



**2020-2021 Return to Play Guidelines
(COVID-19 Changes)**



INTRODUCTION

With the announcement of the province moving to Stage 2 of the relaunch strategy, Alberta's Chief Medical Officer of Health (CMOH) permitted the reopening of recreation centres, including curling clubs, as of June 12, 2020. Conditions and recommendations are outlined in industry relaunch documents on the **Alberta Government Biz Connect Website**. Additional Stage 2 ongoing regularly updated guidance information, related specifically to the sport of curling, can be found on - [Sport, physical activity & recreation](#) and [Restaurants, cafes, pub & bars](#) links. Alberta Health Services guidelines are being revised on a frequent basis and EYCA will address any revisions to the guidelines accordingly.

LEAGUE FORMAT INFORMATION

- In order to minimize risks, the EYCA league games will be played on Saturdays at only one or two curling clubs (depending on registrations) for the 2020-2021 season. This is to ensure safety and sanitizing protocols are consistent, helping limit the risks associated with COVID-19.
- League games will have staggered ice times to meet physical distancing requirements in the locker rooms / staging areas and minimize arrival and departure overlap.
- Due to restrictions in available ice time, there will be no make-up games. Teams that cannot make the scheduled Saturday game will have to forfeit. Forfeited games will NOT be refunded.
- If the season is cancelled at anytime before the start of the season or during the season due to public health restrictions refunds will be issued on a pro-rated basis.
- There will be no year-end bonspiel for the 2020-2021 season as has been held in the past. Determination of the 2020-2021 league champions will be by overall points total at the end of the season. If the season is cancelled at any time, due to increased COVID restrictions being implemented by the province, the overall total points to that point will determine the 2020-2021 league champions. In the event of a tie situation for league champion, a draw to the button will decide the winner.
- In previous seasons curlers were required to be affiliated and registered with a junior curling program in or around Edmonton. The EYCA is waiving this requirement for the 2020-2021 season as many junior curling programs are postponing their seasons until January 2021.
- Teams will be allowed up to six official roster players. There will also be an official spare list. If a team is short a player, they may use someone from their roster list, the spare list or another team's roster list, provided that all waivers and forms have been completed. Only official registered players may spare on teams in the EYCA. This is to allow proper contact tracing in the event that a participant tests positive for COVID-19 in the future.
- It is recommended that only one parent per team attend each game in order to ensure proper physical distancing in the viewing area. This policy may change through the season depending on the restrictions of the curling facility.

PARTICIPATING SAFELY

- The safety of all curlers, coaches, curling club staff and parents/guardians is the primary focus of the EYCA at all times. We will adhere to the CMOH Public Health Orders and follow the guidelines set forward by Curling Canada, Curling Alberta, City of Edmonton and adjoining counties.
- Masks MUST be worn by all individuals entering the curling club in all locations of the club. When curlers enter the ice surface, it is their choice whether to wear a mask. Masks are not required for recreational activities where physical distancing is possible. However, wearing of masks by players during games is encouraged. Coaches will be required to wear masks even when on the ice surface.
- All players and coaches are required to complete the waivers found in the attached Appendix prior to being allowed to play during the season. Waiver documents are only required to be completed once.
- Coaches, players and guardians are required to complete the COVID check questions on a questionnaire link that will be provided on the EYCA website and/or through email. This questionnaire must be completed 24 hours prior to game time by ALL persons entering the facility including all players, coaches, and guardians.
- All players, coaches, and supporters/guardians who will be in attendance at the curling facility MUST check-in on the EYCA attendance log prior to each game to allow proper contact tracing in the event that a participant tests positive for COVID-19 in the future. Each player and coach is required to check in personally on the attendance log. Players or coaches cannot check-in other players. Games will not be permitted to start until all players and coaches have checked in on the attendance log.
- Parents/guardians must also check in on the attendance log to allow proper contact tracing should the need arise.

