



National Office: 5525 Clem's Way, Stevens Point, WI 54482
715-344-1199 • info@usacurl.org • www.usacurl.org

Immediate Best Practices: Coronavirus, your curling club and your members

As everyone is aware, we are dealing with a health crisis in the United States regarding the Coronavirus, its spread and the related respiratory disease, COVID-19. Filtering useful information and noise is becoming harder to do given the amount of 24-hour reporting being done on virus and the reactions to its threat. Since our USCA member clubs span a vast geographical area with vastly differing populace and coronavirus infection rates, we encourage you to err on the side of caution in making decisions regarding your season, particularly the bonspiels you are hosting and the health and safety of the curlers at your club. Below are CDC preventative measures, along with some tailored for curling applications.

- Avoid close contact with people who are sick.
 - If you are sick, (have a cough, sneezing or fever) stay home.
 - Trade the traditional handshake for a simple statement of "Good Curling"
 - If you are considered higher risk by the CDC, perhaps end your playing season early.
 - Avoid touching your face, in general, and specifically your eyes, nose, and mouth.
 - Cover your cough or sneeze with a tissue and not your hand. Dispose of that tissue.
 - Cleaning should be done with a disinfectant to objects and surfaces frequently touched including rock handles, brooms, ice making equipment handles, club room tables and chairs, door handles, etc.
 - Always wash your hands frequently with soap and water for 20 seconds or more especially after wiping your nose, sneezing, coughing, utilizing the bathroom and before eating.
 - Hand sanitizer should be at least 62% alcohol. If you cannot find store brands there are DIY recipes.
- We recommend membership and associations to seek the guidance of their local health authorities as this is a fluid issue being handled in different locations based on differing risk factors.

More information and recommendations can be found at:

World Health Organization: [WHO Coronavirus Website](#)
Center for Disease Control: [CDC Coronavirus Website](#) [travel](#), [prevention](#), [testing](#), [treatment](#) recommendations
[Coronavirus Update Page](#) at [TeamUSA.org](#)

We encourage all members, league and event chairs and club executives to follow the preventative measures and make decisions based on the information provided by these front-line health care organizations.

Sincerely,

Steven O'Keefe, USA Curling Growth and Development Manager



Member: United States Olympic & Paralympic Committee • World Curling Federation

