



2020-2021 Season

Return to Curling

Covid-19 Safety Plan

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Return to Curling Plan 2020/2021 Curling Season

1. Introduction

The Prince Rupert Curling Club executive members have developed its operating and safety plan in compliance with all provincial governing orders and the guidelines provided by Curl Canada, Curl BC and Via Sport.

The safety and well being of our members, staff and spectators is our number one priority as we navigate our return to curling. We are very fortunate that our facility is quite large and can easily accommodate physical distancing. As well, we know our curlers are respectful and will take care to follow all necessary precautions to have a safe and fun curling season.

Please be aware the guidelines provided in this document are subject to change. The circumstances of the pandemic are very fluid and there are continuing changes from governing bodies. As changes occur, amendments will be made and communicated to our curling community.

2. Summary of Safety Principles

- ✓ **Stay home if you are feeling sick** or have been in contact with anyone suspected to have Covid-19 symptoms. Comply with self-isolation protocols as per the Provincial Health Officer Orders
- ✓ **Personal hygiene** – regular hand washing, using sanitizer before and after games, no hand shaking.
- ✓ **Environmental hygiene** – more frequent cleaning of high usage areas, enhanced surface sanitation
- ✓ **Safe physical interactions** – maintain 6.5' or 2 m physical distancing on and off the ice when interacting with people outside of your bubble. Follow all signage and floor markings.
- ✓ **Physical modifications** – Spacing within rooms, movement of members and barriers where required

Note: *It is not mandatory to wear PPE. Curl BC recommends mask wearing in common areas off the ice. However, members should be prepared to adjust mask wearing policies during the season.*

3. Health Monitoring, Waivers and Contact Tracing

Priority #1 – Stay home if you are feeling sick. This is a requirement. I understand that everyone is anxious to return to curling, especially in the case of PRCC with our cancellation of the 2019/20 season. However, it is imperative that you do not put other patrons of the curling club at risk. Everyone must make efforts to prevent Covid-19 from entering and/or spreading in our community.

[Please refer to the Prince Rupert Curling Club Illness Policy \(Appendix A\)](#)

A. Health Checks, Self-Declarations

Please self-assess before entering the facility. If you are exhibiting symptoms do not enter. If you become uncomfortable with anyone else who is exhibiting cold/flu-like symptoms, make an effort to speak with them first before reporting to one of our board members.

B. Waivers - Mandatory this year

- ✓ All curlers **must** read, understand and sign
 - An Assumption of Risk form (age specific)
 - [Over 19 Waiver of Liability \(Appendix B\)](#)
 - [Under-19 Assumption of Risk \(Appendix C\)](#)
- ✓ All facility users **must** read, understand and sign
 - [A Covid-19 Declaration of Compliance \(Appendix D\)](#)

C. Contact Tracing

As per provincial health guidelines, contact tracing is a requirement at our facility. Regular league curlers will not have to sign in each time they play. It will be assumed that team members are present for their game. **However, non-regular league members (spectators, spares, special event patrons):**

- ✓ May enter the facility if space permits (at present we have a 50-person maximum capacity on the ice and 50-person capacity in the lounge)
- ✓ Must adhere to all signage and sign in with the bar staff. They will be asked to complete a short Covid-19 assessment and to provide their contact information.

4. Sanitization

Hand sanitizer will be provided throughout the building, available at the entrance, upstairs lounge and on the ice. Everyone is required to sanitize their hands upon arrival. As well, soap is provided in the washrooms (maximum capacity of 2 patrons per bathroom). Sanitizer will also be provided for persons cleaning rock handles, scoreboard, measuring devices and equipment.

5. Registration and Club Events

The sport of curling is classified as a Group A non-contact sport and is currently operating under Phase 3 of the Curl BC and Via Sport regulations. This is very exciting news as it allows for modified 4 curlers team play. We are also following provincial guidelines and limiting are gatherings in our facility to 50 persons per large area (50 on ice and 50 in our lounge) Downstairs viewing area has been designated as the second area that curlers can put on their curling shoes. Benches in this space have been closed off and must not be used.

At this time bonspiels and club events will be limited to in town members only. Even though Phase 3 allows for gradual return to competition, our board members feel very strongly that we should not host spiels with out of town visitors at this time. With the limitation of number of patrons, the complexity of contact tracing and the additional time and effort required; any bonspiel or event will be open to in town members only. It is our priority to keep our members and community safe.