GAME FORMAT AND PLAY

- Once teams enter the rink, it is important that players and coaches do not congregate on the walkway. When a player has reached his or her sheet they should immediately leave their bag or equipment, if applicable, in the appropriate location and then move onto the ice surface and proceed as far along the sheet as is necessary to allow others to access the ice while maintaining at least two meters distance from others.
- Instead of shaking hands, please wave, nod, or raise your brooms together.
- Instead of coin flips, it is recommended that another method is used to determine hammer. This can be something like rock-paper-scissors, a smartphone “heads or tails” app, a stopwatch “odd or even” or an online tool on your phone such as: <https://justflipacoin.com/>
- There will be designated standing areas along the sides of the sheets. These are to be used by the non-delivering team (excluding the acting skip) and the non-active sweeper of the delivering team. Refer to the attached Appendix for an on-ice diagram.
- Only one sweeper on the delivering team is allowed to sweep on a given shot. Relaying is not permitted (second sweeper taking over halfway down the sheet), including with the skip/third.

- 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 person in charge of the house is not allowed to sweep under any circumstance. The skip/third in the house must move to accommodate the incoming designated sweeper.
- The skip of the non-delivering team must remain behind the back line until all stones come to rest. The non-delivering team may not sweep any rocks, including their own. They are not allowed to sweep the opposition stones that are behind the tee-line.
- The teammate of the delivering team that is not sweeping must take a place on the side or at 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/third 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/third and maintain at least two meters of distance.
- When the third 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.
- Players should use their hands to touch only the rocks they will deliver. Players may move rocks that they are not using but must do so using their broom or their foot on the side of the rock and avoid any contact with the handle.
- Players should not clean the bottom of the rock with their bare or gloved hand but instead use their broom to clean.
- At the completion of the end, the team without the hammer who will be throwing the first rock in the next end should be the only team moving the rocks from play to the corners to ensure physical distancing can occur. The team with the hammer, including the skip, must stand between the hog lines and remain physically distanced as well.

AT THE COMPLETION OF THE GAME

- Players should not shake hands at the completion of the game. Instead, players should wave, nod, or raise your brooms together and communicate verbally.
- Only the winning team should clean up the rocks at the completion of the game by using their brushes or feet to move the rocks, while maintaining physical distancing. If the game was completed at the far end of the sheet, the winning team will bring all the rocks back to the home end.

- Players are to gather their belongings while distancing themselves from other players.
- At the completion of the game players are asked to put on their masks prior to leaving the ice area. If it is necessary to cross behind other sheets where games are in play, players should remember to wait for other players to move to accommodate to maintain physical distancing at all times.
- After the game, it is recommended for adults who are picking up their children to remain in the parking lot until the child leaves the facility. All youth under twelve should be guided by a coach to ensure they find their parents while always mindful and compliant with the Rule of Two. All players will be required to sanitize/wash their hands and ensure physical distancing of at least two meters is maintained with others when leaving the facility.

COHORTS

- A cohort is a group whose members – always the same people – do not always keep 2 metres apart. This is also referred to as a bubble, circle or safe squad.
- Teams may consider themselves to be a cohort. If this is the case, then physical distancing requirements are not necessary for that team of four. If however, a spare is brought in to replace someone in that cohort, the team will need to observe physical distancing rules with that individual.
- Teams do not have to consider themselves to be a cohort. If that is the case, all physical distancing measures that have been put in place as outlined above should be observed.
- Coaches will be expected to assist teams in maintaining distancing rules as applicable to their team.
- Teams that consider themselves to be a cohort must still follow the rules for having only one sweeper for each delivered stone and the skips/thirds may not sweep any rocks in the house as noted above.

COACHES

- Coaches are required to wear a mask at all times even while out on the ice surface.
- Coaches are permitted to stand out in the ice rink in their designated spot as outlined in the graphic at the end of this document.
- All teams must have a coach or representative in the ice area to guide their team in strategy, game play, the new rules introduced this year and helping to ensure all players are following physical distancing guidelines.
- Coaches are permitted to discuss play with their team when the opposing team is in the process of selecting and completing their shot. Coaches are not allowed to discuss strategy when it is their team's shot selection unless the team calls one of their two-minute timeouts or when they are delivering the rock.
- Coaches are required to complete health waiver documents.

