

### **Curling & Wheelchair Curling WCP Fitness, Injury & Illness Guidelines**

1. The athlete agrees to use his or her best efforts, and to work with the WCP coaches and the Performance Director, to obtain and maintain the highest possible level of health and physical fitness required for consistent training and competition as an elite international competitor in the sport.
2. The Athlete understands that in the high performance sport environment a fully integrated support system involves a range of support staff working together (e.g. doctors, physiotherapists, sports scientists, coaches). This is required not only to provide quality health and injury management support to the Athlete, but also to make assessments about the Athlete's fitness to perform optimally in training and competition. For these purposes the Athlete consents to relevant details from consultations and treatments carried out by the WCP Medical staff as designated by the Performance Director to carry out duties on behalf of the WCP (including the results of any test carried out in relation to Clause 6.14) being released to the Performance Director and specified WCP support staff.
3. The Athlete further understands that he or she may withdraw consent for the release of medical information at any time by notifying the physician carrying out the consultation and understands that only the notice of its withdrawal will be released to those specified. The refusal to give consent for the release of such details will not affect Athletes' access to medical or treatment but it may be considered in relation to selection for the WCP or representative teams.
4. Upon joining the WCP, and at other times as reasonably requested by the Performance Director, the Athlete shall attend interviews and/or sports science and medical tests, examinations and assessments.
5. The Athlete agrees to immediately notify the Performance Director as soon as the Athlete becomes injured or ill during an event or competition or at other times if the illness or injury interrupts the Athlete's training for three or more consecutive days.
6. The athlete agrees to immediately notify the Performance Director as soon as the Athlete suspects or realises that he or she is likely to or will be absent from any events or competitions (including organised training events) due to injury or illness. Such notification shall (if required by the Performance Director) include a written explanation from the Athlete, together with copies of any medical report(s) dealing with the injury or illness which the Athlete may have obtained.
7. The Athlete understands and accepts that the sport carries a risk of physical injury and the Athlete agrees to take all reasonable care to avoid causing harm to him or herself and others.
8. Access to Physiotherapy and medical treatment is by the following processes;

## **Physiotherapy Appointments for Curling/ Wheelchair Athletes**

Should you have an injury or feel you require physiotherapy, the procedure is as follows:

|               |                          |  |
|---------------|--------------------------|--|
| <b>E-mail</b> | <b>Lead Physio</b>       | <b>Maggie Bush (Men and Women) / Craig More (Wheelchair)</b> |
|               | <b>Head coach</b>        | <b>Soren Gran / Rhona Martin / Tony Zummack</b>              |
|               | <b>Local Area Office</b> |  |

In your E-mail, please outline detail as much as you can about your injury, such as  
where the pain is  
when the pain started  
what triggered it off  
what you have done to manage it so far

This procedure is to be followed whether you are in the UK or abroad. If you are unable to E-mail, please contact by other means (preferably by phone). Contact should be made as soon as you are able but definitely within 24 hours of any injury.

### **Wheelchair Athletes**

Wheelchair athletes should also phone Craig More 07989482006 to discuss your injury.

### **For immediate advice**

If any curler needs any immediate advice or are concerned about your injury please phone your appropriate lead as soon as you are able on (Maggie 07891537236, Craig 07989482006). Should either be on holiday the answer phone message will alert you who to contact.

### **Serious Injuries**

If the injury is serious such as a possible fracture then please go directly to A&E as they will give you the quickest possible treatment in emergency situations.

It is important that if you do feel at any time you need physiotherapy advice that you contact your appropriate Lead Physio (Maggie or Craig).

All athletes are able to access one physiotherapy appointment immediately prior to any authorization. This appointment will be covered by the institute. For further appointments to be covered the athlete must have followed the procedure as above.

Unfortunately if you do not follow this procedure, the institute network will not be able to cover payment.

## **Contacts**

Lead Physio - Men and Women's Programme

Maggie Bush  
[maggie.bush@sisport.com](mailto:maggie.bush@sisport.com)

07891537236

Lead Physio – Wheelchair Curling

Craig More  
[craig.more@sisport.com](mailto:craig.more@sisport.com)

07989482006

Men's Coach

Soren Gran  
[soren.gran@sisport.com](mailto:soren.gran@sisport.com)

Women's Coach

Rhona Martin  
[rhona.martin@sisport.com](mailto:rhona.martin@sisport.com)

Wheelchair Coach

Tony Zummack  
[tony.zummack@sisport.com](mailto:tony.zummack@sisport.com)

Area Office

## **Physiotherapy Providers in the Area**

### **West**

Craig More

Polly Dhar

### **East**

Kirsty Sinclair

### **Central**

Maggie Bush

### **T&F**

Maggie Hendry

### **Grampian**

Karen Young

Alison Fantom

### **West**

Craig More

Polly Dhar

East

Kirsty Sinclair

Wheelchair Curling

West

Craig More

Polly Dhar

Johanne Wilson

East

Kirsty Sinclair

Central

Maggie Bush

HIS

Nicola Whyte

GIS

Karen Whitelaw

**MEDICAL SERVICES FOR CURLING ATHLETES**

**Illness**

Should you have an illness that you feel is better treated by a Sports Doctor or if you have difficulty getting a GP appointment you are welcome to consult with an Institute employed or contracted Sports Doctor.

Appointments can be arranged via the Area Office or directly at the **sportscotland** Institute in Stirling on 01786 460100 with:

Head of Sports Medicine – Dr Brian Walker  
Deputy Head of Sports Medicine – Dr Niall Elliott

An appointment can be guaranteed within 24 hours but it may be at Stirling. A local appointment at the Area may take longer

**Injury**

If any curler needs any immediate advice or are concerned about your injury please follow the physiotherapy process detailed above.

### **Serious Injuries**

If the injury is serious such as a possible fracture then please go directly to A&E as they will give you the quickest possible treatment in emergency situations.

### **Ongoing Referral**

If you need further investigations, consultant opinion or surgery this can be arranged by the Institute doctors. Our timelines are:-

#### **Scans**

- Telephone call giving date within 48hrs of request
- Scan appointment within 7 days of request
- Scan report received within 48-72hrs

#### **Specialist Consult**

- Telephone call giving date within 48hrs of request for appointment
- Appointment within 1 week of request
- Consult report within 14 days

#### **Surgical**

- Telephone call giving date within 48hrs of request
- Surgical appointment within 14 days of request
- Surgical report within 14 days

### **Doping**

A very important source of information on a medications status with regards to prohibited substances is the database run via UK Anti Doping:

<http://www.globaldro.com/>

If this does not answer your question then either Head or Deputy Head of Sports Medicine may be contacted.

### **Contacts**

Head of Sports Medicine – Dr Brian Walker

- Tel – 01786 460148
- Fax – 01786 460149
- Mobile - 07811 926508
- Email - [brian.walker@sisport.com](mailto:brian.walker@sisport.com)

Deputy Head of Sports Medicine – Dr Niall Elliott

- Tel – 01786 460100 [switchboard]

- Fax – 01786 460149
- Mobile – 07817 162498
- Email - [niall.elliott@sisport.com](mailto:niall.elliott@sisport.com)