



Prince George Golf and Curling Club

COVID 19 Return to Curl Safety Plan

(Adapted from Documents from viaSport Return to Sport Plan, WorkSafeBC, Curling Canada, and CurlBC Return to Curling Guidelines)

Dear PGGCC Curling Members,

As British Columbia public health authorities develop guidelines to lift some restrictions on gathering in a responsible way, PGGCC Curling Club has been working with Curl BC and viaSport BC to understand the recommendations of our Chief Provincial Health Officer and how they best apply within our sport and club environment.

The attached “**Return to Curl Safety Plan**” has been developed for our club in order to ensure that:

- health and safety of all individuals is a priority;
- activities are in alignment with provincial health recommendations;
- modifications to activities are in place in order to reduce the risks to each of our curlers;
- our sport is united and aligned on a plan to reopen throughout the province.

While we do hope things will return to normal in the not too distant future, currently this “**Return to Curl Safety Plan**” will be the new normal until we are advised otherwise by public health authorities, Curl BC and viaSport BC. Board has approved an opening date of November 2, 2020 and we will fully cooperate with Public Health Orders to ensure a safe return to sport. These guidelines may be updated as facility opening commences.

If you choose to participate, you must follow these rules: (Illness Plan see appendix A)

- If you don't feel well or are displaying symptoms of COVID-19, you must stay home;
- If you have traveled outside of Canada, you are not permitted at a practice until you have self- isolated for a minimum of 14 days;
- If you live in a household with someone who has COVID-19 or is showing symptoms of COVID- 19, you must stay home;
- Wash your hands before participating;
- Bring your own equipment, water bottle and personal sanitizers – strictly NO sharing of equipment allowed;
 - o Club Equipment rental will not be available this season
 - ie. Brooms, Grippers, Sliders and Delivery Aid/Stabilizer
- Comply with physical distancing measures at all time;
- Avoid physical contact with others, including shaking hands, high fives, etc.;
- Arrive and depart the facility as per facilities' guidelines.
- Wearing a mask or face covering is recommended inside the facility

Our “**Return to Curl Safety Plan**” is based on current public health, Curl BC and viaSport BC guidance. While we are all doing our best to minimize the risk of exposure to COVID-19, while the virus circulates in our communities it is impossible to completely eliminate the risk. Each participant must make their own decision as to whether it is in their best interest to resume participation at this time. You must consider your own circumstances and make the decision that is right for you.

Should you choose to join us, we require your full cooperation with our “**Return to Curl Safety Plan**”.

Sincerely,

PGGCC Board of Directors



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COVID-19 Background: According to the BC Center for Disease Control , COVID-19 is a coronavirus which can cause various symptoms like fever, chills, cough, shortness of breath, sore throat, among others. The symptoms can range from mild to severe. Some people who are infected may also be asymptomatic.

Experts believe that COVID-19 is spread via liquid droplet contact (like coughing and sneezing). This transmission requires that a person is in close contact. However, should the liquid droplet be transmitted in the environment (such as a surface), it could potentially lead to a person getting infected should they touch their eyes, nose, mouth or face. As of the time of writing, it is not believed that COVID-19 is transmitted via airborne means.

Risk Management: Risk management is one of the responsibilities of a board of directors. While a board of directors may delegate the day to day management of risk to staff or other volunteers, it remains the legal duty of a board of directors to provide the oversight of an organization’s risk management plan and strategies.

We have completed a risk assessment to identify and assess the various types and levels of risk in our operations.

