

# West Northumberland Curling Club

## West Northumberland Curling Club

Waiver and Participation Agreement , 26 years of age and over

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### Description of Risks

I am aware that there are risks, dangers and hazards inherent in the sport of curling. The risks, dangers and hazards include, but are not limited to: injuries from vigorous exertion and strenuous cardiovascular workouts, injuries resulting from slips or falls to the ice or ground, injuries from being struck or colliding with other participants. I also understand that injuries sustained in curling can be severe and even fatal. I agree to participate in the sport of curling and acknowledge the associated risks involved in my participation and willingly assume those risks.

### WNCC Concussion Code of Conduct

#### Curlers and coaches/instructors will help prevent concussions by:

- Wearing the proper equipment for curling and wearing them correctly.
- Respecting the rules of curling.
- Develop skills and strengths so that curlers can participate to the best of their abilities.
- Commitment to fair play and respect for all curlers.

#### Curlers and coaches/instructors will care for the health and safety of themselves and others by taking concussions seriously, and understand that:

- I will respect the other curlers, coaches and instructors by following the WNCC Concussion Policy regarding mandated calls to 911
- A concussion is a brain injury that can have both short- and long-term effects.
- A blow to the head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- Loss of consciousness is not required to have had a concussion.
- A person with a suspected concussion should stop participating **immediately**.
- A commitment to concussion recognition and reporting, including self-reporting of possible concussion and reporting to WNCC when an individual suspects that another individual may have sustained a concussion.
- I will not hide concussion symptoms and will encourage fellow curlers not to hide their symptoms.
- To participate in further training, practice or competition with a possible concussion increases my risk of more severe, longer lasting symptoms, and increases my risk of other injuries.
- After a concussive injury time is required for a full recovery.
- All curlers under the age of 26 years must follow the Return to Sport Protocol as outlined above

Revised: November 21, 2019

Reviewed:

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## WNCC Review of Concussion Awareness Resources

- WNCC recommends participants review one of the Concussion Awareness Resources in this website <https://www.ontario.ca/page/rowans-law-concussion-awareness-resources> before you participate in curling at WNCC. Copies of the resources are also available for review at WNCC.

## Release of Liability

I release West Northumberland Curling Club - WNCC, its employees, agents, and local organizers from any claims, demands, actions or causes of actions arising out of any loss, injury, or damage to my person or property incurred while participating in curling, even if any such loss, injury, or damage arises by reason of negligence of WNCC, its employees, agents, or local organizers. Without limiting the generality of the foregoing, I further release any recourse, which I may now or hereafter have resulting from any decision taken by the WNCC.

**I fully understand the provisions of this agreement. No person has attempted to unduly influence my signing of this agreement. I have signed this agreement on my own after careful consideration of all the provisions.**

\_\_\_\_\_

Participant Printed Name

\_\_\_\_\_

Participant Signature

Date: \_\_\_\_\_

I have duly executed this agreement as attested by my signature above.

Revised: November 21, 2019

Reviewed: