

NHCC COVID-19 PROTOCOLS for Rental Leagues:

- Please **DO NOT** attend NHCC if you have travelled outside of Canada or have ANY symptoms – sore throat, runny nose, etc.
- Names and phone numbers are necessary for contact tracing. Anyone entering the club must provide information, to the office or designate
- Start times will be staggered (15 minutes apart) for all Leagues. For example sheets 1-3-5 will start @ 6:45 pm and then sheets 2-4-6 start @ 7:00 pm.
- 6 end games to allow less congestion and proper COVID cleaning between draws.
- The above could be adjusted if we find that all cleaning is getting done with time to spare.
- All Curlers & Spares need to sign a Declaration of Compliance and a Waiver. These are on our website: <https://www.northhillcurlingclub.ca/covid19-protocols/>
- There will be volunteer opportunities as we require a greeter at the front door to direct and inform curlers what sheet they are on and where they should stage/get ready.
- Foot traffic throughout the main floor, onto the ice, up the stairs, and into the lounge will be controlled to allow distancing. Please watch for and observe all signs and markers.
- As per Calgary Bylaw, masks are to be worn into and as you move around the club.
- As per Alberta Guidance for Sport and Recreation, masks may be removed at your curling sheet, in preparation for physical exertion.
- Please arrive no more than 15 minutes before your game.
- **The Locker Rooms will be closed.** Please arrive dressed for curling. We will provide chairs and space to change/store shoes, and to hang up winter coats.
- Space will be designated for stretching and staging before going on ice; please always observe physical distancing.
- We will use Curling Canada & Curling Alberta “Return to Play” guidelines as follows:
 - Handshakes, fist bumps, even elbow touches are too close. 2 metres between players are necessary. Try a “Namaste” greeting, or a “North Hill Nod” instead.
 - To facilitate distancing, only 1 sweeper per rock. Relaying will not be permitted (second sweeper taking over halfway down the sheet). The person in charge of the house is not allowed to sweep under any circumstance.
 - The skip of the non-delivering must remain in the hack area until all stones come to rest. They are not allowed to sweep the opposition stone behind the tee-line.

- Other players on both teams will have designated spots to stand & wait. These will be indicated on the ice surface.
- Only one sweeper on the delivering team can sweep on a given shot. There will be no relaying of sweepers including with the skip/vice-skip. The designated sweeper is the only player that can sweep on a given play. This includes behind the t-line and “raised” or “tapped” rocks. The skip/vice-skip in the house must move to accommodate the incoming sweeper.
- The non-delivering team may not sweep any rocks, including their own.
- The teammate of the delivering team that is not sweeping must take a place on the side or the back of the sheet in a designated area. This non-active sweeper will have first choice of designated standing area and may communicate with the players of their team and may follow the play but must remain at least two meters apart from their teammates and their opponents.
- The skip/vice-skip of the non-delivering team must remain behind the backline or on the walkway when possible and must make room to accommodate an in-coming sweeper, or the opposing skip/vice-skip and maintain at least two meters of distance.
- Only one member of the non-delivering team should be behind the backline.
- When the vice-skip and skip are exchanging control of the house, or discussing a call, they must remain at least two (2) meters apart from each other, always.
- After a player delivers his or her rock, that player should either: 1. follow the rock, while maintaining at least two (2) meters from the designated sweeper, but go no further than the second hog-line or 2. move to the nearest unoccupied standing location. This will allow the players from the other team to move into position for the next shot.
- Masks should be worn after your game; they may be removed if you are seated to consume food/beverage.
- Please store your gear in your vehicle after games, as locker/storage areas are not available.
- To avoid congestion, one staircase will be dedicated for “up”, the other for going “down”.
- A section upstairs, near the South side windows, will be set aside for eating/drinking cafeteria products, before or after games.
- Signage will direct traffic for drink service in the lounge.
- Table seating will follow Alberta Food/Beverage restrictions. E.g. Separation of tables, chair limits per table, etc. **PLEASE NO PULLING ALL THE TABLES TOGETHER IN THE LOUNGE.**