



Nova Scotia Curling COVID-19 Response Plan

The signature at the bottom reflects that the named club has reviewed the NS Return to Play Plan, the CCA Return to Play Plan and will implement all Nova Scotia Public Health Guidelines and Restaurant Association Nova Scotia Guidelines for the curling season 2020-21.

Overview

The following protocols are Nova Scotia Curling Guidelines intended to enable a safe return to the sport. These protocols are based on current Nova Scotia statutes and regulations, current public health requirements and directives, and Nova Scotia Curling's desire to make our sport safe for all. These protocols may be updated at any time; please be sure that you are referring to the most recent version, which will be posted on the website, <https://novascotia.ca/coronavirus/>.

All protocols are subject to all federal, provincial, municipal, and facility regulations as they may exist.

Rink Protocols

These protocols are designed to provide coaches, curlers, parents, and volunteers basic requirements on how to stay safe while at the rink. The protocols are to be reviewed regularly. All coaches, curlers, parents, and volunteers must acknowledge their understanding of the COVID-19 protocols.

Key points for managing COVID-19 while at the rink:

- Maintain physical distancing of 2 meters from other individuals.
- Dressing rooms are to be closed and not to be used by anyone (unless 6 ft distancing can occur)
- Curlers are to arrive ice ready to the club.
- Increase sanitization on frequently touched surfaces such as door handles, boards, benches, etc.
- Limit the number of coaches/curlers on the ice to a maximum of 50 persons being able to adhere to six feet social distancing.
- Spectators are a regulation of the facility
- Compliance with Nova Scotia Curling Return to Play Plan
- Compliance with all Safe Sport policies and procedures
- Applicable occupational health and safety requirements
- No curlers, coaches, volunteers, spectators or parents will participate in club activities if they or a member(s) or their household have travelled outside of Atlantic Canada in the last 14 days.
- No curlers, coaches, volunteers, spectators or parents will participate in club activities if they or a member(s) or their household is unwell, feeling sick or showing symptoms of illness.

- Coaches and curlers are to have face masks or coverings with them in the event a curler is injured and must be donned by both the coach and curler in the event the curler needs assistance. Adherence to the most current face mask protocol.
- Curling times to be scheduled to minimize overlap and contact with others.
- Warm ups to be done inside while adhering to physical distancing guidelines.
- Any group sessions on or off the ice must adhere to social distancing guidelines.
- Personal items such as gloves, water bottles, face masks or coverings and tissues are not to be shared and kept separately. When tissues are used, they are to be discarded immediately and curlers or coaches are to wash hands with soap and water or use hand sanitizer.
- Non compliance may result in the suspension of sanctioned activities, programming or participation of sanctioned activities and could jeopardize the club's insurance coverage.

Communication

Nova Scotia Curling will do its best to provide accurate and timely communication in advance of any curling activity to help ensure all participants are aware of expectations.

Tracking all curlers/coaches/volunteers participating both on and off the ice must be done on a daily basis. This must be recorded and kept to assist with contact tracing in the event of any positive COVID-19 cases within sessions.

Coaches are responsible for circulating the Nova Scotia Curling COVID – 19 Return to Play Plan and the regulations of the facility to parents with confirmation of having been read and explained to their child.

Summary

Nova Scotia Curling remains committed to the health and well being of all individuals they are directly and indirectly involved with and as outlined above multiple provisions have been put in place. As the situation evolves, strong commitment by everyone will ensure the virus spread is contained. New information is continuously being reviewed and analyzed to ensure proper measures are in place and all curling community, coaches, volunteers, spectators and parents are educated on their use. All curling community coaches, volunteers, spectators and parents must please be vigilant and truthful to ensure the safety of all.

COVID-19 Transmission

The COVID-19 virus is spread through respiratory droplets that are produced through coughing, sneezing, or normal breathing and speaking. These respiratory droplets may transmit the virus from an infected individual to a non-infected individual if they are close to one another. Some people might contract the virus and remain asymptomatic (do not show any signs or symptoms of the virus), which is why public health guidelines state that everyone should stay 2 meters away from other individuals.

In some situations, the respiratory droplets land on surfaces, which can result in people catching the virus by touching those surfaces and then touching their eyes, nose, or mouth.

Your Health and Protecting Others

Curlers, coaches, volunteers, spectators and parents are advised to stay home if they or any member of their household are feeling ill and have cold or flu like symptoms such as fever, sore throat, runny or stuffy nose, headaches, or coughing. Specifically, instructions are:

- Do not come to the rink
- Advise your coach or the volunteer taking your information at the door that you or a member of your household are exhibiting symptoms;
- Contact your health care provider or visit Nova Scotia's government online COVID-19 Assessment Tool at <https://811.novascotia.ca/>, if you do not have internet access, call 811; and
- Do not return to the curling club until you are symptom free and advised to do so.

If there is a confirmed case of COVID-19 at NS Curling clubs, our procedure includes:

- Stop curling sessions and advise the rink so they can disinfect areas as needed;
- Send curlers, coaches, spectators and volunteers home who came in close contact with the individual; remind them to self-monitor (or self-isolate if they have a high-risk household resident).
- Contact 811, proceed as directed, and communicate with coaches as appropriate.

Personal Hygiene

Strict personal hygiene is critical to limit contracting and transmitting the virus. All curlers, coaches, spectators and volunteers are instructed to abide by the following guidelines:

- Avoid touching your face, i.e. eyes, nose and mouth.
- Cough or sneeze into your elbow or a tissue (properly dispose of tissue and wash hands).
- Do not share personal items .
- DO NOT: shake hands or make any contact with others.
- Wash your hand often with soap and water or use hand sanitizer with at least 60% alcohol for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- Carry a face covering or mask with you in the event of injury or illness which requires a coach and curler to come within 2 meters of each other.

COVID-19 RETURN TO CURLING

On behalf of my club, I have read the Nova Scotia Curling COVID Response plan and will adhere to the protocols and stipulations:

Name of Club: _____ Date: _____

Signature of President: _____ Name: _____