

ICE RENTAL INFORMATION



Thank you for choosing the St. Albert Curling Club to host your event! We know that you will have a great time out on our ice, here are some tips to make your experience even better! Please share this information with your participants.

Available Equipment

We have a variety of items that you can borrow during your event. Equipment is kept in the grey cupboards just off **sheet 6**.

- **BROOMS** can be found in the left-hand cupboard – there are two types of brooms there. Note there is no difference in the brooms other than the brand and personal preference.
- **GRIPPERS & SLIDERS** are kept in the cupboard next to the brooms. There are many different kinds – they are designed to fit certain brands of curling shoes, however, they will fit over running shoes quite well.
- Please arrive at the curling club 15 mins. prior to your event to familiarize yourself with our facility and to select an appropriately sized gripper.
- The gripper should stay on and not slip off when you walk. If it does, its too big, try a size smaller, or a different brand.
- Unless you are wearing curling shoes, put the gripper on the foot that isn't sliding. Normally on the same side of your dominant hand. This reminds you to use your gripper foot when stepping onto the ice and is the foot that leaves the ice last.
- **SLIDERS** are step on "soles" that you use to slide out of the hack. See Do's and Don'ts for more information.
- **STABILIZERS** are in the grey cupboard next to the grippers or may be out on the backboards behind the sheets. Feel free to use these if you are unsure of your balance.



CLUB BROOMS, SLIDERS, GRIPPERS AND STABILIZERS ARE NOT TO LEAVE THE PREMISES. RENTERS WILL BE CHARGED FOR ANY MISSING ITEMS.

Curling Attire

- **CLOTHING:** Dress in layers of loose fitting, warm clothing that can taken off as you heat up. Clothing with fleece on the outside is not recommended as it tends to leave "fuzz" on the ice which can cause poor ice conditions. However, fleece on the inside of clothes is fine.

- **SHOES:** Please bring a pair of **clean** indoor shoes that have not been worn outside. We suggest “soft rubber soles” as plastic soles are too hard and may become too slippery, when they cool on the ice. “Court” or flat-bottomed shoes are better choices. Your outside shoes are NOT permitted on the ice, we ask that you leave them at the front door shelves.
- **GLOVES & SOCKS:** If you tend to have cold hands and/or feet, gloves/mitts are allowed, provided they have grippy dots or are non-sliding. This is important when sweeping so that your hands do not slide down the broom. Wool socks will keep your feet warm.

DO's

- Warm up! Doing a proper warm up reduces muscle injuries and promotes a better delivery. There's a chart up in the club of warm up exercises.
- Stay alert on the ice, never turn your back on a moving rock!
- Step onto the ice gripper foot first. Step off the ice with the **gripper-less** foot.
- Never catch a moving rock with your hands or feet. It is recommended that you “cushion” the rock's speed with your broom first.
- Broom barrels (big blue bins) are available on the main floor to hold your brooms before and after games. Please DO NOT lean brooms up against the walls as they mark the painted walls.
- Cool off your shoes/slider behind the hack for about 1 minute before your game.

DON'TS

- Don't leave hands and knees on the ice for extended periods of time. Don't use your hands to get up from the ice. If you need some leverage to get up, *use your broom.*
- Unless you are an *experienced* curler with a “lift delivery” *please don't lift the rocks off the ice (they weigh approx. 40lbs)*

Safety

- Curling is a slippery sport and falling is a risk!
- Proper footwear required (see above recommendations)
- Helmets recommended – access arena at your own risk

Additional Resources

[Two Minutes to Curling Video](#)

[Getting- started-in-curling-for-adults](#)