

Vancouver Curling Club

General Instructions for Rental Groups

The VCC welcomes external rentals of our lounge and ice for team building or just to have fun.

What to Wear

Here are some tips on what to wear/not to wear when you come for your curling rental.

- Come with clean, flat-soled shoes and layered, warm loose clothing. It can be cold out on the ice so it's better to layer and be too warm than to be too cold.
 - Tops: a sweatshirt, light jacket or a stretchy jacket are suitable.
 - Bottoms: stretchy pants, loose pants, or sweat pants are suitable; jeans are not recommended.
- Shoes: The best shoes for the ice surface are clean running shoes or skater shoes. Boots, dress shoes, and high heels are not suitable for the ice.
- Curling equipment consists of shoes and brooms. Rental brooms are available at the Club.
- New curlers can use a rubber gripper that fits over shoes to provide better traction on the ice.

Acceptable:



Not acceptable:



Safety Rules

Following a few simple safety rules will ensure your experience is enjoyable. (*If the staff or instructors feel that you are not respectful of our house rules they will ask you to leave the ice area.)

- Do not run onto the ice – your feet are warm and the ice is cold, so it will be slippery at first.
 - Let your feet cool off for 10 seconds, then you can walk on the ice and your shoes will grip more.
- The Rocks weigh 43 lbs, so refrain from picking up the rocks off the ice surface.
 - If the rock is dropped it will damage the ice surface.
- The Rocks are irreplaceable and will break if they hit one another after being thrown from each end.
 - Only throw rocks in one direction and do not throw rocks at each other.
 - If a rock goes onto another sheet of ice, bring it back to yours.
- Only use the gliders to deliver the rocks.
 - Pass the glider to the next person.
 - Remove the glider from the ice surface to prevent any slips and falls.
- Do not let the rocks hit the hacks, as the rock can damage both the hack and the surrounding ice.
 - Have one person at the other end of the ice to catch the rocks so they do not hit the hacks, people or go onto other sheets.



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