

Curling Rental Safety Briefing

Welcome to the Granite Curling Club of Seattle. This is the only dedicated curling ice in the continental US West of North Dakota. Other clubs in Portland, Phoenix, San Francisco curl on hockey ice which is neither level nor flat.

We need to keep curling ice as clean as possible since small particles can interfere with the running surface of the stone and ruin your shot.

I will pass around brushes so you can clean the treads of your shoes while you watch the video.

Also, when you are on the ice, please don't bang or chip the ice with the hard part of your broom, and if you fall over when you throw your stone, please don't lie there for a long time admiring your shot, or you will melt an interesting shape into our ice 😊

That covers how to take care of the ice, now I need to talk about taking care of you when you are on the ice. Ice is slippery and hard. Most falls on the ice occur when people are seeping since they are very enthusiastic and run to keep up with fast moving stones.

Don't run on the ice. If a stone is moving too fast to keep up with comfortably you should ***gradually*** come to a stop and let it go. Sweeping will take the stone farther, and if the stone is going fast, it is going to go through the rings and out of play, so there is no point in sweeping it further out of play.

When it's your turn to sweep, don't wait at center ice. If your partner throws softly, you will realize that you need to sweep. You end up running towards the moving stone, trying to make a 180-degree change in direction and you stand a good chance of slipping and falling. Instead, you should stand near the rings, and if the stone is going too fast - just let it go on its own.

Finally, the stones are 42lbs of solid granite.

- Never pick them up – just push them around with your feet or your broom.
- Watch out for moving stones. If you don't pay attention, a moving stone can take you down like a bowling pin.
- Do not get between a moving stone and a stationary stone.

Do you have any questions before I run the video? <answer a couple questions if necessary>

Start the video and adjust volume as needed.

After the video: Do you have any questions before I run the video? <answer a couple questions if necessary>

Let's do a bit of stretching before going on the ice. <stretching>

We'll now go down the back stairs. Everyone should grab a broom from the bin – preferably a hair broom – and then we'll break you up into groups to go on the ice.