



DUNDAS GRANITE CURLING CLUB

ICE SAFETY STATEMENT AT DUNDAS GRANITE CURLING CLUB

Curling is a winter sport, played on ice. Ice is slippery, hard, cold, and wet. At Dundas Granite Curling Club, we strive to take the proper measures to ensure the safety of all our members. Every curler who steps foot on our ice should have a pair of grippers over their curling shoes to protect them from slipping on the ice. These grippers should not have any smooth surfaces on them or bits of rubber falling off. Always check the condition of your grippers and if needed, purchase a new pair from our supply at the bar. For a low cost of approximately \$10.00-\$20.00 per gripper, you can ensure your safety. Be sure that your slider and gripper or shoes are clean and dry before stepping on the ice.

As well, we have all seen or heard of someone falling on the ice and unfortunately hitting their head. If you are concerned and wish protection, we sell some protective head gear (baseball caps and toques) that are light weight and comfortable. We can always assist you in locating protective head gear on the web site to order. Most importantly the head gear provides curlers with some confidence so they can stay on the ice.

The following are some other measures that each participant should practice for good ice safety:

- Warm up before the game - stretching and warming muscles before going out on the ice can help prevent injury
- ALWAYS take note of your surroundings while on the ice and watch where you walk
- ALWAYS check your foot gear and grippers to ensure same are in good condition
- Each curler SHOULD have a pair of grippers over their curling shoes while walking/sweeping up and down the ice
- Take note of the ice conditions when you first step on the ice – sometimes ice conditions are more slippery than normal – if so, use extra caution when walking and sliding up and down the ice
- Step onto the ice gripper foot first - never use your slider foot to step onto the ice
 - Always be careful when stepping off the ice - always use your slider foot first
 - The rule of thumb for your slider foot is **LAST ON THE ICE, FIRST OFF THE ICE**
- Keep your feet on the ice – do not run on the ice. Walk or slide down the ice carefully
- Step off the platform onto a clear piece of ice. Avoid stepping over a rock – walk around them
- Do not pick up curling rocks as you might lose your balance
- Never stop a rock with your hand as your fingers could get crushed especially if the rock hits another rock while you're trying to stop it
- Never use your foot to stop a fast moving rock - you could lose your balance and fall. Use your broom to stop a rock
- If you can't keep up with a fast moving rock while sweeping, just let it go. It's not worth the risk of falling
- Always watch for stray rocks on your sheet of ice and adjoining sheets of ice
- Establish safe routines to clear rocks from the house - do not put rocks in motion when someone has your back to you
- If you feel unwell and your balance is impaired, never go on the ice surface
- Lastly consider wearing protective head gear (ie. helmets/toques/hats/halos that provide additional protection in the back of the protective head gear) if you have concerns with stability on the ice

By no means is this an exhaustive list and it is strongly recommended that all curlers take the time to identify potential dangers and ensure that they protect themselves adequately.

Another important safety feature is to get yourself trained. At Dundas Granite Curling Club we offer training clinics before the curling season and throughout the year by our club instructors.

Let's face it: curling ice is slippery and the possibility of falling is real, so protecting ourselves from injury is very important. Be aware! Go out and enjoy the sport, have a great game and stay safe!