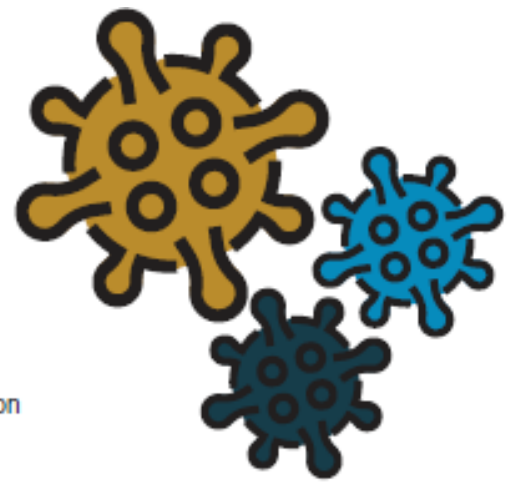
HYGIENE

- Keep your hands clean. Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use alcohol-based sanitizer.
- Curlers, staff, guests and spectators will be required to sanitize their hands upon entry. Hand sanitizer will be available in the curling club.
- Avoid touching your eyes, nose, and mouth.
- Cough or sneeze into the bend of your arm.
- Avoid touching surfaces people touch often, such as: - Toilets and sinks, door handles, bar and bar tables, stone handles (except your two stones in your game).

WAIVERS AND FORMS - ALL PLAYERS AND COACHES MUST SIGN THE FOLLOWING DOCUMENTS:

- If player/coach has reached the Age of Majority, please sign the Waiver and sign the Declaration of Compliance – COVID-19
- If the player/coach has not reached the Age of Majority, the parent or guardian must sign the Assumption of Risk waiver and the Declaration of Compliance – COVID-19 (the under-age person must be identified on each form)

APPENDIX #1: KNOW THE FACTS ABOUT COVID-19



COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

Symptoms of human coronaviruses may be very mild or more serious, such as:



Symptoms may take up to 14 days to appear after exposure to the virus.

The best way to prevent the spread of infections is to:

Coronaviruses are most commonly spread from an infected person through:

- respiratory droplets when you cough or sneeze
- close personal contact, such as touching or shaking hands
- touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

The best way to prevent the spread of infections is to:

- wash your hands often with soap and water for at least 20 seconds;
- avoid touching your eyes, nose or mouth, especially with unwashed hands;
- avoid close contact with people who are sick;
- cough and sneeze into your sleeve and not your hands;
- practice **physical distancing** at all times;
- stay home if you are sick to avoid spreading illness to others;
- wear a **non-medical mask or face covering** (i.e. constructed to completely cover the nose and mouth without gaping, and secured to the head by ties or ear loops) to protect the people and surfaces around you.

Note: The Government of Canada has implemented an Emergency Order under the *Quarantine Act*. This order means that everyone who is entering Canada by air, sea or land has to stay home for 14 days in order to limit the spread of COVID-19. **The 14-day period begins on the day you enter Canada.**

- If you have travelled and have no symptoms, you must **quarantine** (self-isolate).
- If you have travelled and have symptoms, you must **isolate**.

For more information on coronavirus: 1-833-784-4397 | canada.ca/coronavirus



DECLARATION OF COMPLIANCE – COVID-19

Individual Name (print): _____

Individual's Parent/Guardian: _____

(if the individual is younger than 18 years old)

Email: _____

Telephone: _____

WARNING!

ALL INDIVIDUALS ENTERING THE FACILITY AND/OR PARTICIPATING IN SANCTIONED ACTIVITIES MUST COMPLY WITH THIS DECLARATION

Curling Canada, Curling Alberta and the **Edmonton Youth Curling Association** (collectively the "Organization") require the disclosure of exposure or illness in order to safeguard the health and safety of all participants and limit the further outbreak of COVID-19. This Declaration of Compliance will be kept safely, and personal information will not be disclosed unless as required by law or with your consent.

