

# LAKES REGION CURLING ASSOCIATION

## COVID-19 Protocols for Curling Participation

I acknowledge my understanding that the following symptoms are consistent with COVID-19:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

I affirm that, if I have persistently experienced any of these symptoms, I will not participate in any Lakes Region Curling events until 14 days since symptoms first appeared AND 24 hours have passed with no fever (without the use of fever-reducing medications) AND other symptoms of COVID-19 are improving.

I affirm that, if I have been in close contact (been within 6 feet while NOT wearing a mask) with anyone who has been diagnosed with COVID-19, or with anyone who is showing symptoms, I will not participate in any Lakes Region Curling events until 14 days have passed since last contact with that person.

I affirm that I will obey all LRCA rules and regulations related to curling activity, including but not limited to the wearing of face coverings and observing social distancing guidelines.

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Name

Signature

Date