

NORTHUMBERLAND COMMUNITY CURLING CLUB

Participant Awareness and Assumption of Risk – NCCC makes every effort to ensure players are aware of the risks of curling as well as encouraging safety practices for all to enjoy the sport.

Description of Risks:

1. The sport of curling is played on an ice surface that is hard, slippery and potentially dangerous.
2. These activities have foreseeable and unforeseeable inherent risks hazards and dangers that no amount of care, caution or expertise can eliminate including the potential for serious bodily injury, permanent disability, paralysis and loss of life.
3. There is risk of suffering serious head injury should a player fall onto the ice. **It is highly recommended that players wear helmets at all times when participating in the sport of curling.**
4. These risks also include, but are not limited to injuries from:
 - Executing strenuous and demanding physical techniques in curling
 - Strenuous cardiovascular workouts
 - Exerting and stretching various muscle groups
 - Being struck by a broom, brush, or curling stone
 - The failure to properly use any piece of equipment or from mechanical failure of any piece of equipment
 - Physical contact with other participants, spectators or equipment
 - Running or sliding on the ice surface,
 - Falling while delivering the curling stone, skipping or sweeping
 - Falling because of slippery ice or irregular surfaces
 - Head, neck, and back injuries (resulting from on ice slip and falls) which can result in permanent disabilities
 - Stepping onto the ice surface from the walkway or onto the walkway from the ice surface
 - Temperature conditions that could result in hypothermia

Grippers/Footwear Recommendations:

For on-ice personal safety as well as maintenance of good ice surface, all curlers are required to wear 2 grippers (exception for experienced curlers wearing curling shoes who choose not to put a gripper over the slider).

Supervisors, coaches, teachers, must ensure instructions are given for cleaning shoes, wearing 2 grippers, and on-ice safety. (NCCC has some grippers and sliders available on a loan basis).

Curlers who play more than once/week should replace their grippers yearly. Curlers who play once/week or less should replace their grippers every 2 years.

Head Protection/Helmet Recommendations:

Helmets are mandatory under age 12. Helmets must be CSA or CPSA approved headgear.

Helmets are strongly recommended for: - Adult Learn to Curl participants and novice curlers

Juniors ages 12 to 18

Individuals with known conditions that put them at increased risk of falls