An individual (or the individual's parent/guardian, if the individual is younger than the age of majority) who is unable to agree to the terms outlined in this document is not permitted to enter the Organization's facilities or participate in the Organization's activities, programs, or services.

I, the undersigned being the individual named above and the individual's parent/guardian (if the individual is younger than the age of majority), hereby acknowledge and agree to the terms outlined in this document:

- 1) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19 and requires all individuals (or their parent/guardian, when applicable) to adhere to the compliance standards described in this document.
- 2) The individual has not been diagnosed with COVID-19; **OR** If the individual was diagnosed with COVID-19, the individual was cleared as noncontagious by provincial or local public health authorities more than 14 days prior to the date this Declaration of Compliance was signed.
- 3) The individual has not been exposed to a person with a confirmed or suspected case of COVID-19; **OR** If the individual was exposed to a person with a confirmed case of COVID-19, the date of exposure was more than 14 days prior to the date this Declaration of Compliance was signed.
- 4) The individual is attending or participating voluntarily and understands the risks associated with COVID-19. The individual (or the individual's parent/guardian, on behalf of the individual (when applicable)) agrees to assume those risks, including but not limited to exposure and being infected.
- 5) The individual has not, nor has anyone in the individual's household, experienced any signs or symptoms of COVID-19 in the last 14 days (including fever, new or worsening cough, fatigue, chills and body aches, respiratory illness, difficulty breathing, nausea, vomiting or diarrhea, pink eye, or loss of taste or smell).
- 6) If the individual experiences, or if anyone in the individual's household experiences, any signs or symptoms of COVID-19 after submitting this Declaration of Compliance, the individual will immediately isolate, notify the Organization, and not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since those symptoms were last experienced.

- 7) The individual has not, nor has any member of the individual's household, travelled to, or had a lay-over in any country outside Canada, or in any province outside of Alberta in the past 14 days. If the individual travels, or if anyone in the individual's household travels, outside Alberta after submitting this Declaration of Compliance, the individual will not attend any of the Organization's facilities, activities, programs or services until at least 14 days have passed since the date of return.
- 8) The individual is following recommended guidelines, including but not limited to, practicing physical distancing, trying to maintain separation of six feet from others, adhering to recognized hygiene best practices, and otherwise limiting exposure to COVID-19.
- 9) The individual will follow the safety, physical distancing, and hygiene protocols of the Organization.
- 10) This document will remain in effect until the Organization, per the direction of the provincial government and provincial health officials, determines that the acknowledgements in this Declaration of Compliance are no longer required.
- 11) The Organization may remove the individual from the facility or from participation in the activities, programs or services of the Organization at any time and for any reason if the Organization believes, in its sole discretion, that the individual is no longer in compliance with any of the standards described in this document.

Signature: _____
Individual (If the age of majority)

Date: _____

Signature: _____
Parent/Guardian (if the individual is younger than age of majority)

Date: _____

CURLING ALBERTA - INFORMED CONSENT AND ASSUMPTION OF RISK AGREEMENT

*(To be executed by Participants **under the Age of Majority**)*

WARNING! Please read carefully. By signing this document, you will assume certain risks and responsibilities.

Participant's Name: _____

Participant's Date of Birth (yyyy/mm/dd): _____

This is a binding legal agreement. **Clarify any questions or concerns before signing.**

As a Participant in the sport of curling and the activities, programs, classes, services provided and events sponsored or organized by Curling Canada, Curling Alberta, the **Edmonton Youth Curling Association** (collectively the "Organization"), including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientation or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the "Activities"), the undersigned being the Participant and Participant's Parent/Guardian (collectively the "Parties") acknowledges and agrees to the following terms outlined in this agreement:

1. I am the Parent/Guardian of the Participant and have full legal responsibility for the decisions of the Participant.

Description and Acknowledgement of Risks

2. The Parties understand and acknowledge that:

- a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life. The sport of curling is played on a sheet of ice, which is slippery, hard, and dangerous;
- b) A pertinent risk to participating in the sport of curling is the risk of suffering serious head injury should the Participant fall, trip, or stumble onto the ground or ice. It is highly recommended that the Participant wear a helmet at all times when participating in the sport of curling;
- c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of the Participant's fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and COVID-19
- d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that the Participant will not become infected with COVID-19. Further, participating in the Activities could increase the Participant's risk of contracting COVID-19.

