



COVID-19 RETURN TO PLAY PROTOCOLS & GUIDELINES

- We're committed to providing the highest levels of safety for our community. To ensure player and staff safety, we have implemented mandatory **'Safe Return to Play Guidelines'** for all Club Activities. In order to play with FCSSC and stay in good standing, the following guidelines MUST be followed.
- To ensure a successful season, please remember to practice safe physical distancing and a positive attitude!
- All players are required to read, understand, and adhere to the following:
 1. Safe Return to Play Guidelines
 2. COVID-19 League Changes
 3. Self Screening Tool (done before each game).
 4. Sport-Specific Rule Modifications outlined below PLUS,
 5. Facility specific COVID-19 Protocols (you can find these protocols in the facility link in your schedule once live).

TEAM HEALTH AMBASSADOR (THA)

- **All teams must assign a Team Health Ambassador (THA) for the season.**
- The THA must be a registered player and identified using the "THA" label in your online roster.
- **THA Role:**
 - Keep a record of attendance at each game. This record may be called upon for contact tracing.
 - Ensure individual wellness checks "COVID-19 Self Screening" are completed by each player prior to each game.
 - Ask players to leave the game if they arrive showing symptoms of cold or flu.
 - Ensure physical distancing measures are enforced by your team. Physical distancing of two meters is mandatory when players are arriving on-site, playing the sport, resting/sitting on the sidelines, and departing the game.
 - Sport-specific rules may adjust physical distancing measures taken on the playing surface.
 - Players must always stay within their designated bench or standing area while not on the playing surface.
 - Ensure your team follows posted ENTER / EXIT signage at facilities (controlled traffic flow).
 - Remind all players to arrive on time and leave immediately after the game is over.
 - Ensure your team is following the equipment sanitization requirements for your sport.
 - Ensure all players have read and understand mandatory Club COVID-19 Protocols.

LEAGUE MODIFICATIONS DUE TO COVID-19

- **As part of our "Safe Return to Play" format, we are focusing on the safety of our staff and players and leaning into the FUN and SOCIAL aspects of our leagues!**
- **League Guidelines**
 - There are no playoff games, trophies or prizing this season, however, scores and standings will still appear on our website.
 - Leagues will be played in smaller pools to ensure limited contact with opponents throughout the season. Pools will be determined based on skill rankings (at registration) and past league results.

- Each pool will be confined to a limited number of facilities. You will play at consistent location(s) throughout the season.
- All leagues will have an even number of teams to avoid double-header play.
- FCSSC may stagger game times by ~10 minutes if necessary, depending on the facility, to ensure safe traffic flow.
- Players are asked to compete with a “For-Fun, Safety-First, Kindness Always” approach. Please play with the highest levels of sportsmanship, and prioritize respect for others, over competition, at all times.

