

## Lakeshore Curling Club Helmet Use Policy

**Background:** Lakeshore Curling Club is committed to the safety and care of all members and guests who curl at the club. For all **Under 11 Little Rock** curlers, properly fitted and secured (as per the direction of the manufacturer), CSA (Canadian Standards Association) approved ice sports helmets, which are in good repair, are to be worn while in the ice shed of the curling rink. This is a proactive safety measure to help protect members in the Little Rocks stages of the program that are learning how to curl.

**Key Principle:** All **Little Rockers who are under 11** are required to wear a properly fitted and secured head gear while curling at the Lakeshore Curling Club.

### Details:

Can a parent sign a waiver absolving the club from any liability and allow their child to participate without a helmet?

- **No.** The requirement to wear a helmet is a MANDATORY Club Policy and all members must abide by our policies.

Why has, the under 11 years of age been chosen?

- Curlers who lack good control/balance when moving on the ice surface and have difficulty stopping, as well as maneuvering around obstacles on the ice are at a higher risk of being unable to control a fall, regardless of their age.

How should the helmet fit?

- A helmet should fit snug to prevent any shifting and maximize protection. Make sure the chinstrap can be adjusted so it gently makes contact under the chin when fastened.
- For an adjustable helmet, open it to the largest setting and gradually begin to downsize the helmet until a comfortably snug fit is achieved. The helmet should rest on the head so that the rim is one finger width above the eyebrow and making contact with the top of your head.
- Although most helmets are lined with protective foam, some helmets will feel better than others. Try on different brands of helmets for fit and comfort.
- All CSA certified helmets have a sticker indicating their certification.

