



BALMORAL RECREATION CENTRE



RETURN TO PLAY

covid-19 rules & regulations

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DISCLAIMER: THE RULES AND GUIDELINES PROVIDED IN THIS DOCUMENT ARE INTENDED TO FOLLOW PROVINCIAL GUIDELINES AND ABOVE ALL, KEEP OUR PARTICIPANTS AND GUESTS SAFE. THE BALMORAL RECREATIONAL COMMITTEE ASSUMES NO RESPONSIBILITY WITH INFORMATION THEREIN REGARDING COVID-19 DUE TO THE CONSTANT EVOLUTION OF RULES AND REGULATIONS. EFFORTS WILL BE MADE TO KEEP THIS DOCUMENT AS UP TO DATE AND ACCURATE AS POSSIBLE. FOR THE MOST RELIABLE INFORMATION ON COVID-19 PLEASE REFER TO THE PROVINCIAL HEALTH AUTHORITY. ALL RULES AND REGULATIONS ARE SUBJECT TO CHANGE AND REMAIN FLUID TO ALLOW FOR THE EVOLVING RESTRICTIONS AND REGULATIONS PUT FORTH BY THE PROVINCIAL GOVERNMENT AND OUR BOARD.

CURLING RINK

1. GENERAL RULES

- All participants and spectators must complete the MB government COVID-19 self-screening tool prior to entering the facilities. Entry to the facilities will be denied to **anyone** with COVID, flu or cold like symptoms. If you have symptoms, even mild, **stay home**. The self-screening can be completed by telephone at 1-877-308-9038 or online at <http://sharedhealthmb.ca/covid19/screening-tool/>
- All participants must limit the number of spectators coming to the facility for their ice time. The main level viewing area is limited to 12 people at one time.
- All spectators not from the same household are required to maintain physical distancing at all times.
- Masks:
 - The curling rink will continually assess the requirement of its members to wear a mask during play, and will adhere to all public health orders as imposed by the province, Manitoba Health and/or the Interlake-Eastern Regional Health Authority.
 - Players will be permitted to wear a mask without prejudice, should they so choose.
 - At this time all spectators are required to wear a mask inside the facility.
- Any water fountain located in the building will be unavailable to participants and spectators.
- No outside food or beverages will be allowed in the facility other than a personal water bottle or other sealed container. Your bottle or container must be clearly labeled with your name.
- There will be hand sanitizer available at entryways and some common use areas such as near doorways. We ask our participants and guests to utilize hand sanitizer prior and following the touching of common use items such as door handles.
- There is zero tolerance on spitting while in the facility. Spitting will result in you being removed from the facility.
- Movement between the different areas of the rec centre should be limited and only occur as necessary.
- Proper hygiene should be followed at all times. This includes coughing or sneezing into the bend of your arm, avoid touching your nose and mouth and practice recommended hand washing techniques.

2. RENTER'S RESPONSIBILITIES

- Municipal health authorities may require the collection of information on all those who enter your facility for contact tracing in the event there is an outbreak of COVID-19. We recommend our renters or league representatives collect this information for each draw. The person(s) must keep this information for not less than 2 months. **This must be done without compromising foot traffic flow in hallways or hinder physical distancing.**

- Each renter is responsible to make a reasonable effort to monitor the number of spectators at their event and maintain numbers within capacity.
- Each renter is responsible to ensure that all participants are aware of the rules and regulations put in place by the Rec Centre and ensure their participants adhere to them.

3. CURLING CENTRE LAYOUT AND NAVIGATION

- Locker rooms will not be available to participants. Participants are to arrive at the rink ready to play.
- Use markers to show traffic flow: in the front door, to the ice, off the ice, out the exit door.
- Tables and chairs will be arranged to maximize physical distancing; it is the responsibility of each player to ensure physical distancing requirements are maintained
- Doors will be open 20 minutes before draw time and close them 5 minutes after the draw starts.

4. PLAYING THE GAME

- All members, renters or participants must sign a Declaration of Compliance plus a Waiver (signed by adults) or Assumption of Risk Form (signed by adults on behalf of minors) prior to participating in sport.
- Any equipment that is borrowed from the curling rink (sliders, brooms, sticks) are to be disinfected by the user after each use.
- Stones are to be sanitized at the start of each draw by the curler.
- At the beginning of each draw, each player will select two stones. A player will not be permitted to interchanging of stones during a game.
- Players are not permitted to touch any stones other than their own. Let the player delivering the next stone retrieve their own stone.
- Stones are to be lined up in single file in the corners.
- Measuring of stones will not be permitted
- Players are not permitted to shake hands at any point in the game. Give a friendly wave or tap brooms to start the game.
- Coins to decide the last stone advantage in the first end are not permitted. The league conveners may assign them every game or, use an online tool on your phone: <https://justflipacoin.com/>
- Players are to stay on the same side of the sheet. For example, if you are playing on sheet 2, always walk or position yourself on the sideline to sheet 1. This will keep players 10 feet apart.
- Two small markings will be placed in the ice, located four feet from each side of centre ice (roughly 69 feet from the end boards). These are to be utilized as follows :
 - **Non-Delivering Team:** The two sweepers of the non-delivering team will be positioned on these marking while the other team is throwing. The player of the non-delivering