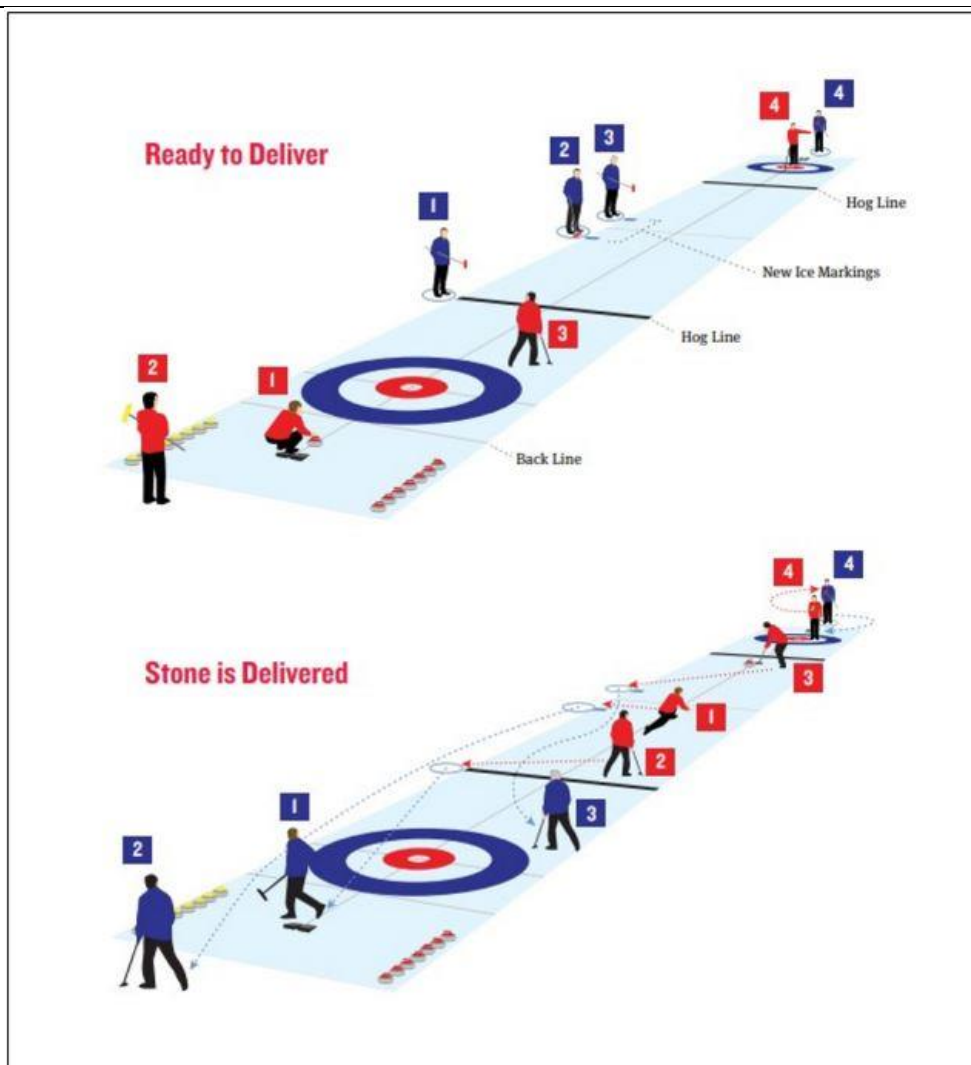
PLAYER ELIGIBILITY

- All players must be added to the team roster by the team captain. This process confirms that all players have electronically agreed (checked the box) to our policies and online waiver. **Teams are not permitted to exceed the maximum roster size. See Mandatory Roster Requirements in the sport specific rules.**
- **Substitute players are not permitted unless the substitute player is a player from another team’s official roster in the same league and pool.**

SSC Official Curling Rules COVID-19 Rule Modifications

OBJECTIVE	<ul style="list-style-type: none"> ● The team that scores the most amount of points during the 2 hours or 8 ends, wins the draw. ● Points are scored for the stones resting closest to the centre of the house (circular target marked on the ice and also known as a ‘button’) at the conclusion of each end, which is completed when both teams have thrown all of their stones. Each stone is worth a point.
GAME LENGTH AND PHYSICAL DISTANCING REQUIREMENTS	<ul style="list-style-type: none"> ● Games are 2 hours in length. The goal is to play 8 ends in that time. ● Games start and end according to your online SSC schedule. ● Teams are responsible for keeping time. ● Players are required to arrive and depart directly before and after their games. ● Do not enter a playing space until the game before yours has cleared the area or until the FCSSC Game Coordinator has signaled for your team to enter. ● Physical distancing of two meters is mandatory when players are arriving on-site, resting/sitting on the sidelines, and departing the game. ● All players must wear a mask during your arrival/departure from the facility, and when not playing. Consistent with the recommendations from the World Health Organization, you are not required to wear a mask while “engaging in rigorous physical activity”. ● Directional signage will be posted onsite when possible to ensure physical distancing is followed. ● During gameplay, all efforts should be made to avoid contact and provide sufficient spacing with your opponents and teammates. Players must expect that there may be some contact when playing sport. Due to the contact, please avoid touching your face at any time and please sanitize your hands before, during and after games.
EQUIPMENT	<ul style="list-style-type: none"> ● Players are expected to provide their own broom and slider this season as sharing equipment is not permitted under COVID protocols. If you require equipment please contact FCSSC AHEAD OF YOUR FIRST GAME so that we can help you find equipment to borrow/rent/purchase. ● All curlers are required to wear clean, athletic shoes on the ice. Please use the boot brush at the entry to the Curling Club. ● Players will not be allowed on the ice with outdoor footwear (very important). ● Curlers are recommended to use a slider or clear tape on the bottom of the sliding shoe. ALWAYS step on the ice with your RUBBER SOLED FOOT first. Stepping onto the ice slider-foot-first is very dangerous! ● All players should arrive dressed to play.

