

Curling

Important Rules & Information

- Please bring a pair of clean, indoor running shoes to change into at the Club. **Outdoor shoes will NOT be permitted on the ice.**
- It's best to wear warm, loose, layered clothing for curling. Jeans restrict flexibility. Sweat pants or yoga pants are best.
- Sliders and brooms will be provided. Use the slider only when throwing the rock.
- If you feel uncomfortable using a slider, you can easily throw a rock without a slider.
- **Please do NOT pick up the curling rocks or allow the rocks to run into the hacks (black rubber cups embedded in the ice and used to push out of).**
- In order to maintain the best possible ice, please try to refrain from putting your hands and knees on the ice for extended periods of time.
- **Have fun!**