3. The Participant is participating voluntarily in the Activities. In consideration of that participation, the Parties hereby acknowledge that they are aware of the risks, dangers and hazards and may be exposed to such risks, dangers and hazards. The risks, dangers and hazards include, but are not limited to:

- a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.

- b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls, equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises
- c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability
- d) Contact: contact with brooms, brushes or curling stones, other equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- e) Advice: negligent advice regarding the Activities
- f) Ability: Failing to act safely or within my own ability or within designated areas
- g) Sport: the game of curling and its inherent risks, including but not limited to, running, sliding or slipping on the ice surface, delivering the curling stone, skipping or sweeping, stepping onto the ice surface from the walkway or onto the walkway from the ice surface, or stepping over dividers that divide one sheet of ice from the next
- h) Cyber: privacy breaches, hacking, technology malfunction or damage
- i) Conduct: My conduct and conduct of other persons including any physical altercation between participants
- j) Travel: Travel to and from the Activities

We have read and agree to be bound by paragraphs 1 to 3

Terms

4. In consideration of the Organization allowing the Participant to participate in the Activities, the Parties agree:
 - a) That when the Participant practices or trains in their own space, the Parties are responsible for the Participant's surroundings and the location and equipment that is selected for the Participant;
 - b) That the Participant's mental and physical condition is appropriate to participate in the Activities and the Parties assume all risks related to the Participant's mental and physical condition;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if the Participant observes an unusual significant hazard or risk, the Participant will remove themselves from participation and bring their observations to a representative of the Organization immediately;
 - f) The risks associated with the Activities are increased when the Participant is impaired, and the Participant will not participate if impaired in any way;
 - g) That it is their sole responsibility to assess whether any Activities are too difficult for the Participant. By the Participant commencing an Activity, they acknowledge and accept the suitability and conditions of the Activity;
 - h) That COVID-19 is contagious in nature and the Participant may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death; and
 - i) That they are responsible for the choice of the Participant's safety or protective equipment and the secure fitting of that equipment.

5. In consideration of the Organization allowing the Participant to participate, the Parties agree:
 - a) That the Parties are not relying on any oral or written statements made by the Organization or their agents, whether in brochure or advertisement or in individual conversations, to agree to participate in the Activities;
 - b) That the Organization is not responsible or liable for any damage to the Participant's vehicle, property, or equipment that may occur as a result of the Activities; and
 - c) That this Agreement is intended to be as broad and inclusive as is permitted by law of the Province of Alberta and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and

effect.

Jurisdiction

6. The Parties agree that in the event that they file a lawsuit against the Organization, they agree to do so solely in the Province of Alberta and they further agree that the substantive law of the Province of Alberta will apply without regard to conflict of law rules.

We have read and agree to be bound by paragraphs 4 to 6

Acknowledgement

7. The Parties acknowledge that they have read this agreement and understand it, that they have executed this agreement voluntarily, and that this Agreement is to be binding upon themselves, their heirs, their spouses, parents, guardians, next of kin, executors, administrators and legal or personal representatives.

