

Utica Curling Club

Health & Safety Policy

Introduction

As of May 11, 2023, the COVID-19 Public Health Emergency in the U.S. expired. While COVID-19 remains a significant health and mortality risk for certain populations—including but not limited to the immunocompromised, those over the age of 50, and those suffering from certain chronic conditions—the vast majority of individuals have by now acquired at least partial immunity through vaccination and/or contracting COVID-19. The Health & Safety Policy of the Utica Curling Club, has therefore been updated.

COVID-19 Vaccination

The Utica Curling Club does not require proof of vaccination against COVID-19 for its members, guests, or employees. However, members, guests, and employees are encouraged, in consultation with their medical professionals, to stay up to date on COVID-19 vaccination in order to reduce risk of serious health outcomes to themselves, fellow members, and guests.

Illness

We ask that members and guests with an infectious disease refrain from entering the premises, especially if experiencing symptoms of easily transmissible and potentially serious respiratory illnesses like [COVID-19](#), [influenza](#), or [respiratory syncytial virus](#) (RSV).

What to do if experiencing illness

- Members, visitors, and employees who are ill should not enter the premises until they have determined the cause of their illness and the appropriate response prior to returning. Members are strongly encouraged to seek testing if suffering from [COVID-19 symptoms](#).
- Members, visitors, and employees who have a confirmed case of COVID-19 should isolate themselves from others [as recommended by the CDC](#).

- Members, visitors, and employees who are confirmed to have COVID-19 and have been on the premises during a period that they were potentially contagious should notify the President (president@uticacurlingclub.org) as soon as possible so that others who may have been exposed may seek testing if desired.

When can one return to play?

- If recovering from COVID-19, you may return to play after 5 days of isolation if symptoms are improving. You should wear a mask around others for another 5 days as [recommended by the CDC](#).
- If recovering from influenza, you should remain home until at least 24 hours after fever is gone, and symptoms are improving, typically 4-5 days after the onset of first symptoms, [as recommended by the CDC](#).
- You should be aware that for most other mild upper respiratory diseases, you may remain contagious for many days, but are most contagious during the first 2-3 days when your symptoms are worst.

Effective Dates

This policy is effective as of May 17, 2023, unless amended or repealed by the Board of Directors. This policy is subject to change as per state and federal law, or as public health recommendations evolve.