

Policy Name: NBCA Concussion Policy
Version Control: April 7, 2025
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Next Review Date: March 2028



NBCA Concussion Policy

PREAMBLE: Curling NB is committed to ensuring the safety of those participating in the sport of curling. Curling NB recognizes the increased awareness of concussions and their potential long-term effects and believes that prevention of concussions is paramount to protecting the health and safety of participants.

Curling NB follows Curling Canada's Concussion Policy. This Policy describes the common signs and symptoms of a concussion and how to identify them, the protocol to be followed in the event of a possible concussion, and a Return to Sport protocol should a concussion be diagnosed. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a concussion is critical to recovery and helping to ensure the individual is not returning to physical activities too soon, risking further complication.

POLICY

Curling NB is committed to creating safe and welcoming environments for curlers of all skill levels, this includes concussion prevention and awareness.

All curlers must take some basic steps to prevent falls:

- Ensure grippers are in good condition (no worn edges)
- Wear curling specific footwear or running shoes with pliable soles (court style shoes)
- Never step over rocks or hacks and step onto the ice with "gripper foot" first
- Ensure rocks are "caught" to protect curlers on neighbouring sheets, and are stored to the side/back of the sheets to prevent tripping hazards
- Ensure curlers don't push rocks or brooms at the feet of others

All Curlers under the age of 12 **MUST** wear a helmet on ice.

It is **strongly recommended** that participants aged 12 and older wear approved head protection, especially if the curler is new to the sport, have balance issues or are part of vulnerable sectors.

Any participant suspected of having sustained a concussion must be removed from play immediately and may not return until they have followed Curling Canada's concussion policies and Return-to-Play protocols, including appropriate medical clearance when required.

The Concussion Recognition Tool (CRT6) is a reference that non-medically trained personnel member can use for the identification and immediate management of a suspected concussion. This tool can be found in the Curling Canada’s Concussion Policy.

Curling NB adheres to the Concussion Policy and return-to-play protocols set forth by Curling Canada.

Note: Sections pertaining to Rowan’s Law in Curling Canada’s policy applies only in Ontario, where required by law. However, Curling Canada considers these concussion awareness resources valuable for all regions.

For further details regarding Curling Canada’s Concussion Policy, please refer to their official resources.

Curling Canada Concussion Policy:

<https://www.curling.ca/wp-content/uploads/2024/12/Curling-Canada-Concussion-Policy-2024.pdf>

Curling Canada Safety First:

<https://www.curling.ca/about-us/about-curling/safety-first/>

Concussion Recognition Tool (CRT6):

<https://resources.cattonline.com/files/concussion-recognition-tool-6-crt-6>

Medical Assessment Letter

[Assessment Letter \(Parachute.ca\)](#)

Once the injured participant has been properly attended to, and Incident Report should be filled in and forwarded to Curling NB.

Appendix A: Curling NB Accident Incident Report Form.

Date	Revision History
April 7, 2025	Addition of Accident Incident Reporting Form
February 5, 2026	Reinforced that Curling NB follows Curling Canada’s Concussion Policy Aligned info with Curling Canada’s most recent Policy. Updated the Links to Curling Canada’s Documents.

Appendix A

Accident Incident Report



ACCIDENT REPORT FORM			
Patient Information		Date:	
Last Name:		First Name:	
Address:			
City:		Postal Code:	
Mobile:		Home Phone:	
Gender	Male <input type="checkbox"/>	Female <input type="checkbox"/>	Other <input type="checkbox"/>
	Age	Height	Weight
Known medical conditions			
INCIDENT INFORMATION REPORT			
Date & time of incident:			
Time of first intervention:			
Time of medical support			
Describe the incident (person in charge version)			
Event & Conditions: (name the event when the incident took place, the location, surface quality, light, weather):			
Actions Taken:			
After Treatment, the patient was:		a) sent home	
		b) sent to hospital	
		c) back on the ice	
Form completed by [print]			
Date		Signature	