



**COVID-19 protocol for all Curling
Quebec championships and
sanctioned events in the
2021-2022 season**

Last update: October 28, 2021

Dear competitors, coaches and curling enthusiasts,

The 2021-22 curling season is sure to be a little different than usual, but the entire team at Curling Quebec has been working relentlessly since the beginning of the pandemic in order to ensure that this season is as “normal” as possible!

This document was created in an effort to answer any and all questions in regards to the presentation of our provincial championships as well as all other sanctioned curling events. It is without a doubt that we will need to modify this document throughout the season in order to keep up with the ever-evolving situation in Quebec, so be sure to always check the date at the top of the document as the newest version will always take precedence. Please note that we will be working hand in hand with the host clubs, therefore the rules will be adapted for each event based on the regulations in place in each club and the recommendations provided by the regional health authorities will always be our priority.

Please understand that several elements which are out of our control could have a serious impact on the presentation of certain events, therefore we strongly recommend that all players and teams who are considering competing this year carefully weigh all the pros and cons in order to make a fully informed decision.

We’d like to take this opportunity to sincerely thank all of the players who have contributed to the realization of this project. We could not have done it without their collaboration and recommendations.

Good curling everyone! We’re looking forward to seeing you on the ice in the near future!

Alanna Routledge
Director of competitions

Marc-André Robitaille
General Director

General information for provincial championships

Please note that Curling Quebec will do everything in their power to present championships this season, but the safety of the curlers, officials, staff and volunteers is always going to be their first priority. It is important that each team is aware of all of the following points prior to the start of the events:

- 1) All players, coaches, officials, volunteers and spectators over the age of 12 will need to be fully vaccinated against COVID-19 in order to participate in and attend all Curling Quebec sanctioned events. Proof of vaccination must be presented upon arrival to the host venue.
- 2) It is possible for a championship to be canceled without advance notice if the public health authorities do not permit the event to be played or if CQ deems that the event needs to be canceled. If this happens, teams' registration fees and competitor fees will be refunded, however Curling Quebec will not be responsible for any expenses incurred for accommodations, travel or work related vacation expenses.
- 3) In the event that travel between regions is not permitted, championships will be canceled if 25% or more of the qualified teams are unable to participate as a result of the travel ban.
- 4) In the event that a team(s) cannot participate in the championship due to a travel ban, but less than 25% of the qualified teams are affected, the vacated spots will be filled by a random draw among all remaining teams who had officially registered for the championship before the established registration deadline.
- 5) At least 50% of the maximal number of the teams must register in order for the championship to be held. For example, senior men's provincials can have a maximum of 16 participating teams. In order for the championship to be held, at least 8 teams must be registered. This rule does not apply for events with an open registration, however CQ reserves the right to cancel an event if the level of participation is much too low.

COVID-19 protocol for provincial championships

Pre-competition:

- All players, coaches, officials, volunteers and spectators over the age of 12 will need to be fully vaccinated against COVID-19 in order to participate in and attend all Curling Quebec sanctioned events. Proof of vaccination must be presented upon arrival to the host venue.
- All persons accessing the competition site must sign a declaration and waiver if they have reached the age of majority, or the parent/guardian of an athlete under the age of majority will sign an assumption of risk form.
- Anyone who has tested positive for COVID-19 will not be permitted to enter the facilities unless they have been in self-isolation for at least 10 days from the date of their positive test result and they have been fever-free for at least 48 hours without fever-reducing medication.

During the championship:

- Anyone who shows symptoms of COVID-19 will not be permitted to enter the competition site until they have been tested and received a negative COVID-19 test result.
- If a player or coach shows symptoms of COVID-19 (cough, fever, etc.), that person will be temporarily removed from the competition until they have been tested and produced negative COVID-19 test results. If the team still has a minimum of 3 healthy players remaining, they may continue to compete.
- A player or a team could be forced to be tested for COVID-19 if the head umpire judges that they are showing symptoms of COVID-19. In which case, the player(s) in question would be temporarily removed from the championship until they have received a negative test result.
- If, at any point, a team cannot field a minimum of 3 players while waiting for test results, the affected games will be counted as losses in the official event standings.
- If anyone tests positive for COVID-19 during the championship, Curling Quebec must be advised immediately. The championship will immediately be put on hold and the regional public health authorities will be contacted. The championship will resume only after being cleared by the public health authorities. Consequentially, the official draw may be adjusted or modified as needed.
- If the event is canceled by the public health authorities, the event will not be postponed or rescheduled. For events leading to national championships, a committee will be formed to select the team which will represent Quebec at the national championship.
- In the event that a team is forced to withdraw from a championship due to COVID-19, or if a championship is canceled by the provincial or regional authorities, teams will be refunded by pro rata (number of days played vs total scheduled event days).

