



FORT WILLIAM
CURLING
CLUB SINCE 1891

Concussion Prevention

Authorization

Authorized By:

President

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How can you prevent concussions?

It is important to take a preventive approach when dealing with concussions. This is especially true with recent concussions as the brain is still very vulnerable at that time. In general, concussion prevention is about the three E's: Engineering, Education, and Equipment.

Engineering

Curlers and all on-ice support staff should at all times wear appropriate, well-maintained equipment that fits properly.

Education

Prevention of concussion and head injury is most successful when children are properly educated and the safety rules of the sport environment are enforced. Concussions are an invisible injury, making it important for curlers to share information with the people surrounding them. This will help them understand their situations and educate them for the future.

Equipment

Protective equipment can reduce the risk and severity of injuries to the face and skull, but there is no concussion-proof helmet, however, wearing head protection will reduce the risks.

Version #	Date	Summary of Major Changes Made / By
01	23-Sep-19	Initial Draft. Larry Rathje/Tricia Sampson (formatting only)