The board is pleased to announce that there will be no increase in fees this year. Registration fees will remain the same as the 2018/2019 season.

It would be greatly appreciated if registration fees are paid before November 15th, 2020. In person registration will begin on September 24th, 2020 at the Semi-AGM and further registration dates will be announced at that time. Also, the board is currently looking at on-line registration and hopes to have that operational by October. Please keep looking at Mail Chimp emails for more information on this.

6. Club Operations

A. Draw times

League nights will remain on the same days as usual. Therefore, Wednesday night Open league and Friday night Mixed league. There will be 2 draw times. First draw will begin at 6:45 pm and end at 8:45 pm. Second draw will begin at 9:00 pm and end of 11:00 pm. This will allow for the additional sanitization necessary in between game. Sanitization is explained further in “On the Ice” section of this document.

B. Prior to the game

1. Please arrive no earlier than 20 minutes before the start of your game.
2. **Locker rooms are closed.** Please arrive ready to play.
3. **No water cooler on ice.** Bring your own water bottle.
4. Enter the building and follow all signs and floor decal. A map is provided in Appendix E.
5. Sanitizer is provided at the entrance, on the ice and in the upstairs lounge.
6. **There are 2 areas to put on your curling shoes. 1) The downstairs ready room and 2) Upstairs viewing area.** Please respect physical distancing rules.

7. Know your game time and ice sheet #. Schedules will be emailed. Skips please take a lead on this item and make sure your team is prepared. This rule is to limit lingering in ready room and upstairs viewing area.
8. Once your shoes are on, proceed immediately to your ice sheet.

C. On the Ice

1. Sanitization of Rocks
 - a. Rock handles will be sanitized using club disinfectant prior to each game play.
 - b. One person from each team will sanitize their rocks.
 - c. During game, only touch the handle of your own rocks. All other rocks to be moved by broom, delivery stick or foot.
 - d. Avoid touching running surface of rock to clean, use your broom.
2. Replacing the Coin Toss
 - a. The communal coin toss will not occur. If one person has their own coin and retains possession of that coin, this method can be used to determine hammer. Alternatively, a stopwatch can be used; start the timer and have the opponent call out odd or even before its stopped.
3. Scoring
 - a. All players physically distance and the 2 thirds determine the score. The team that scored is responsible for clearing all rocks.
 - b. The Skip of the team with the hammer in the first end is responsible for the scoreboard for both teams.
4. Measurements
 - a. One player should handle the device.
 - b. Hands should be sanitized beforehand.
 - c. Do not touch the measuring device with gloved hands.
 - d. Use a sanitizing wipe to clean the device after use.
5. Sweeping
 - a. No sweeping behind the tee line by either skip. Only active designated sweeper may continue to sweep their team's rock behind the tee line.
 - b. No sweeping any opponent's stone behind the tee line.
 - c. Teams must follow the "single sweeper" rule:
 - i. Only one sweeper will be allowed at a time (no same household exceptions)
 - ii. No "switching" during a throw; the designated sweeper must follow a delivered stone from the delivery end of the sheet to the target house.
 - iii. No one aside from the dedicated sweeper for a shot can sweep any stone.
 - iv. Sweepers may alternate either between shots or between delivering players; teams are encouraged to share sweeping duties amongst teammates as much as possible.

v. The non-sweeping players must always position themselves to maintain physical distancing. (use designated areas and ice markers)

6. Positioning throughout the game (also refer to diagram 1)
 - a. Distancing lines will be installed from side boards and between the hog lines. Curlers not active in a shot will commonly stop/wait in these areas.
 - b. Freeze here markers will be installed at strategic locations no closer than 2 m apart.
 - c. Skips
 - i. Only the delivering team's skip is allowed in the target house.
 - ii. The opposition skip must be/at near the backboards, and no closer to the house than the hack, until all rocks have come to a rest.
 - d. After a team shoots, the priority of all players is to proceed to their appropriate positions on the sheet as quickly as possible, while maintaining social distancing.
 - e. Between ends, the team that has the hammer in the next end should vacate the playing area by moving past the hog line, into the inactive zone within the distancing lines.
 - f. Non-throwing team:
 - i. The two sweepers of the non-throwing team should be positioned on the freeze here markers on the backboard while the other team is throwing.
 - ii. The player of the non-throwing team whose turn it is to deliver, should be positioned at/near the hog line on the same side as his/her two sweepers.
 - g. Throwing team:
 - i. The Skip has control of the house.
 - ii. The player whose turn it is to deliver is in the hack.
 - iii. The sweeping player is at the tee line.
 - iv. The non-sweeping player is on the backboards and/or on a freezer here marker.
 - v. Once the stone has been released, the player who delivered the stone proceeds down the center line of the ice until about the halfway point and moves to a freeze here marker, or proceeds towards the hog line depending on whether or not it is their next turn to deliver.