COVID-19 procedures during championships (may be adapted for each venue)

Masks: Masks are required for every person who enters the building. However, masks do not need to be worn by players while on the ice. Coaches, ice technicians, fifth players and officials entering the play area must wear a mask at all times, unless they are seated in a designated seat and social distancing rules can be respected. Once seated at a table in the lounge/bar area, masks may be removed.

Locker rooms: Locker rooms will be available for teams, however social distancing must be respected and masks must be worn.

Skips: It is strongly recommended to use hand signals instead of verbal commands to reduce the amount of airborne droplets produced.

Hand washing: Hand sanitizer will be available throughout the venue

- 1) Everyone must sanitize their hands upon entry to the curling club or arena.
- 2) Everyone must sanitize their hands before entering the ice surface
- 3) Everyone must sanitize their hands immediately after their game

Sanitizing stones: Each team must designate one person to sanitize all eight of their rock handles both before and after the game. Sanitizing wipes or a similar option will be provided. The person who cleans the stones must also disinfect their hands afterwards.

Drinking water: Players should bring their own properly identified water bottles.

Handshakes: No handshakes are permitted before or after the game. Teams may wish each other a good game verbally or by bumping elbows or brooms.

Sanitizing timing equipment: It is the responsibility of the head official to ensure that each computer, keyboard, mouse, screen and computer table are sanitized between draws. Sanitizing wipes or a similar option will be provided.

Host club's cleaning responsibilities: The host club will be responsible for cleaning all off-ice surfaces including but not limited to: bathrooms, door handles, bar surfaces, tables, chairs, kitchen counters and surfaces. The host club is responsible for providing adequate sanitizing stations throughout the club for the duration of the event.

Spectators: It is not recommended to have any non-essential people present during events, therefore teams should strictly limit the number of people accompanying them to the competitions. The maximum number of spectators will be determined by the host club based on their capacity while respecting social distancing and the current health guidelines in their region. Some clubs may decide not to permit any spectators at all.

Rules of play for championships

Sweeping: Regular sweeping rules apply, therefore teams are allowed to have two players sweeping one stone together. The skip is also allowed to sweep. The opposing team may sweep their own stones which may be set in motion on a shot, and they may sweep behind the tee-line.

Social distancing: It is important to maintain a distance of 2 meters between players at all times possible (with the exception of sweeping).

Coaches and fifth players: Teams are permitted to register a fifth (5th) player and/or a coach, however only one of the two people will be allowed to sit in the reserved area for coaches and alternates during games. Only one of the two people will have access to the ice for any given game, this includes practice time and timeouts. For timed events, the timer will sit at the window, and the coaches will be given seats behind them. (See diagram on page 11)

Switching stones: While it is strongly recommended not to switch stones during the game, if you need to switch stones, the stones in question will be re-sanitized by the players, and play will resume.

Mid-game breaks: In order to avoid large gatherings, teams will have their mid-game break at opposite ends of the ice. (One team at the home end, the other team at the away end.)

Putting away stones at the end of each end: After the last rock has been thrown in each end, rocks will be moved to the corners of the sheet. In doing so, players should avoid touching the handles of the stones with their hands or gloves. Stones should be moved using only their feet or their brooms.

General information for sanctioned tournaments

Please note that Curling Quebec will do everything possible to ensure that the provincial circuit events still run as planned, but the safety of the curlers, officials, staff and volunteers is always going to be the highest priority. It is important that each team is aware of all of the following points prior to the start of the events:

- It is possible for a tournament to be canceled by the host club without advance notice if the public health authorities do not permit the event to be played or if CQ or the host club deems that the event needs to be canceled. If this happens, teams' registration fees and competitor fees will be refunded, however Curling Quebec and the host club will not be responsible for any expenses incurred for accommodations, travel or work related vacation expenses.
- In order for an event to be officially recognized, a minimum number of participating teams is required as follows:
 - Men: 8 teams
 - Women: 4 teams
 - Senior men: 8 teams
 - Senior women: 4 teams
 - Juvenile boys and girls: 4 teams
 - Colts: 8 teams
- In the event that travel between regions is not permitted, events may still be run with local teams or among teams from regions who are permitted to travel.

Pre-tournament:

- All players, coaches, officials, volunteers and spectators over the age of 12 will need to be fully vaccinated against COVID-19 in order to participate in and attend all Curling Quebec sanctioned events. Proof of vaccination must be presented upon arrival to the host venue.
- Some clubs may require all persons accessing the competition site to sign a declaration and waiver if they have reached the age of majority, or the parent/guardian of an athlete under the age of majority will sign an assumption of risk form.
- Anyone who has tested positive for COVID-19 will not be permitted to enter the facilities unless they have been in self-isolation for at least 10 days from the date of their positive test result and they have been fever-free for at least 48 hours without fever-reducing medication.