Name of Parent or Guardian (print)

Signature of Parent or Guardian

Date

CURLING ALBERTA - RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT (To be executed by Participants *over the Age of Majority*)

WARNING! Please read carefully. By signing this document, you will waive certain legal rights – including the right to sue

1. This is a binding legal agreement. **Clarify any questions or concerns before signing.** As a participant in the sport of curling and the activities, programs, classes, services provided and events sponsored or organized by: Curling Canada; and, Curling Alberta; and the **Edmonton Youth Curling Association** including but not limited to: games, tournaments, practices, training, personal training, dry land training, use of strength training and fitness conditioning equipment, machines and facilities, nutritional and dietary programs, orientational or instructional sessions or lessons, aerobic and anaerobic conditioning programs (collectively the “Activities”), the undersigned acknowledges and agrees to the following terms outlined in this agreement:

Disclaimer

2. Curling Canada; and, Curling Alberta; the **Edmonton Youth Curling Association** and their respective Directors, Officers, committee members, members, employees, coaches, volunteers, officials, participants, agents, sponsors, owners/operators of the facilities in which the Activities take place, and representatives (collectively the “Organization”) are not responsible for any injury, personal injury, damage, property damage, expense, loss of income or loss of any kind suffered by a Participant during, or as a result of, the Activities, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

I have read and agree to be bound by paragraphs 1 and 2

Description and Acknowledgement of Risks

3. I understand and acknowledge that:
 - a) The Activities have foreseeable and unforeseeable inherent risks, hazards and dangers that no amount of care, caution or expertise can eliminate, including without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life. The sport of curling is played on a sheet of ice, which is slippery, hard, and dangerous;
 - b) A pertinent risk to participating in the sport of curling is the risk of suffering serious head injury should I fall, trip, or stumble onto the ground or ice. It is highly recommended that I wear a helmet at all times when participating in the sport of curling;
 - c) The Organization has a difficult task to ensure safety and it is not infallible. The Organization may be unaware of my fitness or abilities, may misjudge weather or environmental conditions, may give incomplete warnings or instructions, and the equipment being used might malfunction; and *COVID-19*
 - d) The novel coronavirus, COVID-19, has been declared a worldwide pandemic by the World Health Organization and COVID-19 is extremely contagious. The Organization has put in place preventative measures to reduce the spread of COVID-19; however, the Organization cannot guarantee that I will not become infected with COVID-19. Further, participating in the Activities could increase my risk of contracting COVID-19.
4. I am participating voluntarily in the Activities. In consideration of my participation, I hereby acknowledge that I am aware of the risks, dangers and hazards associated with or related to the Activities. The risks, dangers and hazards include, but are not limited to:
 - a) Health: executing strenuous and demanding physical techniques, physical exertion, overexertion, stretching, dehydration, fatigue, cardiovascular workouts, rapid movements and stops, lack of fitness or conditioning, traumatic injury, bacterial infections, rashes, and the transmission of communicable diseases, including viruses of all kinds, COVID-19, bacteria, parasites or other organisms or any mutation thereof.
 - b) Premises: defective, dangerous or unsafe condition of the facilities; falls; collisions with objects, walls,

equipment or persons; dangerous, unsafe, or irregular conditions on floors, ice, or other surfaces, extreme weather conditions; travel to and from premises

- c) Use of Equipment: mechanical failure of the equipment; negligent design or manufacture of the equipment; the provision of or the failure by the Organization to provide any warnings, directions, instructions or guidance as to the use of the equipment; failure to use or operate the equipment within my own ability
- d) Contact: contact with brooms, brushes or curling stones, other equipment, vehicles, or other persons, and may lead to serious bodily injury, including but not limited to concussions and/or other brain injury, or serious spinal injury.
- e) Advice: negligent advice regarding the Activities
- f) Ability: Failing to act safely or within my own ability or within designated areas
- g) Sport: the game of curling and its inherent risks, including but not limited to, running, sliding or slipping on the ice surface, delivering the curling stone, skipping or sweeping, stepping onto the ice surface from the walkway or onto the walkway from the ice surface, or stepping over dividers that divide one sheet of ice from the next
- h) Cyber: privacy breaches, hacking, technology malfunction or damage
- i) Conduct: My conduct and conduct of other persons including any physical altercation between participants
- j) Travel: Travel to and from the Activities
- k) Negligence: My negligence and negligence of other persons, including NEGLIGENCE ON the PART OF THE ORGANIZATION, may increase the risk of damage, loss, personal injury or death. I understand that the Organization may fail to safeguard or protect me from the risks, dangers and hazards of curling programs, some of which are referred to above.

