



Marpole Curling Club Covid-19 Safety Plan

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MARPOLE CURLING CLUB

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Overview

All activities in our curling club must operate within current provincial health restrictions in order to limit the transmission of Covid-19 in our community. This Safety Plan meets expectations of WorkSafeBC and is compliant with existing Public Health Office (PHO) Orders. It was generated by a Covid-19 Committee made up of the Club Manager, and Club President, in consultation with staff as needed.

To help reduce the risk of infection to COVID-19, **The Marpole Curling Club Safety Plan** is required to be followed by Curlers, Staff, Volunteers and anyone who enters the facility. The plan is based on the following principles:

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

General

- All members, staff and volunteers must read, understand and comply with the most current Safety Plan, and all relevant Policies (for example, the Illness Policy in appendix A) and posted Protocols.
- All members must sign a Liability Waiver and Declaration of Compliance (appendix B) at registration. If under the age of majority – parents or guardians must also sign an Assumption of Risk document.
- Registrations will be done ONLINE only and credit card payments to be accepted ONLINE or over the phone.
- Anyone entering the building (staff, volunteers, suppliers, maintenance groups, curlers, etc.) must sanitize hands without undue delay upon entering and departing the building. Sanitizing stations are available throughout the facility
- All people entering the Club must be fully vaccinated.
- Masks will be mandatory in all areas except when curling at designated sheet in the ice shed or when seated in the lounge.
- Occupancy signs will be posted in all public access common spaces, as appropriate. If any space is at capacity, you must please move, in a timely fashion, to a different space or leave the building until occupancy allows.
- Staff/volunteers will monitor all activities to ensure proper physical distancing and protocols are being followed at all times.

Participant / Curler Guidelines

- You must STAY HOME if you are sick, have COVID-19 or flu-like/respiratory symptoms or are required to self isolate, or if you are on the Prohibited Persons Policy.
- Arrive no sooner than 15 minutes before the start of your scheduled game. Consult your league's schedule to note your game's staggered start time (if applicable) and assigned sheet before arriving at the Club. If you arrive at the club, outside your game's designated staging time, remain in your vehicle until appropriate.
- You must wear a mask before entering the club.
- Arrive dressed to play, if possible. Please limit bags, equipment, and personal belongings as much as possible as we will have limited space to store these items during the game time.
- Refrain from touching other curlers equipment i.e. rocks, brooms, sliding devices, etc.
- Refrain from touching any and all icemaking equipment and/or club equipment (scraper, pebbling equipment, ladders, brooms, nipper, etc.)
- Instead of a handshake, perhaps give a friendly wave or tap brooms to start your game.
- Use the on-ice decals to help maintain your physical distance and to locate the correct places to stand during the game. See Appendix C for possible flow on the ice using those markers.
 - Use of on-ice benches is discouraged. If used: a) only one person may seat at a time, b) be sure that using the seat does not disrupt effective people flow on the ice and c) maintain physical distance at all times.
- Tissues and waste bins will be available both ends of each sheet. Curlers reminded to cough or sneeze into sleeve and sanitize hands after using tissues.
- Players exiting the ice shed at end of game or for any other reason (i.e. to use the washroom) must sanitize their hands before leaving the ice shed and also when re-entering the ice shed (if re-entering). Enter the lobby only if clear and safe to do so. Maintain physical distancing at all times. A mask must be worn any time you leave your designated sheet.

Modified Scheduling

The following measures have been enacted to manage lobby and Club occupancy during the high occupancy times for league play, such as start of draw.

- For leagues that utilize 5 or 6 sheets, when possible, they will start at staggered start times to minimize lobby occupancy.
 - Typically odd sheets starting at the posted time and even sheets starting 15 minutes later (your league may differ: Contact your league organizer).
 - Please arrive only 15 minutes or less before your expected start time (contact League organizer or review schedule in advance to know your expected start time).
- For all other leagues, you must obey lobby occupancy limits. If the lobby is at capacity when you arrive, please proceed upstairs to an available area or, if allowed, enter the ice shed to wait for your ice to be available.
 - If you enter the ice shed, you must maintain physical distancing and you must not interfere with the ice staff performing their duties. Do not enter the ice area until your sheet is prepared; stay on the backboards.
- People performing scheduling duties will:
 - Spread out sheet usage if possible to maximize distancing within the ice shed.
 - For example: leagues utilizing 4 sheets shall use sheets 1, 3, 4 and 6
 - Balance any late/early draw times to equalize the number of people in each draw as much as possible

