



## HUDSON LEGION CURLING CLUB OPENING GUIDELINES- COVID OCTOBER 2020

This summer the Greater Montreal Curling Association created an *ad hoc* committee to oversee all aspects of return to play associated with the COVID 19 pandemic. The members of the committee have worked hard at setting up our guidelines and protocol for the 2020 season. We are looking forward to curling and having fun this year while ensuring the safety of our members and employees.

### **Guidelines target four key areas:**

1. Health authorities
2. Curlers and staff
3. Sanitizing and hygiene procedures
4. Programs

### **1. Health Authorities**

First and foremost, our guidelines follow the current direction and updates from *Santé publique du Québec*. Physical distancing and wearing of a mask both on and off the ice will be mandatory to protect our members and employees. The Acknowledgment of Risk must be signed by all members at registration.

- Due to this pandemic, all members assume the risk to exposure or possibly being infected with COVID 19.
- Members should not come to the club if they exhibit any symptoms including fever, cough, fatigue, chills or body aches, difficulty breathing, vomiting, diarrhea, pink eye, rash, loss of taste or smell or any other unexplained symptoms. Call the COVID Hotline; 514-644-4545 or 1-877-644-4545 for advice from *Santé publique du Québec*. It is recommended you go to the walk-in Covid-19 testing center in Vaudreuil or a center of their choice to be tested. For more information check the *Santé Montréal* website at <https://santemontreal.qc.ca/en/public/coronavirus-covid-19/testing-covid-19-in-montreal/#c41518> If a member's test is negative and their symptoms have resolved they may return to the club.
- If a member lives with anyone who has symptoms, they should isolate (separating themselves from this household member) and not come to the club until that household member has been tested. If the household member tests negative, the member may return to the club. If the household member tests positive, the member must contact the COVID hotline; 514-644-4545. They should isolate themselves in a separate room, and follow *Santé publique du Québec* instructions. In all likelihood they will be considered a close contact of a positive case and be required to stay isolated for 14 days. Even if they themselves receive negative COVID test results, as the incubation period of the virus is 14 days the infection may not show up in early testing.

- If someone tests positive, they must contact our manager Terry Connolly by email at [HUDSONLEGION@VIDEOTRON.CA](mailto:HUDSONLEGION@VIDEOTRON.CA), so that we may advise any other members who may be affected. The positive test member's identity will remain confidential. We would like to know the date and time of the positive result and what draws they attended at HLCC up to and including 48 hours prior to the onset of their symptoms or 48 hours prior to their test date if they were asymptomatic. This information will be required by *Santé publique du Québec*. (This will help us confirm our tracings.) They must also stay isolated and away from the club until the following criteria have been met:
  - waited at least 14 days since the onset of their symptoms AND,
  - no fever for more than 48 hours AND,
  - no other and no acute symptoms for 24 hours (with the exception of a cough or loss of taste or smell which may last longer even after the person is no longer contagious).
  - Confirmation to end isolation should be done with *Santé publique du Québec*.
  
- If a member thinks they have been exposed, they must isolate at home, call the COVID hotline; 514-644-4545, not come to the club and go to the nearest test center to get tested. For more information check the *Santé Montréal* website at <https://santemontreal.qc.ca/en/public/coronavirus-covid-19/testing-covid-19-in-montreal/#c41518>
- If a member of the curling club or anyone in their household travels outside Canada they must quarantine at home for 14 days.

Please note that *Santé publique du Québec* directives takes precedence over club instructions. If you are unsure check the *Santé Montréal* website.

## **2. Curlers and Staff**

Masks will be mandatory as soon as you enter the building and must be worn at all times on and off the ice. Masks will be available at the bar for a cost of \$1.

- All members and staff will practice proper hand hygiene. Hand sanitizer will be available throughout the club.
- Two-metre physical distancing will be in place and indicated with appropriate signage.
- A full building cleaning will be completed prior to commencing the season. Washrooms will be cleaned daily, and high- touch areas throughout the club will be cleaned frequently.
- Hand sanitizer to be used prior to going out on the ice. No hand shaking – broom taps advised.
- Rocks will be sanitized with hard surface disinfectant by the SECOND for their sheet at the end of each draw.

- Players advised to bring own water bottles and facial tissues.
- Bar employees will have COVID training and protective equipment.
- No visitors or spectators will be allowed on the premises until further notice.

### **3. Sanitizing and Hygiene Procedures**

- Please sanitize your hands in the lounge before proceeding down to the shed (4 stations will be available).
- Players are reminded to only touch their two stones, stones lined single file, and only one sweeper (no relaying of sweepers). Position on the ice to be respected at all times, physically distanced. Flow of players to be followed with skip and volunteer support. Non-sweeper may follow rock down the ice (properly distanced) to judge and communicate weight.
- Measuring stick, mop and scraper will all have a hand sanitizer station beside them. Mechanical room where pebbling can is kept will also have a sanitizer station. Hands are to be sanitized before and after each use.
  - One player per game will be assigned responsibility for all measurements and to sanitize measuring sticks after the game.
  - One player per game will be assigned responsibility to sanitize the rock handles after that game. Hard surface sanitizer and gauze pads are provided. Anyone wishing to sanitize their individual or team rock handles before a game may do so.
  - One player per game will be assigned responsibility to mop the ice after the game and to sanitize the handle of the mop.
  - One player per game will be assigned responsibility of marking the scoring and sanitizing the cards after the game.

After the conclusion of the game, players will sanitize their hands and proceed to the locker room to retrieve belongings.

Curlers who are leaving then may go to the locker rooms to remove their shoes and leave the club.

### **4. Programs**

At this time, the match committee is considering running all the same leagues and events as last year, with the following exceptions:

- To start the year, practice times will be limited to two curlers per sheet and members will need to sign up for a practice slot on the club website. We are looking at a plan to open up some slots for team practices (i.e. up to four people per sheet).
- We are planning a Mixed Doubles league to take place Saturday mornings.