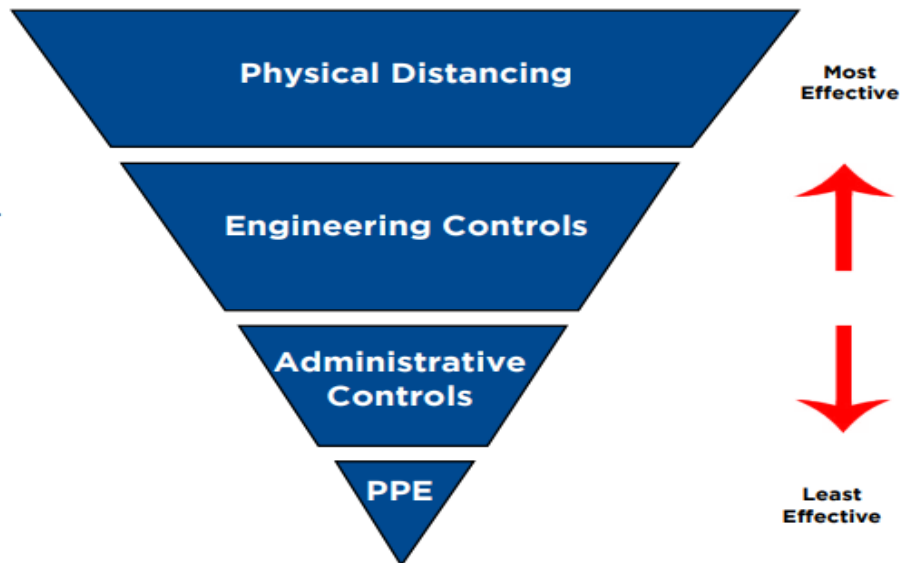
The viaSport Guidelines stipulate that any return to play plan must be based on “a risk assessment and analysis that considers the risks presented by the type of sport activities and the place where the sport activities occur, who is involved and their risk profile, and what measures can be implemented”.

Heirarchy of Controls for Covid-19

The Hierarchy of Controls for Covid-19 is a framework for reducing transmission hazards.

The most effective controls are at the top of the diagram.

We recommend using this control model to guide your decisions in reducing risk in your Covid-19 Safety Plans and/or Return to Curling Plans.





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Principles of Curling Guidelines: BC'S Restart Plan outlines 5 principles to apply to every situation. These are integrated into the guidelines and considerations in this document.

Five principles for every situation

Personal Hygiene	Stay home if you are sick	Environmental Hygiene	Safe social interactions	Physical Modifications
<ul style="list-style-type: none"> • Frequent hand washing • Cough into your sleeve • Wear a non-medical mask • No hand-shakes 	<ul style="list-style-type: none"> • Routine daily screening • Anyone with any symptoms must stay away from others • Returning travellers must self isolate 	<ul style="list-style-type: none"> • More frequent cleaning • Enhanced surface sanitation • Touchless technology 	<ul style="list-style-type: none"> • Meet with small numbers of people • Maintain distance between you and people • Size of room: the bigger the better • Outdoor over indoor 	<ul style="list-style-type: none"> • Spacing within rooms or in transit • Room design • Plexiglass barriers • Movement of people within spaces

Return to Curl Phases: The four identified return to curling phases have been created to align with the guidance from the viaSport Guidelines and public health restrictions. The duration and dates of each phase will be determined by provincial health, government authorities, and Curl BC. This may not be a linear or consistent process around our province, and increasing restrictions locally may be required in response to fluctuating numbers of Covid-19 cases in the province.

Any movement between phases will be decided through collaboration with viaSport BC and the PHO and announced by Curl BC.

Do not move from one phase to another without ensuring that you have the latest information, and are following the direction announced by Curl BC.



Please see the Phases chart and more details about the programming in each phase available in Appendix C.



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Measures Relating to Members and Participants:

1. Members and Participants must educate themselves on public health information and expectations related to the implementation of the Curling Guidelines and Delta PGGCC's Return to Curl Safety Plan
2. Implemented an Illness Policy (see appendix A) that outlines procedures for players that may be experiencing symptoms to stay home and away from the club until they are healthy again. Routine daily symptom screening can be done for all players through the use of Covid-19 self-assessment tool found on the BC Centre for Disease Control website <https://bc.thrive.health/covid19/en>

Signage is posted saying they should not be in the building if:

- They don't feel well or are displaying symptoms of Covid-19
- Someone in their household has Covid-19 or is showing symptoms of Covid-19
- You have traveled outside of Canada within the last 14 days
- Someone in your household has traveled outside of Canada within the last 14 days.

