

Curling Rental Guide

Quick Guide to Safety and Equipment

Equipment

Footwear – Running shoes and Skate shoes work the best. The softer the rubber is; the better the grip. Please clean your shoes and carry them into the club to minimize the dirt getting on the ice.

Pants – Loose fitting pants. Example: sweat pants, track pants, jeans are not recommended.

Jackets – Any loose fitting warm jacket, fleece is good. Sweaters or hoodies are also good.

Gloves – These are not necessities but will help to keep you warm. If the glove is too thick they will need to remove them before throwing a rock.

Brooms – Brooms may be rented from the curling club for only one dollar. This will be collected on the honor system

Sliders – We rent out sliders for one dollar. We suggest two sliders per sheet.

Safety Guidelines

Ice can be slippery and dangerous but it won't be if you follow a few rules

- 1) Do not run out onto the ice immediately when you enter the arena, your feet are still warm and need to cool before you start curling. You must step onto the ice carefully then count to ten before you start to walk.
- 2) Do not leave sliders on the ice, when you are finished using them to throw the rock they should be placed on the backboards for the next thrower.
- 3) Rock Management is very important. You should have control of the rock at all times. There is no need to lift a rock off the ice not even during delivery. When Rocks are being cleared you must use caution around, a rock can easily take someone's feet out from under them. Due to the fact that most of our rental curlers are new to the sport if a rock is thrown too hard it is a danger to other curlers and we ask that caution be taken to protect your fellow curler.
- 4) There is never a time when you need to lift the rock off the ice. People like to copy what they see on television, but because it is far too dangerous for yourself and other curlers we ask that you never lift a rock off the ice.
- 5) All rocks must be thrown in the same direction. You are not allowed to throw rocks at each other from the opposite hacks (starting blocks). The rocks will break and they are irreplaceable.
- 6) The hacks (starting blocks) are very important and it is crucial that you not allow any of the rocks to carom into them, busting up the ice around them.