DRCSC SAFETY REMINDER

The 2026/2027 DRCSC season is about to get underway. By their very nature, playing curling or squash is not without risk. It is now a good time to remind all participants about some basic steps that we all can take to reduce the risk of injury while playing the sports we love.

For those just introducing themselves to the sports, the club's "learn to" programs provide instruction that is focused on developing skills that support the reduction of risk.

Before starting play for both curling and squash, a short warm-up that includes stretching is a good practice in order to avoid muscle and joint strains.

The sport of curling is played on a surface that is naturally slippery. It is important that we use the proper equipment and keep that equipment in good shape. The following is a list of good practices:

- At the start of each season, inspect your curling equipment. This includes your shoes, grippers, sliders, brooms and sliding devices.
- Replace any equipment that is showing signs of degradation. This is especially important for grippers, which should be replaced annually for any curler playing several games per week. Grippers start to degrade under heavy use.
- Brooms and sliding devices should be checked for any cracks or loose parts.
- While normal running shoes can be used with slip on sliders and grippers, it is recommended that you use actual curling shoes as they are designed for the sport and the cold environment.
- It is strongly recommended that all players use their sliders only when delivering a stone. They should be either removed or covered with a gripper at all other times. Curling instruction programs have taught sweeping without the use of a slider for many years. The club instructors would be happy to help any player who wants to learn this technique.
- When sweeping, only sweep a rock that you can comfortably keep up with while staying balanced and under control. NEVER RUN AFTER A ROCK!
- When sweeping a rock into the free-guard zone and the house, be aware of the additional hazards introduced by stationary rocks and rocks set in motion.
- Be aware of your position when on the ice. When the opposition is delivering, ensure you are away from the path of the rock and the sweeper.
- While not mandated, head protection is never a bad idea. Padded headbands can be purchased from curling equipment suppliers. Helmets are also another option that some curlers choose.
- **Remember these important words when stepping on and off the ice! "GRIPPER FOOT FIRST ON, GRIPPER FOOT LAST OFF".**

DRCSC SAFETY REMINDER

The game of squash has its own unique hazards. As with curling using the proper and fully functioning equipment is important for reducing the risk of injury. The following is a list of good practices:

- Clean indoor non-marking shoes are required when playing squash. Court specific shoes will help provide good traction and should reduce slips.
- Eyewear is strongly suggested to prevent injury from the opponent's racquet and the fast-moving ball.
- Racquets can be especially dangerous if the grip is slippery or if the frame has damage. Please inspect prior to play.
- The use of a 'Let' is one of the most important ways to prevent injury. Ensure that your opponent is not impeding your swing or in the way of your shot.
- If any members want to review the rules or how to safely move around on the court, they can contact the Squash Director. This applies to new players and returning players alike.

While all injuries are of concern, head injuries are of particular concern. For a fall involving a head impact, the possibility of concussion must be considered. The club's website has specific links to information related to concussions and Rowan's Law. All members are encouraged to use these links to be aware of the symptoms of concussion and actions to be taken. For any member under the age of 26, there are specific requirements on the website that apply. Please refer to them.

Please note that the club has an injury policy (posted beside the telephone just left of the bar window) that prescribes immediate actions to be taken. The policy also requires the completion of a report for all injuries/incidents. Blank reports can be found on the large bulletin board outside the bar entrance door.