3. COVID-19 Participant Agreement and Waiver (see Appendix B) must be signed and prior to the first day on the ice.
4. Members and Participants must follow an enhanced hygiene protocols:
 - a. Upon arrival at the rink, before/after breaks, after touching common equipment or frequent touch points in the club.
 - b. Reminders to avoid touching eyes, nose, and mouth, and to use proper cough and sneeze etiquette
5. The COVID-19 Return to Curl Safety Plan will be posted on our website and will be emailed to all returning members. Included in the email a disclaimer stating that members and participants are subject to removal from activities/facility use should they fail to comply with outlined protocols.
6. League registrations will be through the website, or in-person registration and **must be completed with payment prior to accessing the ice.**
7. Practice Ice will be through an email request to the Curling Coordinator and will be limited 4 person per sheet and will be on a first come first serve basis.

8. League Games

- Maximum of 48 people in the rink unless exemption granted from PHO
(Curl BC has made application on behalf of larger rinks in province)
- Stagger start time to alleviate congestion (ie. 6:00pm/ sheet 1, 3, 5, & 7 6:15 pm/ sheet 2, 4, 6, & 8 and starting on opposite ends.
- Entrance to the arena will be through the east door and exit will be via the lounge deck
- A health declaration confirmation must be completed out every game by each player prior to the start of each league game.
- Spares will be paid club members only and should only be used if teams drop below 3 players.

PLEASE NOTE THAT WE ARE CURRENTLY IN PHASE 3 OF THE RETURN TO CURL



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Playing the Game:

- Wearing a mask or face covering is recommended until you are on the cold side of the glass.
- Instead of a handshake, give a friendly wave or tap brooms to start game
- Players stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 1. This will keep players 10 feet apart.
- Two marked areas will be inserted four feet from each side of centre ice (roughly 69 feet from the end boards).
- 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 it is next to deliver should be positioned at the hogline on the same side as the two sweepers.
- The Skip (or Vice-Skip) will stand on the backboards.
- 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 T-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 hog line 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.
- As it is a labour-intensive activity to sanitize the scoreboard numbers after each game we will be using pen and paper on a tear away sheet.
- One sweeper only on all delivered stones. No relaying (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under 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 opposition stone behind the tee-line.
- The skip or vice skip (not both) of the non delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- Neither skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team.



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Cleaning Protocols:

1. The frequency of cleaning and disinfection of high-touch surfaces and high traffic areas will be increased
2. Hand sanitizer/disinfectant will be available at:
 - Entrances
 - Washrooms
 - Ice Sheet ends
 - Shoe Cleaners
3. Additional garbage bins available for responsibly disposing of hygienic materials such as tissues and any PPE that is used in the course of activities.
4. At the start of each game, the following but not limited to will be sanitized:
 - stone handles
 - club equipment
 - measuring devices
 - scoreboards
 - Team captains/Skips will assign stones/rocks at the start of the game

Measures Related to Lobby and Common Areas:

1. Copy of the COVID-19 Curl Safety Plan will be posted on the bulletin board and on our website
2. Occupancy limits will be posted in the and lounge/restaurant as per PHO's. Tables will be separated to ensure 2m distancing and each table will have a limit of six chairs. Tables cannot be relocated.
3. Entrance to the ice will be through the front lobby will be the North and Exit via the lounge and off the deck
4. Floor and directional markers will be posted to ensure flow of traffic.
5. No spectators at any time in the viewing area

Measures Related to Change Rooms/Locker Rooms:

1. Members and participants must come dressed to curl (curling shoes being the exception).
2. Lockers will not be available this season. Space will be provided in the viewing area for changing footwear.



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Rink Enter and Exit Points

- Traffic will be one directional as much wherever possible





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Measures Related to Club Equipment:

1. Disinfectant will be available at both ends of the ice.
2. Members and Participants will disinfect measuring devices and club equipment after use

Measures Related to Washrooms and Water Fountains:

1. Water will only be available in hands free dispenser of rink water fountain.
2. Occupancy limits will be posted in each of the washrooms.

Measures Related to Playing Surface:

1. Signage will be posted regarding teams draw times and playing sheets in upstairs lobby area.
2. Sanitation and disinfectant will be available on each sheet.
3. See appendix C for detailed 2 - person, 3 - person and 4 - person curling rules and physical distancing etiquette.

