
Hello curling friends!

Just a few things we wanted to mention for tomorrow:

DAYLIGHT SAVINGS STARTS!

Just a reminder that clocks will be springing forward one hour tonight/tomorrow so please plan accordingly. We don't want you to miss an hour of curling :)

COVID-19 and Flu Concerns

There has been a lot of coverage and discussion regarding the recent outbreak of the Corona Virus and health concerns. We would like to remind everyone that we have been and will continue to take necessary precautions to help reduce the spread of any germs during our league play.

- If you have not noticed, Katie and Laura have been wiping down all the rock handles with Clorox Disinfecting Wipes each time we curl since October. If you have time and see them out there, please feel free to help.
- If you are using stabilizers and/or club brooms, we will have the wipes available so please take the time to wipe them down prior to use.
- We will have tissue available if needed and please remember to put used tissue in a waste basket when done.
- In lieu of handshakes: Fist bumps, elbow bumps and even a friendly nod will work to greet each other before the game
- Finally, if you are sick, feeling sick or think you may be coming down with something, please be courteous to you fellow curling friends and remain at home to get well.

Remember basic hygiene etiquette is the best way to minimize the spread of germs.

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in a waste basket.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Remember to wash your hands after coughing or sneezing.
- Wash with soap and water
- Keeping hands clean through improved hand hygiene is one of the most important steps we can take to avoid getting sick and spreading germs to others. Many diseases and conditions are spread by not washing hands with soap and clean, running water. If clean, running water is not accessible, as is common in many parts of the world, use soap and available water. If soap and water are unavailable, use an alcohol-based hand sanitizer that contains at least 60% alcohol to clean hands.

Thank you all and looking forward to having fun tomorrow!

Katie Feldman, Laura Lunetta & David Betts