



Alberta Junior Curling Tour Return to Play FAQ's

This document has been created for our U20/U18/U15 competitive teams to provide additional clarification about return to play for the 2020-2021 season. All information has been taken from the guidance provided by Curling Alberta, Alberta Health Services (AHS) and the Government of Alberta's Sport, Physical Activity and Recreation (SPAR) team. If you have any questions, please feel free to contact us at albertajuniortour@gmail.com or speak to Curling Alberta directly at info@curlingalberta.ca or 780-454-2875.

Is there going to be a 2020-2021 season?

RIGHT NOW, THE ANSWER IS YES! Given Alberta's current relaunch guidance we are able to return to the ice this year. We will be following Curling Alberta's lead with respect to our competitions, and as this is a big team effort, we ask everyone in the curling community to follow the guidance to the best of their ability at all times.

What is a cohort?

A COVID-19 cohort is a small group of people (always the same people) who do not always keep their 2m distance from other members of the cohort. It is recommended that teams registering in AJCT events form a sport cohort as they are likely to be in close contact with each other, including the team's coach. Teams who elect not to form a cohort will simply employ physical distancing within their team as per their own risk tolerance. Regardless of whether your team chooses to include your coach in the team cohort (i.e. you don't always maintain a physical distance) it is recommended that they always wear a mask when performing their duties.

How many sport cohorts can I be in?

Families are encouraged to limit the number of cohorts that their members are part of, including sports cohorts. However, there is not a set a single number of cohorts that is right for every family or team.

Each family and team must determine what level of risk is right for them and what level of risk they deem acceptable. The more activities a person participates in where distancing cannot be maintained, the greater their risk of exposure.

If there are concerns or when in doubt, Albertans are encouraged to keep sports cohorts as limited as possible. Alberta Health is closely monitoring all factors to determine if and when an increase in cohort size is appropriate. They will continue to monitor the spread of the virus and changes will be made as needed, however, there is no plan to raise cohort numbers in the immediate future.

If we become a cohort, can we have two sweepers?

Yes. If your team forms a sport cohort, your team members do not need to physically distance from each other at all times. You will be allowed to have two sweepers if your team is a cohort. As a cohort, you must, at all times, remain physically distanced from the opposing team, and all others in the club.

Are we able to sweep rocks when it is the opposition's turn to throw?

In line with Curling Alberta's guidance, the non-delivering team must relinquish the sheet completely, meaning that you are not allowed to sweep any rocks unless you are the delivering team. In addition, the delivering team can only sweep their own stones that have been set into motion, regardless of where they may be (and conversely, they may not sweep any of the opponent's rocks, regardless of where they may be). Remember that your team must be physically distanced from all other teams at all times; your skip must stand behind the sheet when it is not your team's turn to throw.

What happens if my team needs a spare for an event?

You can have a spare join your team for the event, and it will be up to the group (parents, coach, etc.) to weigh the risks related to incorporating them into your cohort. Because Alberta's current relaunch guidance for sport discourages the formation of cohorts for weekend opportunities, we also recommend that your team remains physically distanced from the spare. If your team needs to utilize more than one spare during an event (e.g. a different spare on Friday than Saturday), you are strongly recommended to maintain physical distance from the spares.

Are there any time requirements for a cohort?

Your sport cohort can remain intact as long as you wish, and there are no restrictions on a waiting period before forming a new cohort. However, if you are on a team that has formed for the purpose of only playing in one event, you should not form a cohort. Rather, you would remain physically distanced and utilize only one sweeper at a time.

How will Curling Alberta's provincial qualifiers and championships be run?

Curling Alberta is currently in the process of finalizing revised policies for its sanctioned events for the 2020-2021 season. We have partnered closely with the provincial body to ensure that AJCT events are aligned with how Curling Alberta's events will look. Of course, both organizations will continue to monitor the environment throughout the season, and any necessary changes or updates will be communicated if/as required.

Are we allowed to travel to curl?

Where physical distancing between individuals/teams is maintained, travel for curling is allowed. This includes travel across provincial/territorial borders, noting that all other public health guidance should be observed. Alberta's updated relaunch guidance no longer refers to regional or zone restrictions.

It is important to understand that some other provinces/territories are still not allowing or recommending participants to enter their boundaries for sport (Alberta *is* allowing individuals or teams to enter the province if they are complying with our own provincial guidance, specifically if they can physically distance or if they form a sport cohort).

Do we need to wear masks while on the ice?

Only coaches will be required to wear a mask (even if they are included in your team cohort) while on the cold side of the glass, including during gameplay. Players should feel free to wear a mask when they are not engaging in intense physical activity. Masks should not be worn during intense physical activity, as masks and face shields cannot be assured to stay in place. There is also some evidence to suggest that wearing a mask during high intensity activity could have negative health effects.

What happens if a member of my cohort feels ill, or tests positive for COVID-19?

You are legally required to isolate for a minimum of 10 days if you have a cough, fever, shortness of breath, runny nose, or sore throat that is not related to a pre-existing illness or health condition. The mandatory isolation period is 10 days from the onset of symptoms, or until symptoms resolve, whichever takes longer. If you have known exposure to COVID-19 and display symptoms but tested negative for COVID-19 you are legally required to isolate for 14 days. If you have no known exposure to COVID-19, display symptoms and have tested negative, you are not legally required to isolate, however it is important to stay home until your symptoms resolve so that you do not infect others. See <https://www.alberta.ca/isolation.aspx> for complete details.

If you have any symptoms you are encouraged to fill out the AHS Self-Assessment form at <https://myhealth.alberta.ca/Journey/COVID-19/Pages/Assessment.aspx>.

What forms do I need to complete before my team plays?

We are encouraging our hosts to collect the following forms:

1. Each member of the team will be required to fill out the Declaration of Compliance – COVID-19 from Curling Alberta, and submit to each individual host club.
2. Participants over the age of 18 will need to complete the Release of Liability, Waiver of Claims and Indemnity Agreement.
3. Participants under the age of majority (17 and under) will need to have their parent or legal guardian complete the Informed Consent and Assumption of Risk Agreement. It is expected that this information is shared with the participant.
4. Each team member, including coaches, will have to complete the COVID-19 Alberta Health Daily Checklist each day of competition.

We are encouraging that each individual bonspiel/club/host is responsible for collecting these forms. The AJCT is not responsible for this, and is using this document as a reminder to all parties that this is the current guidance from Curling Alberta and Curling Canada. These forms may be sent to your team from the club/host.

What is the Alberta Junior Curling Tour doing to ensure the safety of junior curlers?

The AJCT is not responsible for the administration, monitoring, or enforcement of any COVID-19 guidelines. Each individual curling club, and by extension each individual bonspiel, is responsible for following the applicable health and safety guidance at all times. The AJCT can be used as a resource to help answer questions or direct inquiries to the appropriate body.

Will there be any AJCT-run events like the Continental Cup or Players' Championship?

At this point a decision has not been made regarding the AJCT invitational events. Information will be posted on our social media as it is available.

Where can I find other resources?

[Curling Alberta Return to Play FAQs based on Alberta Health Guidance](#)

[Curling Alberta Member Club Resources](#)

[Curling Canada Return to Play Guidelines](#)

[Curling Alberta Sanctioned Competitions Policies](#)