

Carleton Heights Curling Club

Policy on Falls

1. Effective Date

This policy takes effect on January 1, 2020.

2. Context

The sport of curling, like other sporting activities, involves risks to the health and safety of its participants. While the use of protective equipment and training on proper techniques can reduce their frequency, it is inevitable that injuries will occur as a result of playing.

One of the leading causes of curling injuries is as a result of falls. The playing surface is, by necessity, slippery. The varied positions of playing stones present obstacles which may inadvertently cause participants to trip and fall. It is easy for participants, even at high levels of skill and experience, to lose their balance and fall during curling.

Injuries resulting from falls can be severe and even life-threatening. This is particularly true when the head makes contact with other objects, usually the ice or playing stones. However, serious injury can still occur even when there is no head strike involved.

Curlers involved in falls often insist that they are okay, refuse assistance and/or wish to continue play immediately.

The goal of the Carleton Heights Curling Club is to provide a safe and fun environment for people to enjoy the sport of curling.

3. Definitions

For the purposes of this policy the following definitions apply:

Head Strike: any incident resulting from a fall where a person's head makes contact with another object, regardless of the severity of the impact.

Ice Shed: the enclosed part of the facility that includes the curling playing surfaces.

Fall: any fall that occurs on the premises of Carleton Heights Curling Club, regardless of severity or bodily injury.

4. Policy Statement

It is Carleton Heights Curling Club policy to treat every fall seriously and to deal with them in a manner that prioritizes the health and safety of club members and users.

The expected results of this policy are:

1. All falls are handled in a manner that prioritizes the health and safety of those involved.

2. All falls are handled in a consistent manner across all club leagues, rental leagues, bonspiels and other special events.

5. Requirements

5.1. Protocol for Falls

In the event of any fall, the following protocol must be strictly followed:

- 5.1.1 If the fall occurs in the Ice Shed, play on the affected ice sheet(s) shall be immediately suspended.
- 5.1.2 The person who suffered the fall may only be moved if it can be done safely and without further risk to the person.
- 5.1.3 If the fall includes a head strike:
 - a) The person who suffered the fall may not play until a minimum of 15 minutes (“sit-out period”) have passed from the time of the fall.
 - b) While they remain on the premises, the person who suffered the fall must be accompanied at all times; they shall not be left alone for any reason. Club staff cannot be deemed responsible for accompanying the person during this period.
- 5.1.4 If at any time the person who suffered the fall exhibits any symptoms that are deemed to be health “red flags” (see [Appendix B - Red Flags](#)), a call must be placed to local emergency services (911).

Play on the affected ice sheet(s) may only be resumed when all elements of this protocol have been satisfied.

The person who suffered the fall may play after the sit-out period if they are not exhibiting any red flag symptoms and appear to be otherwise able to play.

5.2. Responsibility of Club Management

The Club Manager is responsible for:

- 5.2.1 Ensuring that all people who use the facility are aware of this policy; and
- 5.2.2 Maintaining proper documentation for all injuries or safety incidents in accordance with industry standards and best practices.

5.3. Responsibility of League Coordinators

League Coordinators (including all club and rental leagues) are responsible for:

- 5.3.1 Assisting the Club Manager in ensuring that all users of the facility are aware of this policy.

5.4. Responsibility of Curlers

Users of Carleton Heights Curling Club facilities (including all club and rental leagues) are responsible for:

- 5.4.1 Ensuring that the protocol specified in section 5.1 is strictly followed in the event of a fall;
- 5.4.2 Ensuring that the person suffering the fall is accompanied at all times; and
- 5.4.3 Knowing the red flag symptoms that may appear as a result of a fall.

Appendix A - Resources

The following are useful sources of information about head injuries:

Rowan's Law: Concussion Awareness Resources (Government of Ontario, <http://www.ontario.ca/page/rowans-law-concussion-awareness-resources>)

<http://www.parachute.ca/en/injury-topic/concussion>

Concussions Ontario (<http://concussionsontario.org>)

Concussion Awareness Training Tool (<http://cattonline.com>)

Appendix B – Red Flags

The following information about red flags is from the Government of Ontario's website on Rowan's Law (<http://www.ontario.ca/page/rowans-law-concussion-awareness-resources>):

"Red flags" may mean the person has a more serious injury. Treat red flags as an emergency and call 911.

Red flags include:

- *Neck pain or tenderness*
- *Double vision*
- *Weakness or tingling in arms or legs*
- *Severe or increasing headache*
- *Seizure or convulsion*
- *Loss of consciousness (knocked out)*
- *Vomiting more than once*
- *Increasingly restless, agitated or aggressive*
- *Getting more and more confused*