



Peterborough

GOLF & COUNTRY CLUB

CURLING INJURY AND EMERGENCY PROTOCOL 4.0

September 2021

The Peterborough Golf and Country Club (PGCC) takes the health and safety of its members very seriously. PGCC recognizes that there is an increasing concern and awareness of concussions and their long-term effects. This awareness is leading to new regulatory requirements for sports and makes it imperative that PGCC take steps to reduce the probability of head injuries and/or concussions among curlers when participating at PGCC.

FITNESS FOR PLAY

The sport of curling presents some unique challenges to players. Stepping onto and walking on the ice surface, delivering a rock from the hack or from a standing position, sweeping and avoiding contact with rocks in motion and positioned in the house, all require balance, anticipation, reflex motion, flexibility, strength, and agility. For their own safety, and for the safety of others on the ice, players must be confident that they are physically and mentally able to address these challenges and be prepared to provide a waiver to that effect to PGCC.

INCIDENT REDUCTION

Falls can result from a slip or from a simple loss of balance during play; players must be aware of this risk and be prepared to limit and respond to any occurrences. PGCC strongly recommends that all curlers wear grippers on both feet when not delivering a stone.

It is also essential that curlers be aware of the location of trip hazards when they are on the ice. Rocks in play and those placed behind the hacks, the hacks themselves, and the back boards are all trip hazards. Care should also be taken on the back boards with the placement of brooms, grippers and throwing devices when not in use. Observing proper etiquette with respect to where curlers stand and how they move up and down the sheet will reduce congestion and help improve awareness of these hazards¹.

PROTECTION DURING A FALL

Falls on the ice occur very quickly. Head injuries resulting from a fall are of concern in curling. To reduce the impact of a curler's head hitting the ice, PGCC recommends that all curlers wear helmets.

Helmets that are specifically designed for use by curlers can be purchased in our Pro Shop, as well as at local retailers, and on-line. They provide protection in the case of a backward fall and have a chin strap (or equivalent) to prevent the helmet from coming off during a fall. However, currently, there is no CSA approval process for curling helmets. In addition to wearing head protection, when a fall occurs, curlers are advised to pull in their arms toward their body, and "roll" to reduce the impact on the ice.

¹ Curlers are advised to review the PGCC Curling Etiquette Booklet and apply these practices whenever they are on the ice.



Peterborough

GOLF & COUNTRY CLUB

WHEN AN INCIDENT OCCURS:

- **CURLING INJURY AND EMERGENCY PROTOCOL CHECKLIST**

In the event of any on-ice incident that may appear to have resulted in injury to a person, all member(s) involved are asked to please follow the procedures as outlined below. Following these steps will ensure that the injured party (casualty) received the appropriate care and attention based on his/her extent of injury.

- a) Incidents that involve contact to the head, EMS will be called immediately. This includes any trip or fall that results in a curler's head, helmet or other head gear contacting the ice or other surface requires that 9-1-1 be called immediately. THERE ARE NO EXCEPTIONS.
- b) The On-Duty Club staff member, as identified at the beginning of league play, will be immediately informed of an incident. If the incident involves contact to the head this person will call EMS immediately.
- c) If a trip or fall results in a serious injury to other parts of a curler's body, such as bleeding, an apparent broken bone or possibly an internal injury, 9-1-1 shall be called.²

- **TEAM MEMBER/CONVENOR ROLES IN THE EVENT OF AN ON-ICE INCIDENT**

In the event of an on-ice injury, any member(s) involved are asked to follow the procedures as outlined below until the On-Duty Staff Member is notified and available to initiate the appropriate Actions.

- a) Call Person – Off Ice
 - i) Inform On-Duty Staff Member of the incident
 - ii) Further assistance as required
- b) Charge People – On Ice
 - i) Manage ice/sheet until On Duty Staff member is on-site and initiates the appropriate actions.
 - ii) Clear the risk of further harm to the injured participant by securing the area and shelter the injured participant.
 - iii) Wait by the injured participant until the On-Duty Staff Member arrives.

- **RESPONSIBILITY OF ON-DUTY STAFF MEMBER**

When notified of an on-ice incident resulting in injury the On-Duty PG&CC staff member will initiate the appropriate protocols as outlined below.

