



Little Rocks - Rules & Etiquette

For safety and insurance reasons, a parent or guardian must remain in attendance at the club during all curling sessions.

1. All curlers must wear either a bicycle or hockey helmet – no exceptions!
2. Curlers must have clean footwear for on the ice surface, no “street shoes or Boots,” allowed on ice.
3. Curlers must have a pair of light mittens or gloves to wear on the ice
4. No "running" or "horseplay" tolerated - on or off the ice.
5. No food allowed at ice level, plastic bottles are allowed at ice level at the lounge end only.
6. Curlers should show up 10 minutes prior to scheduled time to go on the ice.
7. Equipment such as brushes and sliders are supplied by the club and are to be returned to a designated storage area after each session.
8. Only registered curlers allowed on ice surface during sessions.
9. Curlers should wear name tags every week.

Curling has a tradition of sportsmanship and fair play, we hope all players and parents will enjoy learning the basics of curling. At the same time we will try and keep this learning process fun for all...