Changerooms & Washrooms

- Obey all occupancy signage for changerrooms and washrooms. If a changerroom or washroom is at capacity, please wait until people leave the area to enter. If the waiting area (lobby, etc.) is at capacity, please wait upstairs (i.e. Magnusson Room). It is strongly recommended to come to curling dressed to play, to limit occupancy strain on the changerrooms. Magnusson room can also be used to change shoes if needed.
- Practice physical distancing at all times.

Masks

- All staff/volunteers and curlers must wear a mask before entering the building, and throughout the building, except when curling on your sheet or when seated in the lounge.
- Masks are recommended but not required, during play. If intending to wear a mask during game play, please bring more than 1 as they get damp quickly, losing their effectiveness.
- Curlers must sanitize their hands without undue delay when finished their game and when removing/re-attaching mask following game.

Enhanced Cleaning Protocols

- All high touch surfaces have been identified and daily disinfection of identified surfaces and structures will be followed by staff
- Hand sanitizer, disinfecting wipes/solutions, gloves, garbage bags and hand washing facilities are available throughout the building, for staff performing cleaning.
- Cleaning protocols for public spaces (i.e. lobby, ice shed, washrooms, and lounge areas) will be posted.

Staff & Volunteer Training and Protocols

Staff and volunteer safety are valued as a key component to minimizing the risk of COVID- 19 and a healthy working environment. Staff and volunteers will be educated in the following areas:

- Proper mask handling and glove fitting (including removal/disposal).
- Proper hygiene procedures – including hand washing and cough/sneeze etiquette.
- Location of sanitizers, disinfecting supplies, washing areas and PPE
- Specific cleaning protocols will be provided and reviewed for ice technicians, coaches, and bartenders.
- How to report unsafe conditions, possible exposures to COVID -19 and understanding symptoms.
- Documentation of staff training and materials will be kept on file.

Contracted workers (i.e., caterers) will be responsible to follow the Marpole Curling Club's Safety Plan for entry into the building and also to submit their own COVID-19 Safety Plan for approval.

Rental Equipment – Grippers, Brooms, Sliders, Measuring Devices throwing sticks and Gliders (crutches)

- Curlers should sanitize hands before and after using any rental equipment or device (measuring stick).
- Please return rental equipment to the marked areas. Payment should be made into the appropriate payment box located at the club.
 - Please remit, in broom box, \$2 per use.

Pro shop/Office

- Office transactions and Pro shop sales are available by advance appointment only.
 - Regular Office hours will not be maintained until further notice
- Stay home if you are feeling sick
- Maximum 2 people (including manager) allowed in Office at one time
- Mask must be worn at all times. Employees will wear PPE to protect themselves and members/guests
- Disinfect hands upon entering
- There will be no refunds / exchanges on merchandise
- Respect physical distancing (6 feet/2 meters)
- Purchases to be made by debit or credit only
- All high contact surfaces – debit machine, door handles, telephone, photocopier, storage bins, etc. will be sanitized daily
- Please refrain from touching items, as much as possible, unless intending to purchase

Upstairs Lounge, Dan Magnuson Room and Games Room

- Games room and Dan Magnuson Room are open however, they may be used as holding areas to deal with occupancy issues throughout the club (such as lobby “high occupancy periods” before games or when the lounge is at capacity), so use for other purposes is discouraged at this time.
- Occupancy limits will be posted and must be adhered to at all times.
- Once seated, there must be no moving from table to table. Drinking and eating must only be performed while seated and not while standing to watch games etc..
- Tables are set for 4 persons only. (Maximum 6)
- Tables have been placed to allow for PHO guidelines. Do not move tables or relocate seating areas. Maintain distancing whenever standing or moving throughout the lounge.
- Self service bar is available – please follow distancing markers while waiting.
 - Debit or credit is highly preferred over cash
- Staff will wear PPE at all times and the bar area has appropriate barriers. Please respect the barriers and maintain physical distance with bar staff at all times.
- Staff will thoroughly disinfect all tables, chairs and debit machine after use and regularly.
- Chairs along windows are spaced out for member spectators. If drinking you must stay seated. If spectating/standing you must continue to wear a mask.