team whose turn it is next to deliver should be positioned at hogline on the same side as the two sweepers. The Skip (or Vice-Skip) will stand on the backboards but no closer than the hack.

- **Delivering Team:** The Skip has control of the house. The player whose turn it is to deliver is in the hack. The non-sweeping player is on the backboards. The sweeping player is at the T-Line.
- Once the stone has been released, the player who delivered the stone proceeds down the centre line of the ice until the halfway point to the marking or to the hog line if it is their turn next. After the stone comes to rest, the sweeper proceeds to the halfway markings. The non-sweeper travels to the halfway mark or the hog line depending on their turn to deliver or not.
- As it is a labor intensive activity to sanitize the scoreboard numbers after each game, each team will keep score by other methods. Example: record on one person's phone). The score boards are not to be used.
- Only one sweeper will be permitted on all delivered stones. No relaying (second sweeper taking over halfway down the sheet) will be permitted. 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. Lessening of physical distancing restrictions would/could allow this guideline to be removed.
- The skip or vice skip (not both) of non-delivering team must stand at the hack until the other team is finished playing and has relinquished control of the house.
- The skip or vice skip (both teams) may not sweep any stones (both colours) set in motion by the delivering team.

5. ICE MAKING EQUIPMENT

- The rink's Ice Technician and/or their assistant(s) are the only persons allowed to handle ice making equipment: power scraper, hand scrapers, pebbling cans & heads, brooms, mops, garbage cans etc. It is the responsibility of the Ice Technician to sanitize the equipment prior to use by another technician/assistant.

HOCKEY ARENA

1. GENERAL RULES

- All participants and spectators must complete the MB government COVID-19 self screening tool prior to entering the facilities. Entry to the facilities will be denied to **anyone** with COVID, flu or cold like symptoms. If you have symptoms, even mild, **stay home**. The self -screening can be completed by telephone at 1-877-308-9038 or online at <http://sharedhealthmb.ca/covid19/screening-tool/>
- All renters or participants must sign a Declaration of Compliance plus a Waiver (signed by adults) or Assumption of Risk Form (signed by adults on behalf of minors).
- We will ask currently that all participants limit the number of spectators coming to the facility for their ice time. Spectators are limited to a max of **50** people.
- At this time, tournaments are not permitted. As this may change, please contact the Balmoral Rec Board to check on current regulations.
- Masks:
 - All players are required to wear masks at all times when their helmet is removed.
 - Any person entering the building is required to wear a mask.
 - Spectators are required to wear a mask inside the facility.
- No outside food or beverages will be allowed in the facility other than a personal water bottle or other sealed container. Your bottle or container must be clearly labeled with your name.
- Any water fountain located in the building will be unavailable to participants and spectators.
- All spectators not from the same household are required to maintain physical distancing at all times.
- There will be hand sanitizer available at entryways and some common use areas such as near doorways. We ask our participants and guests to utilize hand sanitizer prior and following the touching common items such as door handles.
- There is zero tolerance on spitting while in the facility. Spitting will result in you being removed from the facility.
- Municipal health authorities may require the collection of information on all those who enter your facility for contact tracing in the event there is an outbreak of COVID-19. Renters or league representatives will collect this information prior to each draw. The rink must keep this information for not less than 2 months. It is recommended that this information also be collected for all one-time users of the club. This must be done without compromising foot traffic flow or physical distancing protocols.

2. RENTER'S RESPONSIBILITIES

- Municipal health authorities may require the collection of information on all those who enter your facility for contact tracing in the event there is an outbreak of COVID-19. We recommend our renters or league representatives collect this information for each ice time. The person(s) must keep this information for not less than 2 months. **This must be done without compromising foot traffic flow in hallways or hinder physical distancing.**
- Each renter is responsible to make a reasonable effort to monitor the number of spectators at their event and maintain numbers within capacity.
- Each renter is responsible to ensure that all participants are aware of the rules and regulations put in place by the Rec Centre and ensure their participants adhere to them.

