



## **YOUR CURLING EXPERIENCE AT THE TMR CURLING CLUB**

**Please bring clean sneakers and warm clothing, as the temperature in the arena is 5°C (41°F).**

Upon arrival, we kindly ask you to remove your outdoor shoes, place them on the shelves, and put on your clean sneakers before crossing the red lines.

### **Curling is a sport for everyone.**

Your curling session lasts 2 hours. We recommend arriving 15 minutes early to receive instructions.

On the ice, during the first 45 minutes, your instructor will teach you the basics of curling: sliding, throwing stones, and sweeping. During the remaining 75 minutes, you will play a game. Your experience will be identical to Olympic curling: same ice, same stones, same rules. By the end of your session, you will have learned enough to enjoy participating in a league.

### **Accessibility:**

For those with physical limitations (knees or back) that prevent them from bending down to slide, a delivery stick can be used to throw stones while walking and pushing.

### **Safety is one of our top priorities.**

One of the main ways to reduce the risk of falling on the ice is to wear anti-slip grippers on your shoes. These covers provide enough traction to minimize the risk of slipping and falling. However, we still ask participants not to run on the ice.

You will be asked to wear a protective headband to reduce the risk of concussion in the event of a fall. For children under 12 years old, wearing a helmet is mandatory. If you have a protective helmet, please bring it with you. Loose and stretchy pants are recommended for curling.

### **Ice is our most valuable asset at the club.**

We kindly ask for your cooperation in keeping the ice as clean as possible — any debris can affect the stones' trajectory. Additionally, we cut the ice twice a day and add droplets. Please avoid placing your fingers, hands, or knees on the ice for extended periods, as they melt the droplets and can affect the stones' path.

### **Sweeping is the aerobic part of curling.**

Wearing multiple layers of clothing is a good idea, so you can remove a layer when you get warm.

### **One of curling's most important unwritten rules is the post-game social tradition.**

Both teams head to the bar, where the winning team offers a drink to the losing team.

**Watch out — fun is guaranteed at the Ville Mont-Royal Curling Club!**