

## RENTAL: WELCOME INFORMATION AND WAIVER

### How to prepare for going curling:

1. Please complete the waiver on the backside of this document. If needed we will have copies available when you arrive
2. Wear warm clothing (we are playing in a ice rink after all!), gloves and a hat are a good idea. Along with stretchy/comfortable pants, as we'll be in a lunge position when delivering a rock.
3. Clean runners are a must. Curling ice is like a golf putting green and needs to be kept clean/cared for. Each player should have grippers on both shoes.
4. Rental Equipment is available by donation. Including Brooms, Sticks, Delivery Aids, Step on Sliders and Grippers (please wear 2 grippers!)
5. If you have limited mobility, we do offer upright/walking delivery as a option using a delivery stick. (Sticks are stored along with the Brooms)

### On Ice Safety :

Your safety on the ice is (obviously) very important to us! So here are the key basics.

1. Ice is slippery, please don't run on it! We've been working on this scientific theory, but please don't help us verify it!
2. Curling rocks weight 44lbs, NEVER ever pick them up! Even when dropped just 6 inches they will seriously damage the ice surface... or worse your foot!
3. When throwing, ensure everyone up the sheet from you is aware of you. Don't throw at people who aren't looking as you could injure them.
4. You're warm. The ice isn't. Please don't melt our ice with your hands, knees or butt. Butt prints are bad for ice performance (same for hand and knee prints too).
5. Lastly, please never stop a rock using your hands. Use a broom or deflect/catch the rock with your foot.

### Helmets:

Helmets are **strongly recommended** for anyone under the age of 18, or are new curlers.  
Helmets are **required** for anyone under the age of 12 and/or;  
Anyone who is vulnerable (related to experience, medical, etc.) wear protective headgear on ice.

## **Participant's Waiver and Release**

As a participant in the programs, activities and events of the Delta Thistle Curling Club, Incorporated under the Society Act - December 1991, (the "Curling Club"), the undersigned acknowledges and agrees to the following terms:

### **Disclaimer**

The Delta Thistle Curling Club, its directors, officers, members, employees, coaches, volunteers, officials, participants, clubs, agents, facility operators, and representatives (collectively the "Organisation") are not responsible for any injury, damage or loss of any kind suffered by a participant during, or as a result of, any program, activity or event organised by the Curling Club, caused in any manner whatsoever including, but not limited to, the negligence of the Organisation.

### **Description of Risks**

In consideration of my participation in such programs, activities and events of the Curling Club, I hereby acknowledge that I am aware of the risks and hazards associated with or related to curling. The risks and hazards of curling include, but are not limited to:

- Being struck by a broom, brush or curling stone;
- Executing strenuous and demanding physical techniques in curling;
- Exerting and stretching various muscle groups;
- Falling because of slippery ice or uneven or irregular ice surfaces;
- Falling while delivering the curling stone, skipping or sweeping;
- Physical contact with other participants, spectators, equipment and vehicles;
- Running or sliding on the ice surface;
- Stepping onto the ice surface from the walkway or onto the walkway from the ice surface;
- Stepping over dividers that divide one sheet of ice from the next;
- Strenuous cardiovascular workouts;
- The failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;

I state that I am in proper physical condition to participate in this event and I am aware that participation could result in injury.

### **Release of Liability**

In consideration of the Organisation allowing me to participate, I agree:

- a) To assume all risks arising out of, associated with or related to my participation;
- b) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
- c) To release the Organisation from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Organisation.

### **Acknowledgement**

I acknowledge that I have read this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

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Name of Participant (please print)

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E-Mail Address

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Signature

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Date

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Emergency Contact Name

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Emergency Contact Phone #