

Rookie League What Do I Need?

Equipment:

Basic equipment of a curling broom and gripper is provided by the Club. If you do not have a slider or curling shoes, please bring clean dry flat running shoes and tape will be provided.

Headgear:

The Club highly recommends that you wear either a protected headband or helmet while on the ice.

Clothing:

Ice level temperature is approximately 5 Celsius. It's best to wear a light jacket or fleece over a warm shirt. Thin flexible gloves are also a great idea. Wear loose fitting pants. Dress in layers you can always shed.

Time:

You should arrive at least 20 to 30 minutes before your game time. I will take a few minutes to ensure everyone is prepared to go on the ice.