Diagram 1. Freez

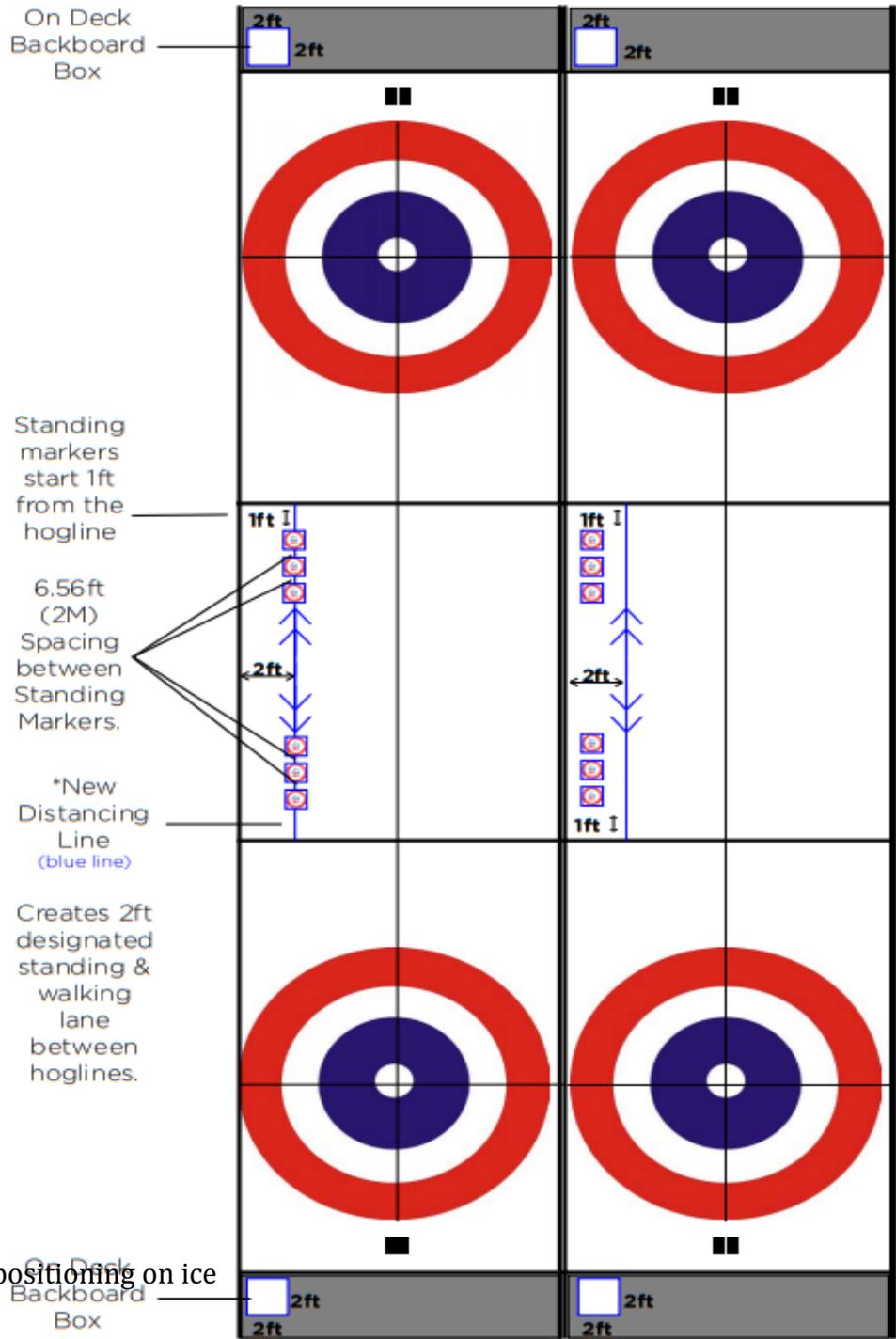
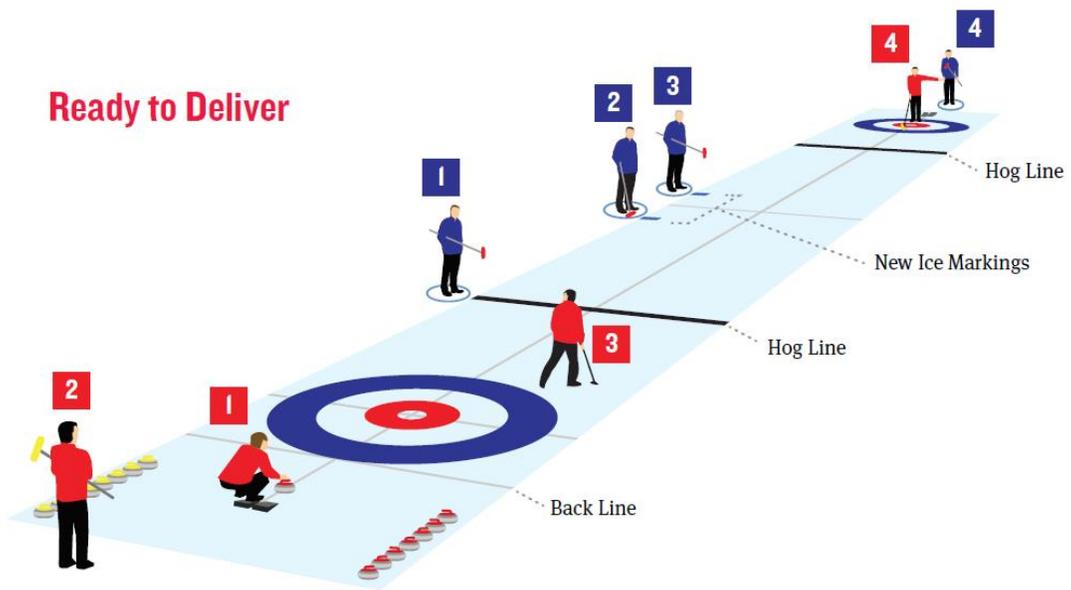