I have read and agree to be bound by paragraphs 3 and 4

Terms

5. In consideration of the Organization allowing me to participate in the Activities, I agree:
- a) That when I practice or train in my own space, I am responsible for my surroundings and the location and equipment that I select;
 - b) That my mental and physical condition is appropriate to participate in the Activities and I assume all risks related to my mental and physical condition;
 - c) To comply with the rules and regulations for participation in the Activities;
 - d) To comply with the rules of the facility or equipment;
 - e) That if I observe an unusual significant hazard or risk, I will remove myself from participation and bring my observations to a representative of the Organization immediately;
 - f) The risks associated with the Activities are increased when I am impaired and I will not to participate if impaired in any way;
 - g) That it is my sole responsibility to assess whether any Activities are too difficult for me. By commencing an Activity, I acknowledge and accept the suitability and conditions of the Activity;
 - h) That I am responsible for my choice of safety or protective equipment and the secure fitting of that equipment.
 - i) COVID-19: that COVID-19 is contagious in nature and I may be exposed to, or infected by, COVID-19 and such exposure may result in personal injury, illness, permanent disability, or death.

Release of Liability and Disclaimer

6. In consideration of the Organization allowing me to participate, I agree:
- a) That the sole responsibility for my safety remains with me;
 - b) To ASSUME all risks arising out of, associated with or related to my participation;
 - c) That I am not relying on any oral or written statements made by the Organization or its agents, whether in a

- brochure or advertisement or in individual conversations, to agree to participate in the Activities;
- d) To WAIVE any and all claims that I may have now or in the future against the Organization;
 - e) To freely ACCEPT AND FULLY ASSUME all such risks and possibility of personal injury, death, property damage, expense and related loss, including loss of income, resulting from my participation in the Activities;
 - f) To FOREVER RELEASE and INDEMNIFY the Organization from any and all liability for any and all claims, demands, actions, damages (including direct, indirect, special and/or consequential), losses, actions, judgments, and costs (including legal fees) (collectively, the "Claims") which I have or may have in the future, that might arise out of, result from, or relate to my participation in the Activities, even though such Claims may have been caused by any manner whatsoever, including but not limited to, the negligence, gross negligence, negligent rescue, omissions, carelessness, breach of contract and/or breach of any statutory duty of care of the Organization;
 - g) To FOREVER RELEASE AND INDEMNIFY the Organization from any action related to my becoming exposed to or infected by COVID-19 as a result of, or from, any action, omission or negligence of myself or others, including but not limited to the Organization;
 - h) That the Organization is not responsible or liable for any damage to my vehicle, property, or equipment that may occur as a result of the Activities;
 - i) That negligence includes failure on the part of the Organization to take reasonable steps to safeguard or protect me from the risks, dangers and hazards associated with the Activities; and
 - j) This release, waiver and indemnity is intended to be as broad and inclusive as is permitted by law of the Province of Alberta and if any portion thereof is held invalid, the balance shall, notwithstanding, continue in full legal force and effect.

Jurisdiction

- 7. I agree that in the event that I file a lawsuit against the Organization, I will do so solely in the Province of Alberta and further agree that the substantive law of the Province of Alberta will apply without regard to conflict of law rules.

I have read and agree to be bound by paragraphs 5 to 7

Acknowledgement

- 8. I acknowledge that I have read and understand this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, spouse, children, parents, guardians, next of kin, executors, administrators and legal or personal representatives. I further acknowledge by signing this agreement I have waived my right to maintain a lawsuit against the Organization on the basis of any claims from which I have released herein.

Name of Participant (print)

Signature of Participant

Date

APPENDIX #5: DISTANCING ILLUSTRATIONS

Ready to Deliver



Stone is Delivered