3. RINK LAYOUT AND NAVIGATION

- Upon entering the facility, players and parents/guardians assisting a child must proceed immediately to their designated dressing rooms.
- Upon entering the facility, spectators must proceed to the outer viewing area/stands. You must not linger in the halls, passages and doorways.
- The indoor viewing area will be closed until further notice. The indoor viewing area is required to be utilized as a hall and passageway to allow for physical distancing as people walk through these spaces.
- Washrooms for spectators are located in the curling club. Other than for washroom use, no rink user is permitted in the curling side of the rec centre.
- Spectators must exit the building immediately at the same time players are leaving the ice.
- Spectators must leave the facility through the exit door on the East side of arena.
- When required, one parent/guardian per player may stay in the facility to assist their child while all others wait in their vehicle.

4. DRESSING ROOMS

- Dressing rooms will be available for 15 minutes prior and 15 minutes following a scheduled ice time. Do not arrive early or linger afterwards.
- Each Dressing room will be limited to 9 participants at one time. Physical distancing and seat markings must be adhered to.
- 2 additional dressing room spots will be able to be utilized on the benches in the shower area.
- Along with 9 participants, 1 parents/guardian will be allowed in to assist each child as needed. Any parent/guardian entering the dressing room is required to wear a mask while in the dressing room.

- It is recommended that children needing assistance to put on/remove equipment, do so at home as much as possible. This is to ensure we allow sufficient time for all participants and cleaning regimens.
- Participants should keep their equipment, including sticks, in close proximity to them in the dressing room. Hockey stick holders in the dressing rooms shall not be used.
- Dressing room washrooms are only to be used by current participants. Capacity is 2 people and physical distancing must be adhered to.
- Showers will be unavailable at this time. The showers located within the dressing room washrooms may be utilized by 2 participants dressing for on ice activities.

5. *PLAYING THE GAME*

- For a standard 1-hour rental, users will be afforded 55 minutes of ice time. This is to ensure that we can accommodate our usual rentals and have the time to do proper cleaning between groups.
- Benches should be limited to up to 7 participants at one time (including coaches/staff) and physical distancing must be practiced as much as possible.
- Penalty box can house 1 player at a time. Teams/refs will need to be creative if more space is required.
- When leaving and coming onto the ice, coaches/organizers should excuse participants one-by-one in an orderly fashion. Coaches/organizers are responsible to ensure they have adequate time to get participants off the ice within their allotted ice time.
- Players and coaches must enter the ice from the door and hallways on the East side of the building and rink surface.
- Players must exit the rink surface and be fully settled in their dressing rooms before the next group of players is permitted to leave their dressing rooms to proceed to the ice surface.
- Players and coaches must exit the ice from the door and hallways on the West side of the building and rink surface.
- Drills or activities that require participants to stand in line or groups for a long period of time are not permitted unless physical distancing can be adhered to.
- No goal celebrations involving touching are permitted.
- No handshakes will occur. It is encouraged that members of each team develop a cheer or “smack” sticks on the ice to show respect to the other team following a game.
- Movement between the different areas of the rec centre should be limited and only occur as necessary.

RESTAURANT & LOUNGE

1. GENERAL RULES

- All patrons and guests must complete the MB government COVID-19 self screening tool prior to entering the facilities. Entry to the restaurant will be denied to **anyone** with COVID symptoms. If you have symptoms, even mild, **stay home**. The self screening can be completed by telephone at 1-877-308-9038 or online at <http://sharedhealthmb.ca/covid19/screening-tool/>
- Eat in capacity in the restaurant will be set at **12** people maximum. Depending on group/family sizes, the dining room may have less capacity. If the curling side is unoccupied, it may be used for additional restaurant seating at staff discretion.
- Capacity in the lounge will be set at **45** people maximum.
- Tables are not allowed to be moved in any way by patrons or guests. Only staff are permitted to move tables.
- No table/group shall exceed 10 people.
- No outside food or beverages will be allowed in the restaurant or lounge.
- There will be hand sanitizer available at entryways and some common use areas such as near doorways. We ask our patrons to utilize hand sanitizer prior and following the touching common items such as door handles, menus and debit machines.
- There will be no self-service of coffee, drink refills, etc...
- Physical distancing of 2 meters from other groups, patrons and staff must be adhered to at all times.
- All patrons must follow direction of staff as well as floor markings, signs, etc...
- Washrooms for patrons of the restaurant are located in the curling club.
- Other than for washroom use, or upon discretion of the restaurant staff, no patron will be permitted in the curling side of the rec centre.
- Movement between the different areas of the rec centre should be limited and only occur as necessary.