Diagram 2. Teams positioning on ice





7. Game Over
 - a. No hand shaking

- b. The winning team will sweep the ice. 2 players on the winning team will be designated to clean the ice and then sanitize the handles of the brooms and dustpan.
- c. The skip with the hammer in charge of score keeping for the game will sanitize the scorecards.
- d. The winning team's third will be responsible for circling the winner of the game on the bulletin board.
- e. All others do not loiter in the ready room. Please remove your curling shoes as efficiently as possible in one of the two designated areas and leave the facility or proceed to the lounge.

8. Equipment

The use of equipment will be allowed on site. Equipment that new curlers may not have such as sliders, broom and grippers may be borrowed as long as they are sanitized after each use. As well, throwing sticks may be used, but not shared throughout a game. If you are borrowing a club throwing stick only you may use it throughout a game and must sanitize it after your game is finished. Sanitizing wipes are provided by the club.

9. Bar and Lounge

PRCC will be following BC Health Services Guidelines and Provincial Health Officer Orders for both lounge and Mucho Gusto catering services.

We encourage safe socialization in our lounge area but ask all patrons to respect posted capacity limits. If capacity is reaching its upper limit, bar staff will request patrons to move to another area or vacate the premises. Remember non curling members may still enter the club but must sign in with the bar staff as described in the "Contact Tracing" section. (this includes spares). Priority will be given to members of the Prince Rupert Curling Club.

The curling lounge area has been set up with tables of four positioned 2 meters apart. Please follow any additional direction arrows and freeze here markers. 50 patrons maximum will be allowed in the lounge at a time.

The club will not be limiting the time spent in the lounge. However, please respect the 50-person capacity rule and maintain social distancing.

Hours of operation: The bar will be opened at 6:30 pm. However as per the new PHO orders; last call will be at 10:00 pm. Those curlers on the late draw can pre-order from the bar before proceeding to their game. Please allow sufficient time for this while following all social distancing and capacity rules. It is recommended that one designated person from the team complete the pre-order at the bar.

