

Background: Lunenburg Curling Club is committed to the safety and care of all members and guests who curl at the club. For all **Under 12 Junior** curlers and **new Juniors of any age**, a properly fitted and secured (as per the direction of the manufacturer) helmet, which is in good repair, is to be worn while in the ice shed of the curling rink. This is a proactive safety measure to help protect members in the Juniors of the program and is recommended for curlers of all ages and abilities.

[Curling Canada recommends CSA approved helmets](#) for all curlers under 12. Other acceptable helmets include curling helmets, skateboard, snowboarding and skiing helmets. Bicycle helmets are not permitted.

Key Principle: All Junior curlers **who are under 12 or new to curling** are required to wear a properly fitted and secured head gear while curling at the Lunenburg Curling Club. It is recommended for all Junior curlers of all ages and abilities.

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.

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.