During the sanctioned event:

- Some clubs may require each person entering their facilities to complete a daily self-health questionnaire, or to sign a registry upon entry.
- Anyone who shows symptoms of COVID-19 will not be permitted to enter the competition site until they have been tested and received a negative test result.
- If a player or coach shows symptoms of COVID-19 (cough, fever, etc.), that person will be temporarily removed from the competition until they have been tested and produced negative COVID-19 test results. If the team still has a minimum of 3 healthy players remaining, they may continue to compete.
- If, at any point, a team cannot field a minimum of 3 players while waiting for test results, the affected games will be counted as losses in the official event standings.

- If anyone tests positive for COVID-19 during the tournament, the public health authorities and Curling Quebec must be contacted immediately by the host committee. The tournament must immediately be put on hold. The event may resume only after being cleared by the public health authorities. Consequentially, the official draw may be adjusted or modified as needed.
- If the event is canceled by the public health authorities, the host club may decide to reschedule their tournament or not. They will contact the registered teams with more information.
- In the event that a tournament is cancelled and is not rescheduled for an alternative date, the host club will be allowed to keep a maximum of 25% of the entry fees to cover their expenses for the event. The remaining entry fees must be refunded to the teams.

COVID-19 procedures for sanctioned events (to be adapted for each venue)

Official schedule: A detailed schedule will be sent out to all teams. This schedule should include arrival times and departure times for each team. Teams with first practice will arrive 15 minutes earlier than the teams with the second practice. No entry will be permitted before or after the scheduled times. Each draw's starting times could be staggered to avoid having too many people in the locker rooms or lounge area prior to the start of the game.

Masks: Masks are required for every person who enters the building. However, masks do not need to be worn by players while on the ice. Coaches, ice technicians, fifth players and officials entering the ice area must wear a mask at all times, unless they are seated in a designated seat and social distancing rules can be respected. Once seated at a table in the lounge/bar area, masks may be removed.

Locker rooms: Locker rooms will be available for teams, however social distancing must be respected and masks must be worn.

Skips: It is strongly recommended to use hand signals instead of verbal commands to reduce the amount of airborne droplets produced.

Hand washing: Hand sanitizer will be available throughout the venue

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Drinking water: Players should bring their own properly identified water bottles.

Handshakes: No handshakes are permitted before or after the game. Teams may wish each other a good game verbally or by bumping elbows or brooms.

Host club's cleaning responsibilities: The host club will be responsible for cleaning all off-ice surfaces including but not limited to: bathrooms, door handles, bar surfaces, tables, chairs, kitchen counters and surfaces. The host club is responsible for providing adequate sanitizing stations throughout the club for the duration of the event.

Spectators: It is not recommended to have any non-essential people present during events, therefore teams should strictly limit the number of people accompanying them to the competitions. The maximum number of spectators will be determined by the host club based on their capacity while respecting social distancing and the current health guidelines in their region. Some clubs may decide not to permit any spectators at all.

Rules of play for sanctioned events

Sweeping: Regular sweeping rules apply, therefore teams are allowed to have two players sweeping one stone together. The skip is also allowed to join them or sweep in the house. The opposing team may sweep their own stones which may be set in motion on a shot, and they may sweep behind the tee-line.

