



# NEWSLETTER

Campbellfordcurlingandfitness.ca  
Facebook.com/CampbellfordDistrictRacquetAndCurlingClub

December 2019

## ***A Big Thank You to:***

All those who helped out with the Cash Bonspiel on October 25 & 26. We had a very successful event and the club raised just over \$500, plus a bar income of just over \$2,000.

Sophie Wowk for leading the pierogi fundraiser, and all the people who came in to help her make the pierogis.

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## **Coming up:**

- Curl for Christmas, Saturday, November 30
- Baby Boomers' Bonspiel, Thursday, December 19
- Blood Donor Clinic, Friday, December 20

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## **Short takes:**

We will be flooding the ice on December 20 making the ice unavailable. Check in for updates as to when it will be ready for practices during the holiday break.

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**Reminder:** Cold and flu season is here! Take extra time to wipe down your equipment after use. Don't forget to wipe down any matts that you may use as well. Hand sanitizer stations can be found in the weight room, cardio room, and Bennett Lounge

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## **Pierogis prepped for pre-Christmas parties**



Sophie Wowk and team have been like Santa's little elves getting pierogis ready for you. This is a club fundraiser that was very successful last year. The pierogis will be ready this Monday at the club. Just \$8 per dozen. See Rachel or Sophie for pickup and payment. Thanks so much for your support.

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# Concussion signage coming soon

We are very close to the final stages of rolling out our Concussion and Emergency Protocol, which is now mandatory according to the Ontario Sport Council. You will start to notice new signage, please take the time to read and understand what it says.

The protocol is below.

## Concussion Code of Conduct

*Rowan's Law, concussion safety legislation designed to protect amateur athletes and educate coaches about the dangers of head injuries, passed in 2018, now requires all sports organizations in Ontario to:*

- *Ensure that athletes under 26 years of age, parents of athletes under 18, coaches, team trainers and officials confirm every year that they have reviewed Ontario's Concussion Awareness Resources;*
- *Establish a Concussion Code of Conduct that sets out rules of behaviour to support concussion prevention; and*
- *Establish a Removal-from-Sport and Return-to-Sport protocol.*

The CDCRC Board takes the health and safety of its members very seriously. We ask that all members review this Code of Conduct and follow our protocols.

- Any person using our facility, whether for the purpose of playing the sport of curling, squash, or using our fitness equipment, must feel confident that they are physically and mentally able to do so and be willing to provide a waiver to that effect. This waiver is on all membership forms. Any non-members in our facility must sign a waiver that will be provided by the sport organizer (for curling and squash events), or sign the envelope when they deposit their drop-in fee (for fitness guests). Please note that any person in our facility who has not paid a drop-in fee and signed a waiver is considered to be trespassing.
- To reduce the possibility of an accident, CDCRC recommends that curlers wear head protection and double grippers when not delivering a stone, squash players wear eye protection, and fitness personnel do not work out alone.

**After an incident in which a person has hit their head, 9-1-1 must be called immediately.**

- Follow the instructions provided by the 9-1-1 operator
- A Defibrillator and First Aid Kit are located in the Bennett Lounge
- If the manager is not on duty, she must be contacted so she can complete an incident report

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## Winners in Senior Men's Kawartha League Bonspiel in Bobcaygeon



Congrats to the winning team in Bobcaygeon: skip Dave Martz, vice Kevin Huestis, second Pat Sheridan and lead John Knox.