



Marmora & Area Curling Club

where friends throw rocks!

Policy on Concussion Prevention

The Marmora and Area Curling Club (the Club) takes seriously the health and well-being of all curlers and is committed to ensuring their safety while participating as curlers at the Club. The Club recognizes the increased awareness of concussions, their long term effects, and believes that prevention is the most important aspect of protecting the health and safety of curlers.

As part of a responsible risk management policy, the Club adopts these guidelines, and recommends that curlers follow them:

- 1) Use of grippers on both feet when not delivering a stone**
- 2) Helmets or other appropriate protective head gear for children under 16, novice curlers, or anyone who has reason to think that they could be vulnerable due to limited mobility, age, or medication.**