

President's Message

Dear TCCC Members,

Welcome to the 2020-21 Curling season! I am sure it will be memorable. As such, the Board of Directors would like to keep you informed of the changes we are making and the work we are doing in light of the Return to Curling Guidelines recently released by US Curling Association, along with feedback from our calls to members over the summer. In this document you'll find a list of changes followed by an example of how curling will look this season. Please read all of this document carefully as there is a lot of information that will be critical to your participation for the 2020-2021 season.

As the Board of Directors, we realize that these measures are strict and will make curling very different from what we have been accustomed to doing in the past. While sweeping with a mask is not ideal, it has been deemed an important necessity to wear a mask when gathering indoors. The focus is to curl safely this season and the TCCC members are our top priority. If the Covid-19 situation changes significantly at any time, we will reconsider and adjust our decisions. We appreciate your support and look forward to an interesting and memorable season with all of you. I have certainly missed being together with all of you and I look forward to returning to the ice soon! If you have any questions or concerns or comments please email them to me at caratc89@gmail.com.

Good Curling!

Cara Colburn,

Traverse City Curling Club President

Traverse City Curling Club Covid Plan for 20-21 Season

TCCC will follow State of Michigan, CDC and Center Ice Covid-19 guidelines to the best of their ability.

General

- **If you are sick, and have symptoms of any sort, STAY HOME. Do not risk getting other TCCC members sick because you wanted to curl or didn't want to let your team down. If someone on the ice is clearly not feeling well, we request that members of that person's team ask the sick person to go home. These are the most important actions we can take to try and keep the curling season intact.**
- If you are considered at higher risk by the CDC, please thoughtfully weigh the risk of curling this season.
- Masks are to be worn indoors at all times, including on the ice. Please Don't sign up to curl if you refuse to wear a mask.
- Cleaning will be done with a disinfectant to objects and surfaces frequently touched including rock handles, brooms, ice making equipment handles, club room tables and chairs, door handles, etc.
- Wash your hands with soap and water for 20 seconds or more, or use hand sanitizer upon your arrival.
- Always maintain 6ft social distancing.
- A Covid waiver will need to be signed prior to participation.

Think you may have or had COVID-19 watch for symptoms, don't curl and get tested.

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. If you have these symptoms you may have COVID-19.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

This list does not include all possible symptoms.

Arena

Masks: We want all members of the TCCC to feel confident coming to the club, knowing that we are doing everything possible to protect their health.

- Masks (covering over the mouth and nose) will be required at all times inside Centre. ice. This includes all times while out on the ice – even while sweeping.
- Any disposable or cloth mask will be acceptable.
- Please provide your own mask.
- Masks will be available for those who forget, lose or need to replace their mask.

Centre Ice Arena Plan

- Enter through front doors only.
- Exit through Dave's Rink side doors only.
- No congregating in lobby and limit congregation in stands and other common areas.
- Spectators in stands or upstairs only.
- Limit the number of people (CI rec. 8 people) and time spent within locker rooms.
- We encourage all members to come dressed to curl (except shoes).
- Announcements will be made in the stands- not on-ice.
- No sharing of flasks, beverages.
- No Spitting!

Traverse City Curling Club

Ice Set-up and Tear-down Team Procedures

Goal is to properly disinfect and maintain social distancing throughout the ice transition process.

- Place hand sanitizing station near ice entrance. Place "Wash on- wash off" procedure signage at sanitizing station to instruct participants of process before entering and immediately after exiting the ice.
- Set-up team to meet down near the ice along with the ice team members. ONLY
- Members who are not assisting in set-up should remain in the bleachers to avoid overcrowding in the small area.
- Disinfect all handles of all equipment with sanitizing wipes prior to use.
- Spray down scoreboards with disinfectant (especially in areas that are handled most).
- Avoid sharing equipment as much as possible:
 - Place disinfectant wipes near broom basket for members to wipe off equipment.
 - Wipe all stabilizers with disinfectant.
 - Stabilizers will be available for member purchase. Encourage members to purchase and use their own stabilizer
 - Clearly mark your name on your stabilizer after purchase.
 - Avoid touching other's stabilizers.
 - TCCC Color coded stabilizers will be available for individual use during league and Learn to Curl.
- Disposable Gloves will be available to load rocks out of rack onto the ice.
- Brooms and feet should be used to move rocks as much as possible.

- Once rocks are on the ice and placed on proper sheet, 1 player from the sheet will use a sanitizing wipe to wipe down all the rock handles.
- Spray disinfectant and/or wipes (and a trash can) will be placed on the table on the ice for any needs that arise during play.

Playing Protocols

Goal is to maintain social distancing as much as possible. Mask is second line of defense when that distance is challenged.

- Masks required during play.
- No handshakes: Just a Good Curling exchange.
- Coin tosses are acceptable. Only one Vice Skip should touch the coin.
- Nominate 1 player from the sheet to post the score on the scoreboard for both teams.
- Sheets A,C and E will start at the home ends (the end nearest to the scoreboards). Sheets B and D will start at away ends.
- Only throw your stones. Leads throw 1&2, Seconds throw 3&4...)
- Please move rocks with brooms and feet and refrain from touching the handles of any rocks except the ones you will be throwing.
- If you use a stabilizer, please consider purchasing one for yourself and label it or use the color-coded stabilizer for the entire game. Wipe down with sanitizing wipe before and after play.
- Only 1 sweeper allowed at a time: Second sweeper has the following options:
 - Wait in a socially distance spot (in front of the hog line) and alternate turns sweeping rocks.
 - Time the rock while the other person is sweeping.
 - Socially distant shadowing behind your skip to observe/study rock paths and ice conditions. Alternate sweeping ENDS with the other sweeper.
- Only throwing team's Skip in the house. No sweeping behind the T-line.

For the team currently not throwing:

- Shooter should remain 6 ft. behind the hack.
- Sweepers stand beyond the hog line on opposites sides of the ice.
- Skip should stand behind the hack line until play is completed.
- When clearing the end and setting up, only use feet and brooms to move and align the stones.

Response Plan

DO NOT COME TO CURLING IF YOU ARE SICK, HAVE COVID SYMPTOMS, OR BELIEVE YOU MAY HAVE CONTRACTED COVID.

- If you are diagnosed with Covid-19, self-isolate at home following the CDC guidelines and alert the Board President, Cara Colburn (231)932-9328 or caratc89@gmail.com.
- Email Alert will be sent by the Board President to the entire membership regarding the situation.
 - No name will be released
 - Potential date and exposure time will be released.
 - Request for all members to monitor symptoms closely and get tested if needed.
- Member who has tested positive may return to curling by providing documentation of negative test to the board president.
- If an immediate family member or someone you are currently living with is diagnosed with Covid-19, self-isolate and alert the President, Cara Colburn at (231)932-9328 or caratc89@gmail.com.
 - Member may return to curling after 14 days without symptoms after date of exposure.
- The TCCC, at the board's discretion, may suspend the season at any time.

- Refunds and Waivers;
 - Expect to electronically sign a waiver of liability or assumption of risk form, and a Declaration of Compliance upon registration. Please refrain from registering for league play if you are not comfortable with the risk or the mask compliance.
 - If the season is suspended by the TCCC, prorated league fees will be refunded upon request.

In this unprecedented season of pandemic curling, we strive to keep everyone as healthy as possible and enjoy the opportunity to get out with our friends and curl. This too shall pass and by next season, our hope is that this document is obsolete and we are back in full force!

Please feel free to contact us with any questions or concerns.

Cara Colburn, President
Pamela Smith, Board Member and Operations Chair
Matt Ross, Board Member