



**SAN FRANCISCO BAY AREA CURLING CLUB
COMMUNICABLE DISEASE POLICY**

Updated September 2023

SFBACC Health and Safety Policy: Communicable Diseases

Background Information

Facility

SFBACC operates a 15,000 sq ft facility used for the sport of curling. The building comprises a 12,000 sq ft ice house containing 5 sheets of curling ice, a lobby/lounge area, and two restrooms.

Operations

SFBACC is a member based and volunteer run 501(c)(3) organization. The club runs leagues, lessons, clinics, tournaments and practice sessions for our members; lessons and events for the general public; and competitive events and clinics for the curling community at large.

A curling game is played on a sheet of ice 147 feet long and approximately 14 feet wide (2,058 sqft of ice) with four to eight people participating (257 sq ft/of ice per person). There is ample space to curl while maintaining a socially distant, six feet of space, if required or desired. Curling is a non-contact sport with minimal shared equipment.

Policy

The San Francisco Bay Area Curling Club (SFBACC) will follow public health best practices to prevent communicable disease spread. This includes COVID-19, influenza, and other infectious illnesses of community concern.

Definition

Communicable disease: a disease that is spread from one person to another through a variety of ways that include: physical contact with an infected person or contaminated surface, fluid, or object; breathing in an airborne virus; or by being bitten by an insect.

Guiding Resources:

- [Alameda County Department of Public Health](#)
- [California Department of Public Health](#)
- [Center for Disease Control and Prevention \(CDC\)](#)

Key practices to prevent the spread of communicable diseases include:

- Self health screens, staying home if symptoms of illness are present
- Sanitation and routine disinfection, with emphasis on cleaning of high-touch surfaces and shared equipment
- [Proper hand hygiene](#) (hand washing and use of hand sanitizer with at least 60% ethanol or 70% isopropanol)

- Following public health department recommendations for prevention (e.g. masking, vaccination, environmental control, testing, and isolation after exposure or illness)
- Educating volunteers, members, and guests

Member, Guest, and Patrons

- **General Guidance**
 - SFBACC will require anyone entering the facility to comply with public health mandates.
 - SFBACC reserves the right to implement safety measures outside of public health mandates. All measures will be reviewed by SFBACC's Health and Safety Committee and approved by the Board. Guidelines and policies will be available to all members, guests, and patrons.
 - SFBACC highly recommends that individuals remain up-to-date with all vaccinations recommended by [Public Health Guidance](#) and their health care provider.
- **Health Screening**
 - Individuals shall not enter the facility if they are experiencing any symptoms of a communicable illness. This includes symptoms such as fever, cough, shortness of breath, fatigue, muscle/body aches, headache, sore throat, nausea and vomiting, diarrhea, rashes or pox, congestion or runny nose.
 - If symptoms arise while the individual is already on site, they should leave immediately.
- **Reporting**
 - **COVID-19 Infection**
 - Members who test positive for COVID-19 AND who have entered the facility within 5 days of symptom onset or positive test must report to the designated Health Safety Officer (contact COVID@bayareacurling.com); the Health Safety Officer will:
 - Utilize internal contact tracing to notify anyone with a potential high risk exposure.
 - Maintain the identity of the reporting member as confidential
 - Discuss current CDC guidance for safely returning to the club
 - **Other Infections**
 - Anyone who believes that they have exposed others or been exposed to a communicable disease at the SFBACC facility may contact the Health Safety Officer for further guidance.
- **Return to Curling Post Infection or High-Risk Exposure to a communicable Illness**
 - Members, guests, and patrons shall not come to the curling club if they have a communicable illness. A health care provider or public health guidelines should be consulted to determine when it is safe to return to the club after an active illness or exposure to a communicable disease.

- Guidelines for common infections of concern include:
 - [COVID-19 exposure](#) and [COVID-19 infection](#)
 - [Influenza](#) (Flu)
 - [Respiratory Syncytial Disease \(RSV\)](#)
 - [Measles](#)
 - Varicella ([Chickenpox](#) and [Shingles](#))
 - Stomach flu (Gastroenteritis, [Norovirus](#))
 - [Common cold](#)
 - [Hepatitis](#)
 - [Lice and Scabies](#)
- **Equipment:**
 - Players shall not borrow personal equipment (brooms, sliders, etc) without express permission from the owner.
 - Players shall sanitize borrowed club equipment before and after use

Facility Management

- **Access to the facility:**
 - Curling is offered by reservation only. Sign-ups for programming and payments will be through our online reservation system or an events manager (events@bayareacurling.com).
 - Guests are welcome in the warm room or outdoor areas of the facility, but should check in with an SFBACC member upon arrival for guidance.
- **Signage and access to information:**
 - Any special health requirements, that may include masking or special health screenings, shall be posted at the building entrance and shared with registered participants prior to the event.
- **Cleaning and Sanitation:**
 - The facility will regularly undergo sanitation and disinfection of common areas (lobby/lounge, restrooms, ice house), equipment, and high-touch surfaces.
 - SFBACC will:
 - Follow CDC guidelines for cleaning and disinfection of areas believed to be contaminated with biohazardous or infectious debris.
 - Follow Cal/OSHA requirements and manufacture instructions for safe use and storage of cleaning products.
- **Ventilation inside the facility will be optimized:**
 - HVAC intakes will be cleaned regularly.
 - In the ice house, the air handler settings will be set to optimize ventilation. Ventilation is a key prevention measure for decreasing airborne infectious diseases.

Health Safety Officer

- The SFBACC Board of Directors shall appoint an individual with knowledge of health safety to serve as the Club's Health Safety Officer.
- The Health Safety officer is responsible for maintaining SFBACC's health safety policies, protocols, and training guidance.
- The Health Safety officer shall maintain strict confidentiality of anyone reporting medical information to the club or officer, including active infections or exposures, or vaccination details.
- Individuals requesting exemptions or accommodations, or with questions regarding SFBACC health policies shall contact the Health Safety officer.
- The current Health safety officer is Kimberly Chapin, and may be contacted at COVID@bayareacurling.com

Policy Updates

- SFBACC reserves the right to update policy requirements at any time, unless otherwise stated. Policy updates shall not be a means to request a refund for any programming, but may be considered on a case by case basis.

Supplemental Recommendations

The following recommendations are meant as guidance only and will not be enforced:

- Equipment and garments:
 - Players should regularly sanitize their own equipment
 - Players are encouraged to regularly wash garments worn on the ice, including cloth masks, jackets, gloves, and hats
 - Glove use should be minimized to appropriate situations, and patrons should be mindful of their potential to spread germs.
 - Fabric or leather gloves used during play generally should not be used to physically touch others or handle shared surfaces inside the club (stones, measuring devices, ice equipment, door handles, scoreboards) since they cannot be sanitized frequently.
 - The CDC only recommends single-use disposable gloves to be used when cleaning, taking care of sick people, or handling hazardous or infectious substances. Disposable gloves should not be worn for extended periods of time and should not be reused. [See full CDC full around use of disposable gloves.](#)
- Players are encouraged to keep a personal hand-sanitizer bottle with them on the ice for convenient access; hand hygiene is recommended prior to and after the game and touching shared equipment.

- Masks and face coverings are optional at SFBACC, but recognized as important tools for preventing spread of many infectious illnesses. Individuals should learn about when masking may be appropriate for themselves and what types of masks are recommended.
 - Resources for optimal mask selection:
 - [CDC Guidance about Face Coverings](#)
 - [CDPH: Getting the Most out of Masking](#)