathers their gear and leaves the ice first. The losing team maintains distance while the winning team gets off the ice.
 - c. The losing team will put away the rocks, sanitize all the rock handles, and clean the ice.
 - d. Teams are to exit the ice and proceed upstairs through ladies change room again.
2. Once in the upstairs lounge, go to your sheet's table to remove your curling shoes and to collect your pre-ordered beverage (if you are staying). Once seated you may remove your mask. If you are more comfortable leaving it on, please do so.
3. If you are coming off the ice and not staying for a drink, you can cross through the seating area and go directly to the area where your outer footwear is stored.
4. Anytime you leave your table, you must put your mask back on.
5. One person from each team shall collect glasses, cans and bottles and return them to bar.
6. Winning teams clean the tables and chairs with wipes provided, since losing teams cleaned the ice.
7. As you are leaving, put your mask on, sanitize your hands, retrieve your gear, and proceed to the area where your outer footwear is stored. Go down the main stairs and leave the club via the main doors. If there are people at the exit, please maintain physical distancing.

Stay safe and good curling everyone!