Food and Beverage Service:

1. The lounge will be limited to occupancy limits posted.
2. All service will be at the table. NOT at the bar.
3. Directional arrows will be placed on the lounge stairs to encourage one-way flow traffic
4. Tables and Chairs will be set-up so that there are no more than 6 seats at a table, and tables are set two metres apart from each other. Relocating seats and tables will not be allowed.
6. Bartenders and other staff will be required to wear a mask while working in the lounge.
7. No spectators or food service will be allowed in the viewing area



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Emergency Response:

Measures Related to First Aid:

In the event that first aid is required to be administered during an activity, all persons attending to the injured individual must first put on a mask and gloves. These items will be available in the rink First Aid kit.

WorkSafeBC's [protocols for occupational first aid attendants](#) on safely treating individuals provides advice..

Red Cross Canada's [protocols for an unresponsive person during COVID-19](#) provides additional resources.

Measures Related to Cases and Outbreaks:

1. In the event of an COVID-19 outbreak, the club member must contact and send an email to the Curling Coordinator, Geoff Funk at curlingcoordinator@pggolfandcurling.com
2. Geoff will notify the club manager and Northern health if any curlers or staff member report they are confirmed to have COVID-19
3. Geoff and the Board of Directors will decide whether the club will modify, restrict, postpone, or cancel activities.
4. The Illness Policy (see Appendix A) will be implemented and we advise individuals to:
 - Self-isolate;
 - Monitor symptoms daily, report respiratory illness and not return to activity for at least 10 days following the onset of COVID-19 symptoms;
 - Use the COVID-19 self-assessment tool ([BC COVID-19 Self-Assessment Tool](#)) to determine if further assessment or testing is needed.
 - Return to curl if the individual or family member is tested for COVID-19 and is negative, or Return to curl if the individual or family member is not tested, and 14 days have passed since they became ill and they are symptom free.
5. In the event of a positive COVID-19 result, immediately report and discuss the suspected outbreak with the Medical Health Officer (or delegate) at your local health authority. Implement your illness Policy and enhanced measures
6. Should a medical health officer contact our board of directors; we will fully cooperate in any contact tracing.

Insurance and Waivers:

On June 10, 2020, the Province issued a ministerial order that protects non-profit sport organizations from liability for damages to an individual who has been infected or exposed to Covid-19 if the club was "organizing, administering, facilitating, or providing" curling in accordance with "all applicable emergency and public health guidance".



APPENDIX A - Illness Policy

In this policy, “Team member” includes a volunteer, participant or parent/spectator.

1. **Inform an individual in a position of authority (coach, team manager, program coordinator) immediately if, you feel any symptoms of COVID-19** such as fever, chills, cough, shortness of breath, sore throat and painful swallowing, stuffy or runny nose, loss of sense of smell, headache, muscle aches, fatigue and loss of appetite.
2. **Assessment**
 - a. Team members must review the self-assessment signage located throughout the facility each morning before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
3. **If a Team Member is feeling sick with COVID-19 symptoms**
 - a. They should remain at home and contact Health Link BC at 8-1-1.
 - b. No Team Member may participate in a practice/activity if they are symptomatic.
4. **If a Team Member tests positive for COVID-19**
 - a. The Team Member will not be permitted to return to the facility until they are free of the COVID-19 virus.
 - b. Any Team Members who play closely with the infected Team Member will also be removed from the facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their facility area immediately and any surfaces that could have potentially be infected/touched.
5. **If a Team Member has been tested and is waiting for the results of a COVID-19 Test**
 - a. As with the confirmed case, the Team Member must stay away from the facility.
 - b. Other Team Members who may have been exposed will be informed and removed from the facility for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
6. **If a Team Member has come in to contact with someone who is confirmed to have COVID-19**
 - a. Team Members must advise their team/coach and Curling Coordinator if they reasonably believe they have been exposed to COVID-19.
 - b. Once the contact is confirmed, the Team Member will be removed from the workplace/practice/activity for at least 14 days or as otherwise directed by public health authorities. Team Members who may have come into close contact with the Team Member will also be removed from the workplace for at least 14 days.
 - c. The workspace/activity area will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.
7. **Quarantine or Self-Isolate if:**
 - a. Any Team Member who has travelled outside of Canada or the province within the last 14 days is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. Any Team Member with any symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - c. Any Team Member from a household with someone showing symptoms of COVID-19 is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - d. Any Team Member who is in quarantine or self-isolating as a result of contact with an infected person or in families who are self-isolating, is not permitted to enter any part of the facility.