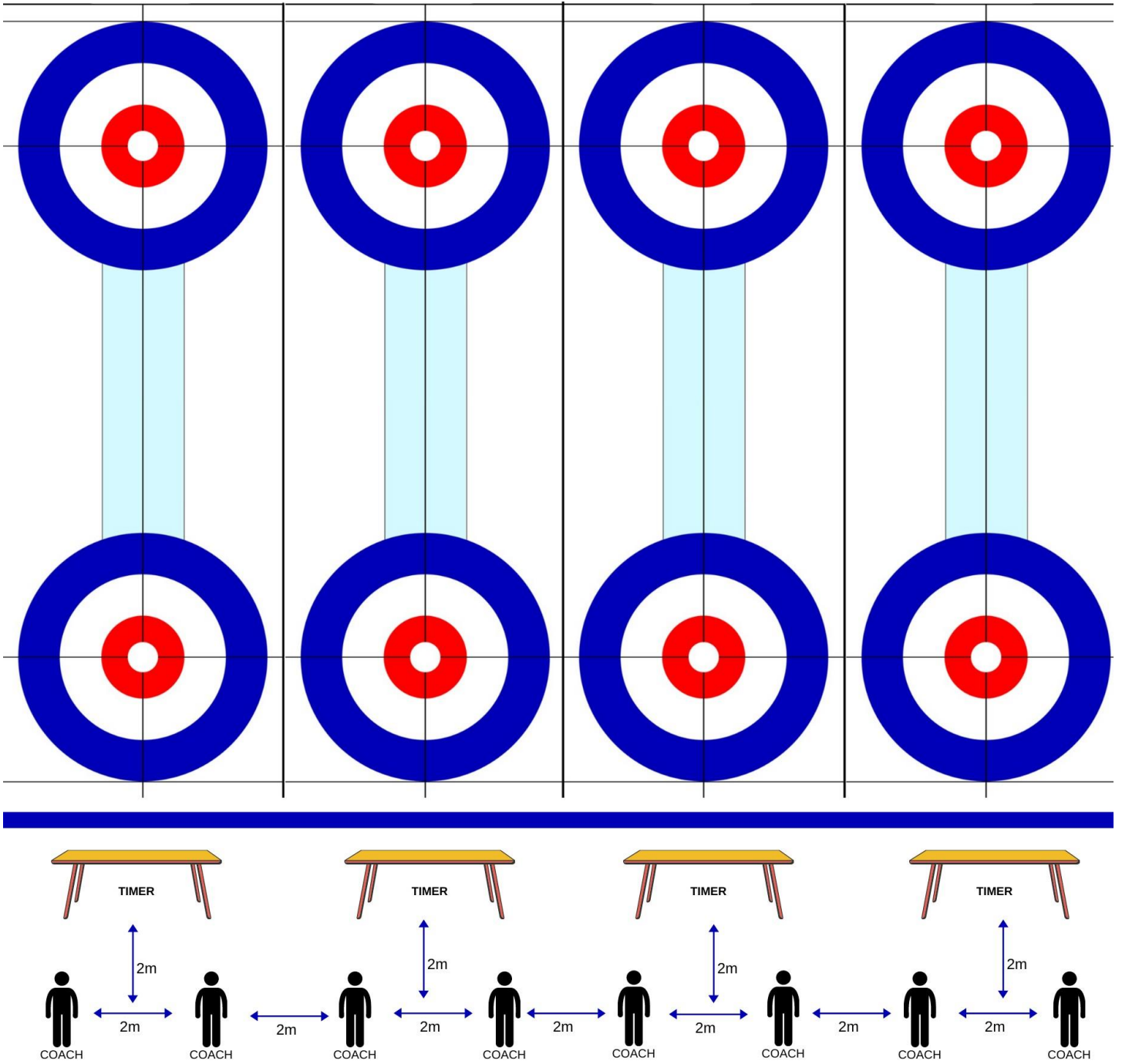
Social distancing: It is important to maintain a distance of 2 meters between players at all times possible (with the exception of sweeping).

Coaches and fifth players: Teams are permitted to register a fifth (5th) player and/or a coach, however only one of the two people will be allowed to sit in the reserved area for coaches and alternates during games. Only one of the two people will have access to the ice for any given game, this includes practice time and timeouts. For timed events, the timer will sit at the window, and the coaches will be given seats behind them. (See diagram on page 11)

Switching stones: While it is strongly recommended not to switch stones during the game, if you need to switch stones, the stones in question will be re-sanitized by the players, and play will resume.

Putting away stones at the end of each end: After the last rock has been thrown in each end, rocks will be moved to the corners of the sheet. In doing so, players should avoid touching the handles of the stones with their hands or gloves. Stones should be moved using only their feet or their brooms.

Positioning of timers and coaches



Coronavirus (COVID-19)

Protect yourself and others

Do you have a fever, cough, or difficulty breathing?

Call 1-877-644-4545 toll free.
You'll be transferred to a nurse at Info-Santé 811.

If the Info-Santé nurse finds a risk of coronavirus COVID-19 infection.

- You may be referred to a healthcare facility or designated clinic.
- You will be told how to get there and what precautions to take, such as:
 - Avoiding public transit;
 - Notifying the receptionist as soon as you arrive.
- It is important to follow all of the recommendations and precautions you are given.

If the Info-Santé nurse rules out coronavirus COVID-19 as the cause.

- Continue to monitor your symptoms.
- Take preventive measures to prevent infections, including hygiene measures.

When you get there:

- Precautions will be taken to prevent infections from spreading.
- You will be examined and tested to find out what the infection is.
- You will receive appropriate treatment for your condition.
- You will receive instructions if you need to self-isolate at home. Please follow them closely.

For more information :

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Always

Apply proper hygiene and prevention measures to prevent infections from spreading.

- Wash your hands often.
- Cough or sneeze into your elbow instead of your hand.
- Keep your environment clean.
- Don't visit people in hospitals or in long-term care facilities for 14 days after your return from another country or if you're sick.
- Avoid physical contact, such as shaking hands. Use alternative forms of greeting instead.

Votre
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Québec