



## Curling Alberta Requests Masks During Play

With the number of Covid-19 cases on the rise, Curling Alberta has implemented further protocols to help keep the curling community safe. Masks are now **requested** during play but can and should be safely removed when needed (e.g. while sweeping, when drinking water, when regaining a comfortable rate of breathing, when replacing a wet mask, etc.). If you are not able to safely wear a mask, **please refrain from shouting** and continue to adhere to the **physical distancing** measures in place at your facility.

The following should be kept in mind when wearing a mask:

- Completely cover the nose and mouth. Learn how to wear a mask [here](#).
- Bring a change of masks and follow [AHS' safe mask-removal protocols](#). Soiled or wet masks **should be replaced during games**.
- Only cleaned and disinfected masks should be worn.
- When wearing a mask, avoid touching the mask and practice [good hand hygiene](#).
- Masks do not replace proper hygiene, physical distancing or isolation to [prevent the spread](#).

### Performance tips:

1. **Breathing tip:** Attentively breathing through the nose rather than the mouth has been helping many curlers learn to breathe more comfortably with a mask on during games.
2. **Masks:** Players should consider investing in performance-wear masks and should bring multiple masks to a game.
3. **Safe mask removal:** It is not unreasonable nor irresponsible to safely remove your mask at certain points during play. Healthy breathing and proper hydration are important parts of exercising and an active life-style. If you find that you need to remove your mask during the course of play, simply adhere to: (i) [AHS's safe mask-removal protocols](#),
4. **Avoid shouting** or raising your voice when your mask is removed and continue to respectfully adhere to all on-ice physical distancing measures at your facility (e.g., remain at least 6 feet away from others)
5. **Glasses fogging up:** If your glasses are fogging up during play, then please consider options such as: wearing contacts, using an anti-fog spray or wearing your mask higher-up on your face.

**6. As per AHS, do not use a mask in the following situations:**

- If it's dirty or damaged in any way, it gaps or doesn't fit well, or it has been used by another person.
- Anyone that has trouble breathing

For information on non-medical masks as a precaution to prevent the spread of COVID-19, please visit the [Government of Alberta's COVID-19 Mask webpage](#).

Curling Alberta sincerely thanks the member clubs and their members for continuing to adhere to the protocols in place. Together we can keep curling.

Best Regards,

**Shannon Kleibrink**

Director of Community Curling Centre Development  
Curling Alberta

C. 403.461.5498

E. [Shannon.kleibrink@curlingalberta.ca](mailto:Shannon.kleibrink@curlingalberta.ca)

720 3rd Street NW, Calgary, Alberta T2N 1N9

**Electronic Communications Disclaimer**

This electronic message contains information from Curling Canada, which may be legally privileged and confidential. The information is intended to be for the use of the individual(s) or entity named above. If you are not the intended recipient, be aware that any disclosure, copying, distribution or use of the contents of this information is prohibited. If you have received this electronic message in error, please notify us by telephone or email (to the number or address above) immediately and delete it from your system. Any views, opinions or advice expressed in this electronic message are not necessarily the views, opinions or advice of Curling Canada. It is the responsibility of the recipient to ensure that any attachments are virus free and Curling Canada bears no responsibility for any loss or damage arising in any way from the use thereof.

-----  
Cette communication électronique de Curling Canada peut contenir de l'information de nature privilégiée ou confidentielle et est strictement réservée à l'usage du destinataire visé et identifié ci-dessus. Si vous n'êtes pas le destinataire visé, prenez avis par la présente, que tout usage, divulgation, copie ou distribution du contenu de cette information est strictement interdit. Si vous avez reçu cette communication par erreur, veuillez immédiatement nous en aviser par téléphone ou par courriel. Tout point de vue, opinion ou avis exprimé dans la présente communication ne peut être interprété comme constituant le point de vue, l'opinion ou l'avis de Curling Canada. Il est de la responsabilité du destinataire de s'assurer que tout fichier attaché à la présente communication est libre de tout virus, Curling Canada ne pouvant être tenu responsable de toute perte ou dommages découlant de quelque façon que ce soit de son utilisation.