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APPENDIX B

Participant Agreement

Application - all athletes, coaches, members, volunteers, participants and family members of participants while in attendance at club activities ("Participants")

All Participants of Prince George Golf and Curling Club agree to abide by the following points when entering club facilities and/or participating in club activities under the COVID-19 Response plan and RTP Protocol:

I agree to symptom screening checks, and will let my club know if I have experienced any of the symptoms in the last 14 days.

I agree to stay home if feeling sick, and remain home for 14 days if experiencing COVID-19 symptoms.

I agree to sanitize my hands upon entering and exiting the facility, with soap or sanitizer.

I agree to sanitize the equipment I use throughout my practice with approved cleaning products provided by the club (shared and personal equipment).

I agree to continue to follow social distancing protocols of staying at least 2m away from others.

I agree to not share any equipment during practice times.

I agree to abide by all of my Clubs COVID-19 Policies and Guidelines.

I understand that if I do not abide by the aforementioned policies/guidelines, that I may be asked to leave the club for up to 14 days to help protect myself and others around me.

I acknowledge that continued abuse of the policies and/or guidelines may result in suspension of my club membership temporarily.

I acknowledge that there are risks associated with entering club facilities and/or participating in club activities, and that the measures taken by the club and participants, including those set out above and under the COVID-19 Response Plan and Return to Sport Protocols, will not entirely eliminate those risks.

I acknowledge and understand the "Illness Policy" as outlined in Appendix A

Parent Name (if under 16+yrs)

Date Signed

Curler's Name

Date Signed



APPENDIX C – Curl BC Return to Curling Phases

Phase 1 Lockdown



PHASE 1
LOCKDOWN

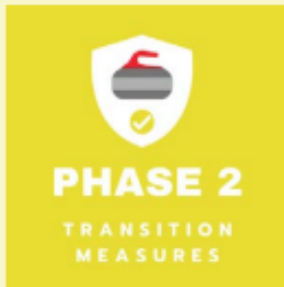


- Curling Clubs/Centres Closed
- No Events/Activities Allowed
- No non-essential Travel
- Virtual Activities OK
- Individual off-ice or outdoor training

1. Curling clubs and centres close
2. Initiate shut down procedures for the following scenarios:
 - a. Temporary closure (2 weeks- 1 month)
 - b. Suspended closure (1 month- 3 months)
 - c. Long Term Closure (3 month- 1 year)
3. Follow WorkSafeBC procedures
4. Follow Technical Safety procedures
5. Secure any Financial Funding
 - a. Government grants
 - b. Government financial relief programs
 - c. Limited membership drive
 - d. Sponsorship agreements
6. Initiate Crisis Communication Protocols
 - a. Update your members and participants on any decisions and actions of the club.
 - b. Utilize technology for staff, board, volunteer, meetings or annual general meetings.
7. Support your staff and volunteers during this time.
8. No in person activities or events allowed
9. Virtual Activities are OK
10. Members and participants may engage in individual training activities off-ice or outdoors.



Phase 2 Transition Measures



- Clubs/Centres slowly open.
- 2m physical distancing.
- No more than 50 people on ice unless exemption acquired.
- Local community* participation only.
- Modified play with on-ice distancing markers for 3&4 person league play
 - Non-contact skill development activities
 - 1 sweeper
 - 2, 3 and 4 person modified games
 - No spectators

1. Curling clubs and centres slowly open.
 - a. Ensure 2m physical distancing measures are in place.
 - b. Ensure your policies, protocols, and procedures are in place and can be maintained.
 - c. Encourage local participation only. *Local participation is defined as people who would normally be curling at your club.
 - d. Phase in modified play activities.
2. Modified/phased-in activities.
 - a. Non-contact training to start.
 - b. Scheduled small group practices (1-6 people per sheet).
 - i. Scheduled individual and/or family practices.
 - ii. Scheduled team practices.

