



## **Crestwood Curling Centre Health & Safety Policy**

Crestwood Curling supports the safe use of its facilities and supports the right of all participants to enjoy a safe and welcoming environment. This responsibility is shared between staff, management, the Board of Directors and the participants.

All participants using the facility are required to sign a waiver that requires them to understand the risks and take responsibility for their use of the facility.

Mitigating risks may include CSA approved helmets, the use of double grippers and an understanding of the game they are playing and how to avoid possible injuries.

For example:

- Be aware of who is throwing and when, and the location of all rocks at all times, especially ones in motion
- No tripping, pushing or running on the ice
- Use your non-slider foot to step onto the ice
- If you feel yourself slipping on the ice bend your knees quickly and get your behind as low to the ice as possible to avoid injury
- Wear appropriate headwear and footwear for curling and/or pickleball

Crestwood Curling Centre recommends that all participants using the facility warm-up prior to entering the arena in order to improve balance and movement before commencing sport.

Crestwood Curling Centre provides first aid training to senior management and has signage identifying the location of the onsite defibrillator and first aid kits. All first-aid incidents are documented and stored on-site.

Crestwood Curling Centre supports the Universal Code of Conduct to Prevent and Address Maltreatment in Sport (UCCMS), as attached to the end of this policy. In the event a person is observed to have been maltreated or their safety, rights or welfare has been at risk, Crestwood Curling Centre encourages the member to bring this to the attention of the General Manager. If the event is not appropriate to deal with in-house, Crestwood Curling Centre recommends the use of the proper chain of reporting as documented here: <https://www.curling.ca/safe-sport/>