Table service is not being provided. Given this, please follow the freeze here markers as you approach the bar to order and respect social distancing rules with your fellow curlers.

Lounge Protocol:

1. Beverages to be served in disposable cups, unless already contained in a single service container.
2. Leave all empties, food containers, etc. on your table when finished.
3. Electronic payment strongly preferred over cash payment.
4. Plexiglass barrier installed at bar.
5. Face coverings may be worn by all bar staff and food service providers when 2 m distance from clients is not possible.
6. Live music and/or dancing is prohibited. Background music is allowed.
7. Enhanced sanitation protocols.

10. Special Event Management

The Prince Rupert Curling Club is open for bookings but is however subject to all public health orders related to such an activity. The management of these bookings will be discussed with the Bar/Lounge Committee head. Rules for these types of events are subject to change at a very short notice. Amendments will happen as per PHO orders.

11. Outbreak Protocol

1. If you have been in the Prince Rupert Curling Club and you suspect or know that you have COVID-19 or have been in contact with someone suspected **please contact our club president Natasha Lebedick at nlebedick@gmail.com or 250.600.1972**
2. In the event of a positive COVID-19 test of a person or persons who were at the Prince Rupert Curling Club in the last 14 days we ask that they notify us immediately so we can proceed with the outbreak protocol.
3. The Prince Rupert Curling Club will immediately contact health authorities for further guidance. The club will also facilitate prompt contact tracing and/or contact each person/team that may have interacted with a positive case. Privacy principles are ensured.
4. Members will be notified of any outbreak.
5. The club will adhere to the guidance of all health authorities and any resulting decision made by these authorities with respect to the operation of our facility.

Appendix A. Illness Policy

In this policy, “Team member” includes any patron of the Prince Rupert Curling Club

1. **Inform an individual in a position of authority (coach, team skip, executive member) 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 day before their shift/practice/activity to attest that they are not feeling any of the COVID 19 symptoms.
 - b. Participants/coaches will visually monitor team members to assess any early warning signs as to the status of their health and to touch base on how they are regarding their personal safety throughout the workday/practice/activity.
 - c. If Team Members are unsure please have them use the self-assessment tool <https://bc.thrive.health/covid19/en> or through the COVID-19 BC Support App self-assessment tool.
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. If they feel sick and /or are showing symptoms while at work, they should be sent home immediately and have them contact 8-1-1 or a doctor for further guidance.
 - c. 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 workplace/practice/facility until they are free of the COVID-19 virus.
 - b. Any Team Members who work/play closely with the infected Team Member will also be removed from the workplace/practice/facility for at least 14 days to ensure the infection does not spread further.
 - c. Close off, clean and disinfect their work/practice/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 be removed from the workplace/practice/facility.
 - b. The Public Health Agency of Canada advises that any person who has even mild symptoms to stay home and call the public health authority of B.C.
 - c. Other Team Members who may have been exposed will be informed and removed from the workplace/practice/activity for at least 14 days or until the diagnosis of COVID-19 is ruled out by health authorities.
 - d. The workspace/practice/activity space will be closed off, cleaned, and disinfected immediately and any other surfaces that could have potentially been infected/touched.

- 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 executive/coach 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 or has any COVID-19 symptoms is not permitted to enter any part of the facility and must quarantine and self-isolate.
 - b. 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.
 - c. 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.

Appendix B. Over 19 Waiver of Liability

PARTICIPANT AGREEMENT AND RELEASE OF LIABILITY, WAIVER OF CLAIM AND INDEMNITY AGREEMENT

For participants who are of the age of majority and legally competent

WARNING! Please read this document carefully. By signing this document, you will waive certain legal rights – including the right to sue for any personal damages and/or injuries

1. This is a binding legal agreement. **CLARIFY ANY QUESTIONS OR CONCERNS BEFORE SIGNING. SEEK INDEPENDENT LEGAL ADVICE IF NECESSARY BEFORE SIGNING.**
2. As a participant in the sport of curling and the activities, programs, classes, services provided and events organized or hosted by **Curling Canada, Curl BC, and the Prince Rupert Curling Club** including but not limited to: games, tournaments, practices, on-ice and off-ice training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instruction sessions, aerobic and anaerobic conditioning programs (collectively the “Curling Activities”), I acknowledge and agree to the following terms:

DISCLAIMER

3. **Curling Canada, Curl BC, and [insert Curling Club Name here]**, their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, agents, sponsors, owners/operators of the facilities in which the Curling Activities take place, and representatives of the owners/operators (collectively the “Organization”) are not responsible for any injury, personal injury, damages, property damage, financial loss of any kind or any other loss that I may have as a result of participating in the Curling Activities, whether caused by my negligence or the negligence of the Organization, or by any other causes.