CHECKPOINT

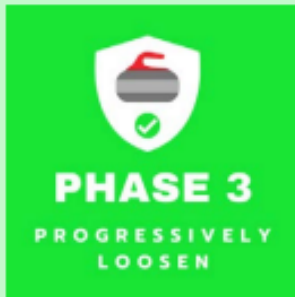
- a. Ensure all measures to minimize the transmission of Covid-19 are working before starting leagues or offering programming.
 - b. Ensure all members and participants understand the policies, protocols, and procedures.
3. Introduce scheduled doubles games
 - a. 2 players per team on the ice
 - b. Consider phasing in sweeping

CHECKPOINT

- a. If all measures continue to work continue to add other leagues and/or programming.
4. Phase in three or four person curling
 - a. Maintain 2m physical distancing - even between teammates and those within a bubble while curling. See resources page for instructions on how to do modified curling and alternative options. **Click here.**
 - b. 1 sweeper only between the T-lines.
 - c. 1 teammate per shot to remain inactive on distancing marker in four person curling.
 5. Phase in other Curling Programming
 - a. Lessons with physical distancing coaching groups 1-4 people per sheet
 - b. Doubles Learn to Curl
 - c. Hit-Draw-Tap Competition
 - d. Youth Programming
 6. No events >50 People
 - a. Events includes: Leagues, open houses, clinics/lessons, bonspiels, rental groups. Local participation only.
 7. No spectators



Phase 3 Progressively Loosen



- 2m physical distancing.
- No more than 50 people on ice unless exemption acquired.
- Modified play with on-ice distancing markers for 3&4 person league play.

1. Activities available in Phase 2 can happen in Phase 3.
2. Maintain 2m physical distancing - even between teammates and those within a bubble while curling. See resources page for instructions on how to do modified curling and alternative options. **Click here.**
3. Game modifications
 - a. Continue to schedule all on-ice activities.
 - b. Continue to phase in programming.
 - c. Continue to offer two person and three person curling activities in order to keep group sizes down.
 - d. Phase in four-person curling.
 - i. On ice markers are required for 3&4 person league game play.
 - e. Use blocks to form "mini- groups" within larger leagues. This will provide further measures to limit the risk of transmission within a league.
 - i. Minimizing the number of teams "switching" between blocks.
 - ii. Scheduling box changes at the Christmas break
4. *ViaSport introduced Cohorts for sport in Phase 3. A cohort as defined by viaSport is a group of participants who primarily interact with each other within the sport environment over an extended period of time (e.g. series of events).

This does not affect curling because:

- a. A club must install distancing markers in the ice (Appendix F) and ensure individuals are physically distant.
- b. Due to the modifications to remove contact between all individuals in the field of play clubs are able to run our leagues as "normal" and not limited to the cohort sizes within viaSport's cohort guidelines.
- c. Cohorts make more sense used by sports that cannot eliminate contact such as soccer to allow for some competitive play.
- d. Because of all of the above, clubs should not attempt to use the cohort model for any curling activities.

CHECKPOINT

- a. Evaluate policies, protocols, and procedures and make any adjustments.
 - b. Clearly communicate transitions of activities to your members and participants.
5. Spectators should be limited and individuals must comply with Provincial Health Officer recommendations.
 - a. Based on your capacity/and or club policy with physical distancing measures.
 - b. Spectators subject to screening protocols and procedures.
 6. Programming Resources can be found on our website: <https://www.curlbc.ca/resources/documents-forms-covid-19/>
 7. **Events: Curl BC is recommending that clubs do not host bonspiels within the first month of opening. We will release further guidance on regional and provincial events in the coming weeks. The events information will be in an appendix which will be attached to the guide.**



Phase 4 Next Normal



- Continued alignment with government guidance
- National and/or International Travel
- Large spectator group sizes allowed
- Large scale events may return
- 4 person games

1. Return to traditional curling activities (with no or limited restrictions)
 - a. Bonspiels
 - b. Curling socials
 - c. Full competitions
 - i. Regional
 - ii. Provincial
 - iii. National
 - iv. International
 - d. Four person curling with two sweepers.
2. National and international travel resumes.
3. Spectators and large groups are allowed.
4. Continue enhanced cleaning protocols.
5. Continue using adapted policies, procedures, and protocols.
6. Continue using waivers.



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APPENDIX D – 4 vs. 4 Curling (Phase 3 and 4)





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