



**SAN FRANCISCO BAY AREA CURLING CLUB
COVID-19 SAFETY POLICY**

Updated August 2022

SFBACC COVID-19 Safety Plan

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

Using current Public Health Guidance, as well as California State, Alameda County, and City of Oakland orders, the San Francisco Bay Area Curling Club (SFBACC) will employ key prevention practices at our to prevent the spread of COVID-19.

Guiding Resources:

- [Alameda County Department of Public Health](#)
- [California Department of Public Health](#)
 - [CDPH Safe and Smart](#) Events Playbook
 - [CDPH Vaccine Record Guidance](#)
- [City of Oakland COVID-19](#)
- [Center for Disease Control and Prevention \(CDC\): COVID-19](#)
- [USA Curling: COVID-19 and Return to Curling Guidance](#)
- [California SMARTER plan](#)

Key practices to prevent severe disease and the spread of COVID-19 include:

- Vaccination against COVID-19
- Wearing a Mask
- Maximizing ventilation in indoor spaces

- Physical distancing (defined as at least 6 ft of physical distance between persons)
- Self health screens, staying home if symptoms of COVID-19 are present
- Testing to prevent spread to others
- 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 isolation and quarantine after exposure or illness
- Educating volunteers, members, and guests

Resource: [CDC: protect yourself and others](#)

Member, Guest, and Patrons

- **Masks and face coverings at SFBACC facility**
 - Mask use shall, at a minimum, comply with current government mandates
 - [Alameda County Health Officer Orders](#)
 - [CDPH Guidance for Use of Face Masks](#)
 - SFBACC may require anyone entering the facility to wear a face mask, including times when masks are not mandated by the government. Current SFBACC masking requirements will be communicated at the entry of the facility, during the sign-up of the event, and/or by event organizers or supervisors.
 - SFBACC mask type requirements:
 - Acceptable mask types include:
 - N95
 - KN95/KF94
 - Surgical mask
 - Cloth mask with at least 2 layers (3 layers recommended)
 - Face coverings/masking rules apply to anyone 2 years or older entering the building, including the ice house.
 - Players are encouraged to choose the most effective mask that also allows comfortable breathing when consistently and properly worn during game play.
 - No single-layer cloth masks (i.e. bandanas, gaiters), vented masks, or face shields alone (noting that these may be worn *in addition to* a compliant mask)
 - Masks must tightly cover the nose and mouth, and be secured under the chin at all times, except when actively eating or drinking
 - Mask must be free of holes or tears
 - Resources for optimal mask selection:
 - [CDC Guidance about Face Coverings](#)
 - [CDPH: Getting the Most out of Masking](#)
 - SFBACC Masking requirements will be decided by the Board. Aside from government mandates, factors that will help dictate mask policy include the CDC's [COVID-19](#)

[Community Levels](#) tool recommendations, current community infection rates, daily community case rates, and other current public health measures.

- **Vaccination**
 - SFBACC **highly recommends** that individuals remain up to date with vaccinations against COVID-19. General vaccination guidance may be found on the [CDC website](#), but we recommend speaking to a health professional if you have any questions about your individual vaccination recommendations.

- **Health Screening**
 - Information about COVID-19 symptoms shall be posted at the entrance of the building and provided during the registration process for all curling programming.
 - Individuals shall not enter the facility if they are experiencing any [symptoms of COVID-19](#), including fever, cough, shortness of breath, fatigue, muscle/body aches, headache, sore throat, nausea and vomiting, diarrhea, congestion or runny nose, or new loss of taste or smell. If symptoms arise while the individual is already on site, they should leave immediately.

- **Testing**
 - SFBACC may require proof of a negative test prior to events, as needed. Details and requirements will be provided during registration, when applicable.
 - Members and guests with questions about testing should refer to their healthcare provider and/or [CDC COVID-19 testing guidance](#).

- **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 COVID Safety Officer (contact COVID@bayareacurling.com); the COVID 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

- **Return to Curling Post COVID-19 Infection or High-Risk Exposure**
 - See the [CDC recommendations for general isolation and quarantine guidance](#).
 - Any individual testing positive for COVID-19 shall not come to the SFBACC facility for at least 10 days after symptom onset OR 10 days from a positive test for asymptomatic individuals.
 - At this time, the 5 day return guidance will NOT apply at SFBACC for those who have tested positive, even with masking and vaccination.
 - Any individual testing negative twice 48hrs apart, within 10 days of their first positive test may contact the COVID officer for further guidance.
 - Anyone with a high risk exposure:
 - May return to the club ONLY if they are without symptoms AND wear a [well-fitted mask](#) for 10 days post exposure.