I have read and agree to be bound by paragraphs 1-3.

DESCRIPTION AND ACKNOWLEDGEMENT OF RISKS

4. I understand, acknowledge, and accept that:
 - a) my participation in the Curling Activities has foreseeable and unforeseeable risks, hazards and dangers that no amount of care, caution or expertise can fully eliminate, including without limitation, the potential for serious bodily and/or head injury, permanent disability, paralysis and loss of life (the “Injuries”);
 - b) the risks of participation in the Curling Activities include, without limitation, Injuries due to:
 - i. moving on a cold, hard, and slippery sheet of ice while participating in the Curling Activities;
 - ii. tripping over curling rocks, hacks, curling brooms and/or other equipment;
 - iii. collisions with other participants and/or their equipment;
 - iv. physical exertion, muscular injury, and/or fatigue;
 - v. inebriation or impairment due to the use of alcohol, marijuana or any other controlled substances, legal or otherwise, before or while participating in the Curling Activities;
 - vi. failure to follow instructions while participating in the Curling Activities;
 - vii. the provision of negligent advice or instructions by the Organization related to participating in the Curling Activities;
 - viii. failure to act with due care, reasonable caution, and attention to my own abilities, and to other participants, equipment, and the environment around me;
 - ix. not wearing a helmet or other head protection while participating in the Curling Activities, although I am aware of the recommendation to wear a helmet or other head protection while participating in the Curling Activities;

- x. the Organization's negligence, or otherwise inappropriate, maintenance of the ice surface, curling rocks, hacks, curling brooms, other equipment, and of other areas of the Organization's physical premises.
- c) COVID-19 has been declared a global pandemic, that it is highly contagious, and the various risks or exposure to, and the transmission of, the COVID-19 virus especially when participating in physical activities indoors with people up to the maximum number allowed under relevant provincial health orders;
- d) although, the Organization has implemented numerous measures and protocols to reduce the risk of exposure to, and of transmission of, the COVID-19 virus in the Organization, the Organization does not guarantee that I will not be exposed to, or be infected with, the COVID-19 virus while in the Organization and/or participating in the Curling Activities; and
- e) in addition to the Injuries, the risk of my participation in the Curling Activities includes potential exposure to and/or infection with, the COVID-19 virus and the effects of exposure and/or transmission;

I have read and agree to be bound by paragraph 4.

OTHER TERMS

- 5. I further acknowledge and agree that:
 - a) I am legally able to enter into this agreement, and I do so voluntarily.
 - b) I have fully read, and fully understood, the return to play plan of the Organization, including without limitation, all protocols regarding the requirements to be physically distanced, to sanitize hands frequently, to stay home if I am sick, and to complete any health assessments or screenings (the "COVID Protocols") before and during my participation in any of the Curling Activities;
 - c) I will comply with all of the Organization's procedures and protocols, including without limitation, all of the COVID Protocols before and during my participation in any of the Curling Activities;
 - d) I will exercise due care, reasonable caution, and attention to my own abilities, and to other participants, equipment, and the environment around me;
 - e) I am physically able to participate in the Curling Activities and will continually assess my ability to participate in the Curling Activities;
 - f) the risks associated with participating in the Curling Activities increase when I am impaired and I will not participate if I am impaired in any way;
 - g) if I observe a significant hazard or risk, I will stop what I am doing and immediately alert a representative of the Organization to the hazard or risk before resuming my participation as appropriate;
 - h) I am responsible for my decision to use safety equipment, including without limitation, such as a helmet, and the secure fitting of such safety equipment;
 - i) I am participating voluntarily in the Curling Activities and may stop my participation in the Curling Activities at any time after I sign this agreement; and
 - j) the Organization may suspend or terminate my membership if I do not comply with the expectations, protocols, and practices set out in the Organization's return to play plan and the COVID Protocols.