Medical / First Aid

- If someone requires first aid, PPE (mask and gloves) must be used and will be available (located in first aid cabinet in the lobby) to attending any injury or illness.
- WorkSafeBC’s protocols for occupational first aid attendants on safely treating individuals may prove to be a valuable resource (see References).
- Red Cross Canada’s protocols for an unresponsive person during COVID-19 provides additional resources (see References).
- If someone becomes ill while at the club, if able, they should leave the Club without undue delay and follow Illness Policy or other relevant Club guidelines and/ or PHO orders/guidelines.

Reporting COVID-19 Cases or Outbreaks:

- In the case of a known or suspected case or an outbreak of Covid-19, the Marpole Curling Club Illness Policy (see Appendix A) should be followed.
- The Club will fully cooperate with the Public Health Office instructions. The Club may modify, restrict, postpone, or cancel activities and contact members as soon as possible, as a result.

Health and Safety Issues:

All people in the building are key in maintaining a safe curling and work environment. Any unsafe conditions or acts should be reported to the Health and Safety Committee members, posted in the lobby. The Health and Safety Committee will investigate as needed and address any concerns brought forward, as per provincial guidelines, in a timely manner.

The Health and Safety Committee will continually monitor for new, changed, or previously unanticipated risks and address these, in a timely manner, as appropriate.

Appendices:

- A. Marpole Curling Club Illness Policy
- B. Declaration of Compliance
- C. Curl Canada On Ice Marker Player Designation Layout / Player Designation

APPENDIX A: MARPOLE CURLING CLUB ILLNESS POLICY (v1.3, January 8, 2022)

Up to date link to latest policy can be found here: <http://marpolecurling.ca/communicable-disease-covid-19-club-information-page/>

("Team Member" refers to any staff, participant, spectator, patron or volunteer)

1. Team Members must inform the Club Manager (or other person in a position of authority) without undue delay, if they feel any symptoms of COVID-19 (or other communicable disease). Key COVID-19 symptoms include fever, chills, loss of sense of smell or taste, difficulty breathing and or new or worsening cough.
 - a. See BCCDC website for up-to-date list of COVID-19 symptoms at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>.
 - b. If Team Members are unsure, they should use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
2. Assessment
 - a. Team Members must review the self-assessment signage located throughout the facility each day before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms (or other communicable disease).
 - b. Management and other individuals in a position of authority, may visually monitor team members to assess any early warning signs of illness or pending illness.
 - i. Management (or other individuals in a position of authority) will remove Team Members from the facility if Team Member continuously displays key symptoms of COVID-19 (or other communicable disease), is noticed by
3. If a Team Member is feeling sick with COVID-19 symptoms (or other communicable disease), please enact the following procedure
 - a. If before attending the facility for work/practice/activity or other purpose:
 - i. They should remain at home, contact Health Link BC at 8-1-1 and not attend the Facility.
 - ii. No Team Member may work, participate in a practice/activity, or be a patron or spectator, if they are or become symptomatic.
 1. Access to the Facility will be barred.
 - b. If they feel sick and / or are showing symptoms while at in the facility for work/practice/activity or other purpose:
 - i. Management or other persons in a position of authority should remove them from the facility and send them home without undue delay.
 - ii. They should monitor symptoms for a 24 hour period.
 1. If symptoms have subsided after a 24 hour period, they may be allowed to continue work/practice/activity or other purposes at the Facility, unless otherwise directed by Health Officials.
 2. If symptoms continue, they will be removed for an additional 24 hour period of monitoring.
 3. If symptoms worsen, the Team Member will call 8-1-1 and follow the direction of Health Officials.