- Testing is highly recommended after a high-risk exposure, per CDC guidelines.
 - If testing is not available, contact the COVID officer for guidance.
- A high risk exposure is defined as: close (within 6 feet) contact with an individual with known active infection for at least 15 cumulative minutes in a 24hr period.

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, though capacity restrictions may be in effect. Guests should check in with an SFBACC member upon arrival for guidance.
- **Signage and access to information:**
 - Masking requirements will be posted at the front entrance and throughout the building
 - Symptom screening information will be posted at the front entrance of the building
 - Hand washing and sanitizing signs will be posted in bathrooms
 - The full SFBACC COVID-19 Safety Plan will be posted on the SFBACC website and accessible to all members and guests.
 - Members and guests signing up for curling programming shall receive specific information about vaccination and masking requirements during registration.
- **Capacity limits**
 - SFBACC may lower approved building occupancy limits down based on a variety of factors including (but not limited to) viral transmission rates in the community, public health orders, and the CDC's [COVID-19 Community Levels](#) tool.
- **Cleaning and Sanitation:**
 - The facility will regularly undergo sanitation and disinfection of common areas (lobby/lounge, restrooms, ice house) and high-touch surfaces.
 - SFBACC will:
 - Train volunteers/workers involved to use and have an adequate supply of all-purpose cleaners and disinfectants
 - Follow CDC guidelines for cleaning and disinfection
 - Follow Cal/OSHA requirements and manufacture instructions for safe use and storage
 - Direct the Ice Crew to maintain sanitation of ice equipment and ice equipment room
- **Ventilation inside the facility will be optimized:**
 - HVAC intakes will be cleaned regularly.

- Doors to the lobby/lounge and restrooms shall remain open when possible.
- In the ice house, the air handler settings will be set to maximize ventilation (capable of a full air exchange with outside air every 30 minutes)
- Hand sanitizer stations will be available throughout the facility.

Modified Gameplay

- **Alternate End Starts (optional, preferred during times of increased viral transmission):**
 - During leagues and bonspiels, the starting ends will alternate between the home and away sides when games occur on adjacent sheets.
 - Players designated to start at the “Home” end of the ice should enter the facility through the main entrance and enter the ice house through the staired entrance (unless requiring the accessible ice house entrance); players designated to start at the “Away” end of the ice should enter the facility through the manager’s entrance and enter the ice house through the accessible entrance:
 - Sheets 1, 3, and 5 will start on the Home side
 - Sheets 2 and 4 will start on the Away side.
- **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
- **Broomstacking**
 - Broomstacking is an optional post-game activity.
 - Participants are allowed to unmask when actively eating or drinking.
 - Broomstacking activities may be limited to outdoor spaces during times of high viral transmission.

COVID Safety Officer

- The SFBACC Board of Directors shall appoint an individual with knowledge of COVID-19 prevention strategies and associated regulations to serve as the Club’s COVID Safety Officer.
- The COVID Safety officer is responsible for maintaining SFBACC’s COVID-19 Safety policy, associated protocols, and training guidance.
- The COVID safety officer shall oversee the training program for vaccination verification and maintain records of individuals who have passed training for verifying vaccination and who can train others to verify vaccinations.
- The COVID safety officer shall maintain the 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 this Safety plan shall contact the COVID safety officer.
- The current COVID 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:

- Individuals should turn on the exposure notification feature on their smartphone.
- Players are encouraged to arrive dressed for play in order to minimize gathering in the restrooms or changing areas.
- Sweeping:
 - Teams may choose to limit sweeping to 1 player per shot. We encourage teams to discuss what they are comfortable with with their teammates.
 - Sweeping behind the tee from the opposing team shall be permitted, but players should communicate and keep respectful distances when possible
- Equipment and garments:
 - Players should regularly sanitize their own equipment
 - Players are encouraged to regularly wash garments worn on the ice regularly, 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 glove use 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