RELEASE OF LIABILITY, WAIVER, AND INDEMNITY

- 6. In consideration of the Organization allowing me to participate, I agree:
 - a) that I am solely responsible for my safety and well-being while participating in the Curling Activities;
 - b) to ASSUME all risks and Injuries arising out of, associated with, resulting from, or otherwise related to, my participation in the Curling Activities;

- c) that I am not relying on any oral or written statements made by the Organization, whether in any marketing materials or in individual conversations, to participate in the Curling Activities;
- d) to WAIVE any and all claims that I may have now or in the future against the Organization;
- e) to FOREVER RELEASE and INDEMNIFY the Organization from all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Curling Activities, even though such Claims may have been caused by any manner whatsoever, including without limitation, the negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
- f) to FOREVER RELEASE AND INDEMNIFY the Organization from any claims related to exposure to, or transmission of, the COVID-19 virus while participating in the Curling Activities;
- g) that this agreement is binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives; and
- h) that this agreement is intended to be as broad and inclusive as is permitted by law of the **Province of British Columbia** and if any portion of this agreement is deemed to be legally invalid, the balance of this agreement shall continue in full legal force and effect.

JURISDICTION

- 7. I agree to file any claims against the Organization in the **Province of British Columbia** and that the substantive law of the **Province of British Columbia** will apply to my claims without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5 to 7.

Date: _____

Name of participant (printed): _____

Signature of participant: _____

Appendix C. Under 19 Assumption of Risk

CURLING CANADA - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT
For Participants Under the Age of Majority WARNING! Parent or Guardian, please read carefully. By signing this document, you will assume certain risks and responsibilities.

Participant's Name:

Participant's Date of Birth (yyyy/mm/dd):

1. This is a binding legal agreement. Clarify any questions or concerns before signing.
2. As a Participant in the sport of curling and the activities, programs, classes, services provided and events sponsored or organized by: Curling Canada, Curl BC or The Prince Rupert Curling Club (collectively the "Organization"), including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:
3. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant. Description and Acknowledgement of Risks
4. The Parties understand and acknowledge that: a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life. The sport of curling is played on a sheet of ice, which is slippery, hard, and dangerous; b) A pertinent risk to participating in the sport of curling is the risk of suffering serious head injury should the Participant fall, trip, or stumble onto the ground or ice. It is highly recommended that the Participant wear a helmet at all times when participating in the sport of curling; c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; a) The novel coronavirus, 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; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

5. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:
 - a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises. Informed Consent & Assumption of Risk Agreement 2
 - c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability.
 - d) Contact: contact with brooms, brushes or curling stones, other equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
 - e) Advice: negligent advice regarding the Activities.
 - f) Ability: Failing to act safely or within my own ability or within designated areas.
 - g) Sport: the game of curling and its inherent risks, including but not limited to, running, sliding or slipping on the ice surface, delivering the curling stone, skipping or sweeping, stepping onto the ice surface from the walkway or onto the walkway from the ice surface, or stepping over dividers that divide one sheet of ice from the next.
 - h) Cyber: privacy breaches, hacking, technology malfunction or damage.
 - i) Conduct: My conduct and conduct of other persons including any physical altercation between participants.
 - j) Travel: Travel to and from the Activities. We have read and agree to be bound by paragraphs 1 - 4 Terms
6. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes

- an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately; f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way; g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity; h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and, i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.
7. In consideration of the Organization allowing the Participant to participate, the Parties agree: a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities; b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of BC and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect. Jurisdiction
 8. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of BC and they further agree that the substantive law of the Province of BC will apply without regard to conflict of law rules. We have read and agree to be bound by paragraphs 5 to 7 Acknowledgement 9. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Date: _____

Name of Participant: _____

Name of Guardian: _____

Signature of Guardian: _____

Appendix D. Declaration of Compliance

Individual Name (print): _____

Individual's Parent/Guardian _____
(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

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

**Curling Canada,
Prince Rupert Curling Club**

The Prince Rupert Curling Club require the disclosure of exposure or illness 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 novel coronavirus, 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 more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19; OR If the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.

4) 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.

5) 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 (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).

6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

7) 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, or in any province outside of Prince Edward Island in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Prince Edward Island after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.

8) 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.

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

10) 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.

11) 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.

Signature: _____

Date: _____ Individual (If the age of majority)

Signature: _____

Date: _____ Parent/Guardian (if the individual is younger than age of majority)