- a) Assess the need for Emergency Medical Services (EMS), and, as appropriate, call 9-1-1, providing as much information as possible regarding the incident – male/female, conscious/unconscious, suspected injury, medical history if known.

² Whiplash or a coup countercoup effect can occur, where the brain is injured bouncing back and forth in the skull, even though the head did not hit the ice. If the casualty of a fall has any worrisome symptoms such as brief loss of consciousness, confusion, loss of memory, severe headache, dizziness, nausea, vomiting or any other brain symptoms, it is advisable to call 9-1-1.



Peterborough

GOLF & COUNTRY CLUB

- b) Without exception, 9-1-1 shall be called in the event of any incident involving:
 - i) A trip or fall that is suspected to result in a curler's head, helmet or other head gear contacting the ice or other surface;
 - ii) A trip or fall that is suspected to result in a serious injury to other parts of a curler's body, such as bleeding, an apparent broken bone or possibly an internal injury;
 - iii) If the injured participant of a fall has any worrisome symptoms such as brief loss of consciousness, confusion, loss of memory, severe headache, dizziness, nausea, vomiting or any other brain symptoms, it is advisable to call 9-1-1.
 - iv) If in doubt call 9-1-1.
- c) Provide necessary assistance to injured participant. First Aid Kit is located behind sheet #1. Defibrillator Machine is located in the hallway leading to the Centennial Lounge.
- d) In the event of a suspected concussion, all affected parties including a spouse, partner, or parent/guardian (when necessary) as well as the GM, Curling Director and League Convener will be notified of the incident.
- e) Once the injured participant has been appropriately attended to, an incident report will be completed and the General Manager and Curling Director will be informed of the incident, within 48 hours.

When Calling 9-1-1 please provide the following information:

PETERBOROUGH GOLF AND COUNTRY CLUB

1030 ARMOUR ROAD – APPROX. 2 KM. NORTH OF PARKHILL ROAD 705-743-5010

- **IF THE INJURY RESULTS IN A CALL TO 9-1-1 (EMS):**
 - a) Assign a staff member to the main entrance to ensure emergency personnel are directed to the appropriate entrance. E.G. for on-ice casualty, behind sheet 4 at the north east side of curling rink.
 - b) Assign a staff or on-ice member to make available double grippers in the event they are required by attending paramedics
 - c) If paramedics are in attendance, they will make the decision whether the injured participant requires further medical attention or may return to the ice.
 - d) In the event, the injured participant declines the medical attention recommended by the attending paramedic they will not be permitted to return to the ice that day.
- **IN THE EVENT THE INJURED PARTICIPANT IS UNCONSCIOUS OR IMMOBILE**
 - a) If injured participant is unconscious or cannot be moved, they should remain on the ice until the paramedics arrive. Do not move a seriously injured person unless there are safety concerns.
 - b) Stay with the injured participant until Emergency Medical Services arrives.
 - c) Monitor and document any physical, emotional and/or cognitive changes.
 - d) Even if consciousness is regained, the injured participant needs to be examined by a medical doctor prior to returning to on-ice activity.



Peterborough

GOLF & COUNTRY CLUB

- e) Notify the injured participant's contact person. Information can be found on the Personal Curling Information Form located in the Curling Information Binder located behind the Curling Bar Upstairs. Update them with all information regarding the situation.
- **IF THE INDIVIDUAL PARTICIPANT IS CONSCIOUS AND MOBILE**
 - a) If the injured participant is conscious, able and willing to stand, they will be helped to the lounge area to receive further attention. Carefully remove the person from the ice with assistance if needed.
 - b) Isolate the injured participant into a more dimly lit area.
 - c) Reduce external stimulus (noise, other people, etc.).
 - d) Remain with the injured participant until he or she can be attended to by paramedics or is taken home.
 - e) Monitor and document any physical, emotional and/or cognitive changes.
 - f) Encourage the consultation of a physician.
 - g) Notify the injured participant's Primary Emergency Contact if necessary. Information can be found in the Curling Information Binder located behind the Curling Bar upstairs. Update them with all information regarding the situation.
 - h) Arrange for a ride home for the injured participant if necessary.

Kris Hickey

CURLING DIRECTOR