- iii. If the affected Team Member is a coach or a member of a team, the entire team must monitor for symptoms.
 1. If any additional Team Member displays symptoms, they will be asked to follow the steps above (3(b)(ii)).
4. If a Team Member tests positive for COVID-19
 - a. The Team Member will follow the direction of Health Officials.
 - b. The Team Member will not be permitted to return to the workplace/practice/facility unless clear of the virus, typically until:
 - i. 5 days have passed since symptoms started and/or;
 1. Unless Health Official direction indicates longer self-isolation is required.
 - ii. Symptoms have subsided and fever is gone (without the use of fever-reducing medications).
 - c. The Curling Club will follow the direction of Health Officials.
5. Team Members must Quarantine or Self-Isolate if they have been advised to by Health Officials
6. Team members who have been exposed to someone who has had COVID-19, must self-monitor for symptoms and follow the direction of Health Officials. For more information/ clarity please go to the following link <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/self-isolation>
7. The Curling Club and all curlers will follow the current guidance of the Local and Provincial Health Authorities.
8. If at any time the Public Health Office (PHO) guidelines change during the season, the PHO guidelines will take precedence. Current information on COVID-19 can be found here: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19>

APPENDIX B # DECLARATION OF COMPLIANCE – COVID-19 (November 9, 2021)

Up to date link to latest policy can be found here: <http://marpolecurling.ca/communicable-diseasecovid-19-club-information-page/>

WARNING! ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

Curling Canada, Curl BC, Marpole Curling Club (collectively the "Organization") require the disclosure of exposure or illness is in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than the age of majority) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than the age of majority), hereby acknowledge and agree to the terms outlined in this document:

1. The coronavirus disease, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
2. The individual has not been diagnosed with COVID-19. OR If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities.
3. If the individual is a front-line worker (such as hospital staff, long term care staff, or other individual who interacts with individuals who have confirmed or suspected cases of COVID-19), the individual has worn proper and approved Personal Protective Equipment at all times whenever they interacted with an individual who has a confirmed or suspected case of COVID-19 in the last 14 days.
4. If the individual is not subject to point 3 above, they have not been asked to self-isolate by Health Officials, in the last 10 days.
5. The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian), on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
6. The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days. Primary symptoms are fever, new or worsening cough, chills, difficulty breathing, and loss of taste or smell. Additional symptoms can be found at <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/about-covid-19/symptoms>
7. If the individual experiences any signs or symptoms of COVID-19, or have been asked to self-isolate after submitting this Declaration of Compliance, the individual will promptly notify the Organization if they have been at the Facility in the previous 2 days prior to symptoms or during symptoms, and not

attend any of the Organization's facilities, activities, programs or services until at least 10 days have passed since those symptoms were last experienced, or 10 days have passed since they were asked to self-isolate or until cleared as noncontagious by a Public Health Official.

8. The individual has not, nor has any member of the individual's household, travelled to, or had a lay-over in any country outside Canada. If the individual travels, or if anyone in the individual's household travels, outside Canada after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services unless they have been successfully accepted into Canada with the Federal Government Entry requirements (see <https://travel.gc.ca/travel-covid/travel-restrictions/covid-vaccinated-travellers-entering-canada>) and have not been asked to isolate.

