

Fall 2016

Dear Hudson Legion Curling Club members,

In 2015, the Hudson Legion Curling Club created a Safety Committee to help with risk management at our Club. In view of incidents in the past, we ask all players, in all leagues, to be aware of the safety procedures implemented, and of equipment that has been made available at the Club.

In the event of an emergency, please use ONLY the land-line at the bar to call 9-1-1. *A cell phone cannot be tracked by first responders if you need an ambulance.* The Legion address and phone number are located on a card near the telephone. It is important to state we are part of the community centre, and **TO POST SOMEONE AT MAIN ROAD TO DIRECT THE AMBULANCE**, if necessary.

- A BASIC first aid kit is located in the kitchen.
- A DEFIBRILLATOR is located just inside the front door of the community centre. (I.E., on the left near the inner front doors, if you are looking out from the Legion door.)
There are a number of people among the general members and the curling members who are trained to use it, but in the absence of such a person **the machine will tell you what to do, and it will not allow you to do harm.** (E.g., if it detects sufficient heart activity it will not allow a “shock” to occur.)
- An emergency aid box is located in the ice-shed on the boardwalk on the “outside” wall. It contains, among other items, a blanket, towels, and carpet runners to protect the ice in the event that emergency personnel must reach someone on the ice.
- Additional signage identifying the Legion and Curling Club location is being explored.
- A CPR course (includes defibrillator use) will be scheduled this fall. If you want to participate, please contact Meredith Royds at 450-458-7560 or royds.mclr@gmail.com. Time and date are to be determined. Hudson residents are FREE; non-residents \$40.
- On the registration form this year, we ask all curling members to provide an **emergency contact name**, and number, if it is different from the primary number you give us.
- We also require that you sign a waiver entitled “**Release of Liability, Waiver of Claims and Indemnity Agreement**”.

In order to manage the risks that can come from participating in the sport of curling, your Curling Safety Committee has prepared recommendations for on-ice safety, as well as a list of the risks associated with being on the ice, and what you can do to remain safe. We trust you will take the time to read it, and choose to follow behaviours that will make this a safe year for everyone.

Sincerely,

Your Safety Committee members

Meredith Royds, Chair; Bill Driver; Bill Louch; Barb Mason; Laurie Partington; Glenn Ruiter

Hudson Legion Curling Club

Hudson Legion Curling Club
RECOMMENDATIONS FOR ON-ICE SAFETY
AND INJURY-FREE PLAY

FOR YOUR OWN SAFETY, we ask all curlers to be aware of these recommendations and apply them as relevant. Remember, YOU ARE RESPONSIBLE FOR YOUR ON-ICE SAFETY DURING GAMES AND ASSOCIATED CLUB ACTIVITIES.

- Do at least five minutes of warm-up and stretches before going on the ice. Pay particular attention to hips, groin and inner thigh, and calf muscles, as well as shoulders.
- If you wear gloves or mitts while curling, we recommend leather or ones with leather palms so that your hands do not slip on the curling broom.
- Clean, replace or repair any dirty or damaged equipment, such as brooms, broom pads, footwear, grippers or sliders. (Example: a crumbling gripper or a dirty broom head can leave debris on the ice surface.)
- We recommend proper curling shoes, which are designed specifically for on-ice activity. They come in a variety of price ranges, and slider/gripper options.
- If you do not own curling shoes, ensure that the shoes you are using are used **only** for curling. They must be clean of debris, sand, grit, or salt. New running shoes are an option. **We highly recommend you use TWO GRIPPERS** on ice at all times unless delivering your rocks from the hack. In that instance only, you should use a slip-on slider. The club has a certain supply of grippers and sliders. It is recommended that you buy your own grippers to ensure a proper fit; they are not expensive and the Club can make arrangements for bulk purchases.
- Regardless of the footwear you choose, always clean your shoes on the brush machine before stepping onto the ice. Also re-clean your shoes if you have to leave the ice and return.
- **It is highly recommended that protective headgear** of some type be used by curlers. Some options include padded “halos”, ball caps with a protective pad, the new D30 BCL band that can be worn under a fitted ball cap, or even bicycle or other sports helmets.
Speak to the person heading your curling division to get information:
Hardy Rocks: Barry Rowland; Evening Curlers: Jay Oland; Friday Night: Jon Bazar
- *In some circumstances it may be wise to share informally any health information that is germane to your ability to play. For instance it may be important for your team-mates to know if you have a pacemaker, or have bionic knees or hips, have vertigo, or other such condition. This, of course, is up to you.*

RISKS DURING CURLING GAMES

PLEASE READ CAREFULLY

The risks, dangers, and hazards of curling include, but are not limited to, injuries from:

- Being struck by a broom, brush or curling stone;
- Physical exertion, movements, turns and stops;
- Executing strenuous and demanding physical techniques in curling;
- Exerting and stretching various muscle groups;
- Falling because of slippery ice, or uneven or irregular ice surfaces;
- Falling while delivering the curling stone, sweeping, or skipping;
- Physical contact with other participants, spectators, or equipment;
- Running or sliding on the ice surface;
- Stepping onto the ice surface from the walkway or onto the walkway from the ice surface;
- Strenuous cardiovascular workouts;
- Failure to participate within one's abilities;
- Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
- Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's programs, activities and events; and/or
- Weather conditions which may result in hypothermia.

Furthermore, I am aware:

- That injuries sustained in curling can be severe;
- That a slip or fall may result in serious injuries such as head trauma, neck injury, back injury, or broken bones, among others;
- That I may come into close contact with other participants, including the possibility of accidental contact;
- That I may experience anxiety while challenging myself during the activities, programs and events;
- That my risk of injury increases as I become fatigued;
- That I am to use common sense and monitor my own behaviour for my safety and that of other participants;
- That I might place myself or others at greater risk of injury if I am on the ice and I have been consuming alcohol; and
- That my risk of injury is reduced if I follow all rules established for participation.

Adapted from a list provided by Curling Canada