	<ul style="list-style-type: none"> • Players are to keep score on their phones and not use the score cards. Touching of common surfaces is prohibited under COVID protocols. • At the end of the game, the rock handles for both teams' rocks will be sanitized. Players are asked to help with this, if possible.
<p>PLAYERS ON ICE, GENDER RATIO AND DEFAULTS.</p>	<ul style="list-style-type: none"> • Mandatory Roster Requirements: <ul style="list-style-type: none"> ○ Teams are comprised of 4 players on the ice and a maximum roster of 5 players. ○ No spectators allowed under any circumstance (this includes partners, children, friends, etc) to ensure maximum gathering size is respected and contact tracing is simplified, if needed. ○ No substitute players allowed outside of your 5-player roster maximum (unless from the same league and tier). • Teams are comprised of 4 players; however, a team can play with 3 players. • There are no gender requirements for curling, however we strongly encourage teams to be co-ed. • Team defaults: For each 10 minutes that the offending team does not commence play from the designated start time, the non-offending team shall be granted one point. One end shall be considered to have been played and the non-offending team shall be given the choice of last rock or colour of handle in the first end played. After 30 minutes the non-offending team will be declared the winner.
<p>GAME SET-UP</p>	<ul style="list-style-type: none"> • Teams will alternate starting from opposite ends of the ice. Even sheet numbered teams will start from one end, odd sheet numbered teams will start at the other end. • Each team has eight stones (each player will throw 2 stones per end). • The team winning rock-paper-scissors will decide whether they will curl first or second, the losing team will decide the rock colour. • Teams with more than 4 players must wait between ends to rotate in. Only 4 curlers may play per end. • When the curler throws the stone, 1 teammate can sweep the stone with the purpose of directionally controlling the speed and path, the 4th teammate is the Skip in this scenario. • Every player should have a broom. • People who are right-handed wear tape or a slider on their left foot and vice-versa for left-handed people. • Put rocks away using a broom or foot, not your hands.
<p>GENERAL GAME RULES</p>	<ul style="list-style-type: none"> • Teams are required to declare a set 'lead' '2nd' '3rd' and 'skip' positions for the entire game. Players are not allowed to rotate through the various positions. This process ensures only 1 player touches the same rocks for the entirety of the game. • The rocks must completely cross the hog line to stay in play. • Throwers must release the rock before the hog line. • If a rock hits the sideboard or the sidelines, the stone is out of play. • A team can only begin to sweep the oppositions rock(s) once it has completely passed the T-line (the line that intersects the house). Only one sweeper can sweep past the T-line per rock. • Only one (1) sweeper can be used from start to finish - you are not allowed to switch sweepers during the delivery of the rock. • Skips will not sweep at all and there will be no sweeping of opposition rocks. • Players must always physically distance during the game. Please follow the below diagram to ensure safe movement of players when a stone is delivered:



FREE GUARD ZONE RULE

- Until four stones have been played (two from each side), stones in the *free guard zone* (those stones left in the area between the hog and tee lines, excluding the house) may not be removed by an opponent's stone (although they can be moved as long as they are not taken out of play). These are known as *guard rocks*. If the guard rocks are removed, they are replaced to where they were before the shot was thrown, and the opponent's stone is removed from play and cannot be replayed. This rule is also known as the *four-rock rule*.

CURLING ETIQUETTE

- When your opponents are preparing for delivery, stand to the side of the sheet, single file and between the hog lines. Move only after the stone has been released and **please remain 2-metres apart**.
- If you are throwing next you may stand on the backboard but remain quiet and out of sight of the opposition thrower.
- Only skips and thirds may congregate behind the tee line. They do not move or hold their brooms on the ice while the opposition is preparing to deliver a stone.
- Be ready to go when it's your turn to deliver a stone.
- Please do not hit the ice with brooms.
- Please do not crash the rocks on the ice.
- Please guard the 'hack' so that rocks do not hit it and ruin the ice.
- Curling is a win-win sport! Win - you get bragging rights... Lose - winning teams buy the beer!

PLAYOFFS	<ul style="list-style-type: none">• There are no playoff games, trophies or prizes this season, however, scores and standings will still appear on our website.
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Fun for All. Safety First. Kindness Always.