9. The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.

10. The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.

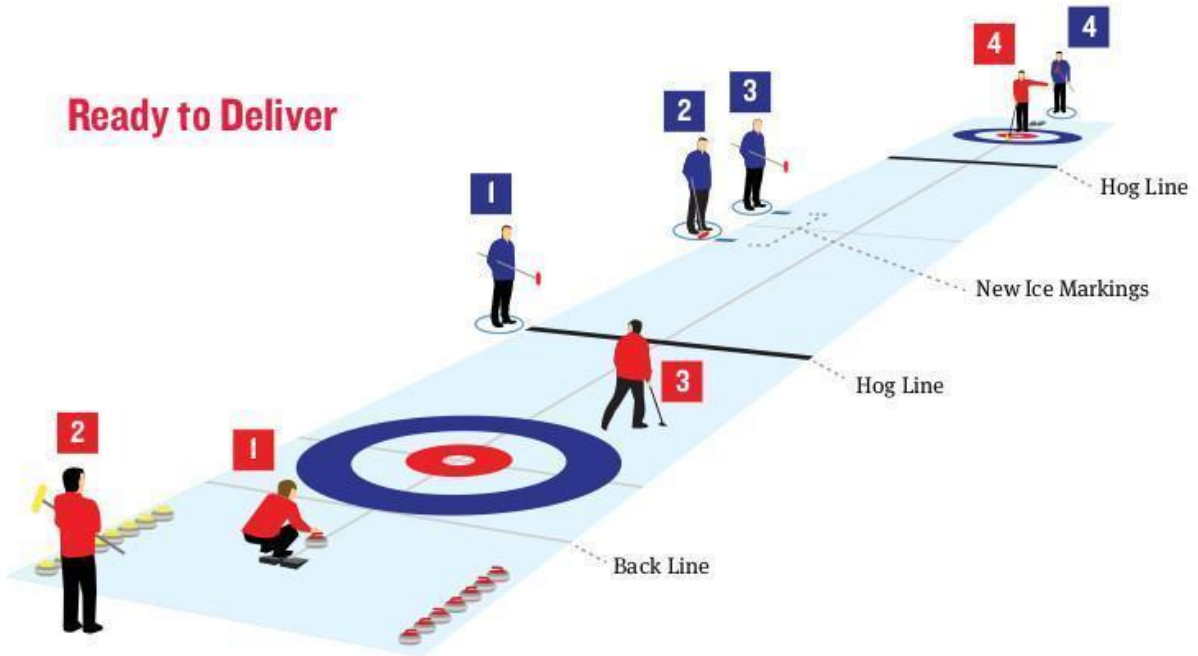
11. The individual will bring their own personal items and personal equipment (such as water bottles, bags, towels, etc.) at their discretion and will not share their personal items or equipment with other individuals.

12. This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required. If any changes are made during the season, the Organization will inform Members via the website.

13. The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

14. The individual will follow all guidance in this Declaration throughout the season and will reassess their health status upon each entry to the facility. If any term cannot be complied with as originally declared, the individual will not enter the facility and will contact the Organization.

APPENDIX C – Curling Canada On Ice Marker Player Designation Layout/ Player Designation



Additional Resources

PROVINCE OF BRITISH COLUMBIA

B.C.'s Restart Plan: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid19-provincial-support/bc-restart-plan>

B.C.'s Response to COVID-19: <https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support>

PHO Orders: <https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/office-of-the-provincialhealth-officer/current-health-topics/covid-19-novel-coronavirus>

HEALTH RESOURCES

Regional Health Authorities

Fraser Health: <https://www.fraserhealth.ca/>

Interior Health: <https://www.interiorhealth.ca/Pages/default.aspx>

Island Health: <https://www.islandhealth.ca/>

Northern Health: <https://www.northernhealth.ca/>

Vancouver Coastal Health: <http://www.vch.ca/>

BC COVID-19 Self-Assessment Tool: <https://bc.thrive.health/covid19/en>

BC Centre for Disease Control: <http://covid-19.bccdc.ca/>

Health Canada: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

Health Canada List of Disinfectants for use against COVID-19: <https://www.canada.ca/en/health-canada/services/>

[drugs-health-products/disinfectants/covid-19/list.html](https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html)

WORKSAFE BC RESOURCES

Returning To Safe Operations

Sports and Recreation: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safe-operation/sports-recreation>

Restaurants, Cafes, and Pubs: <https://www.worksafebc.com/en/about-us/covid-19-updates/covid-19-returning-safeoperation/restaurant-cafes-pubs>

COVID-19 Safety Plan Template: <https://www.worksafebc.com/en/resources/health-safety/checklist/covid-19-safetyplan?lang=en>

Occupancy Limit: <https://www.worksafebc.com/en/resources/health-safety/posters/help-prevent-spread-covid19-occupancy-limit?lang=en>

SPORT AND RECREATION RESOURCES

viaSport Guideline: <https://www.viasport.ca/sites/default/files/ReturntoSportGuidelines.pdf>

Return to High Performance Sport Framework: <https://www.viasport.ca/sites/default/files/Canada%20-%20COVID-19%20Return%20to%20HP%20Sport%20Framework%20-%20May%202020.pdf>

BCRPA Sector Guidelines for Restarting Operations: <https://www.bcrpa.bc.ca/covidguideline>

BCCDC guidance for recreation facilities: <http://www.bccdc.ca/health-info/diseases-conditions/covid-19/communitysettings/recreation-facilities>