

Preparation:

- 1. Please complete the waiver on the backside of this document.
- 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.
- 4. If you have limited mobility, we do offer upright/walking delivery as a option using a delivery stick.

More Curling!:

If you had a blast trying out curling and would like to continue, here are some options:

1. Join a juniors curling session to try it for free. Junior Curling takes place on Saturdays from 10am-Noon. Ages 8-18

Just email info@deltathistle.ca with the subject "I want to try out Juniors Curling" and we will help setup a day for you to join in!

2. Join Highschool Curling which takes place on Thursdays 4pm-6pm. Cost is \$5/session. Email for more information. info@deltathistle.ca

Helmets:

Helmets are **required** for anyone under the age of 12

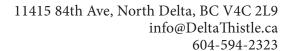
Helmets are **strongly recommended** for anyone under the age of 18.

Anyone who is vulnerable (related to experience, medical, etc.) must wear protective headgear on ice.

At this time, we do not have head protection available for rental.

On Ice Safety:

- 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 weigh 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. Don't throw rocks at people who aren't looking!
- 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;)
- 5. Lastly, please never stop a rock using your hands. Use a broom or deflect/catch the rock with your foot.





Informed Consent and Assumption of Risk Agreement (To be used for Participants Under the Age of Majority.)

WARNING! By signing this document you will waive certain legal rights. Please read carefully.

Name of Participant:	Age:
1. This is a binding legal agreement; therefore clarify any qu	estions or concerns before signing. As a Participant in the sport of stle Curling Club, the undersigned, being the Participant and/or the
officials, participants, agents, sponsors, owners/operators o responsible for any injury, property damage, expense, loss of	committee members, members, employees, coaches, volunteers, the facility and representatives (collectively the "Organization") are not f income, damage, personal injury, expense, loss of income or loss of ny program, activity or event of the Organization, caused by the risks, s and events of the Organization.
of the Organization. In consideration of my participation in Organization, the Parties hereby acknowledge that they are	k) Stepping onto the ice surface from the walkway or onto the walkway from the ice surface; 1) Stepping over dividers of ice sheets from the next; m) Strenuous cardiovascular workouts, n) Failure to participate within one's abilities; o) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment; p) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's programs, activities and events; and/or
a) Injuries sustained in curling can be severe; b) The Participant may come into close contact with other partic) The Participant may experience anxiety while challenging my d) The Participant's risk of injury is reduced if I follow all rules e) The Participant's risk of injury increases as I become fatigued	self during the activities, events and programs; stablished for participation; and
and programs of the Organization, b) To freely accept and fully assume all such risks, dangers and related loss, including loss of income, resulting from my particic) To forever release and save harmless the Organization from a direct, indirect, incidental, special and/or consequential), losses	a medical doctor to participant in the sport of curling and the activities, events nazards and possibility of personal injury, death, property damage, expense and pation in such activities, events and programs of the Organization; my and all liability for any and all claims, demands, actions, damages (including (economic and non-economic), judgments, executions and costs (including se out of the Participant's participation in the activities, events and programs of
•	that may arise regarding the use of The Participants image/likeness, infringement of moral rights, rights of publicity, or copyright.
7. Acknowledgment The Parties acknowledge that they hav	e read this agreement and understand it, that they have executed this ing upon themselves, their heirs, executors & administrators.
Name of Participant: Sign	ture: Date of Birth:
Parent or Guardian: Sign	ture: Date:

Emergency Contact Phone # _____ Email (Optional): _____