

Safety Guidelines



1. Footwear and Equipment

- Wear clean shoes suitable for curling (slider and anti-slip sole).
- Check that anti-slip soles (“grippers”) are not worn out - a damaged gripper greatly increases the risk of falling.
- Use a helmet or head protection, especially for beginners, youth, and seniors (strongly recommended by Curling Québec and Curling Canada).
- Keep a broom within reach for balance.
- Basic skills should be mastered before removing any protective headgear.

2. Behaviour on the Ice

- Never run on the ice - walk slowly and with control.
- Stay alert to moving stones: a 42 lbs stone can cause serious injuries to feet and ankles.
- Keep the ice free of obstacles (brooms, bags, bottles) to avoid falls.
- Follow the rules of the game and the instructors' directions.

3. Injury Prevention

- Perform a structured warm-up before playing: stretching, balance, light strengthening.
- Master basic skills before attempting more advanced techniques or removing head protection.
- Use balance aids (stabilizers, brooms) during early sessions.
- Adapt the activity to each participant's skill level.

4. Safety for Youth, Seniors, and New Players

- For youth under 13, seniors, and new players, wearing a certified helmet is strongly recommended.
- Beginner participants should receive basic training before playing freely.
- Introductory programs must include a safety module.
- Occasional renters should sign a waiver that includes a detailed description of on-ice safety practices.
- Club instructors should receive injury-prevention training.

5. In Case of Emergency

- Keep a first-aid kit accessible at all times.
- Display emergency numbers and the location of the nearest clinic/hospital.
- Follow an Emergency Action Plan (EAP) during events and leagues.
- Implement a post-concussion protocol for falls involving head impact. Reference : [Politique sur les commotions cérébrales de Curling Canada](#)