

Ice Safety at Huntsville Curling Club

Curling is a winter sport, played on ice. Ice is slippery, hard, cold, and wet. At the Huntsville Curling Club, we strive to take the proper measures to ensure the safety of all our members. Every curler who steps foot on our ice should have a pair of grippers over their curling shoes to protect them from slipping on the ice. These grippers should not have any smooth surfaces on them or bits of rubber falling off. Always check the condition of your grippers and if needed, purchase a new pair. For a low cost, you can ensure your safety. Be sure that your slider and gripper or shoes are clean and dry before stepping on the ice.

The following are some other measures that each participant should practice for good ice safety:

- warm up before the game - stretching and warming muscles before going out on the ice can help prevent injury
- step onto the ice gripper-foot first - never use your slider foot to step onto the ice
- always be careful when stepping off the ice - always use your slider foot first
- the rule of thumb for your slider foot is LAST ON, FIRST OFF
- step off the platform onto a clear piece of ice. Avoid stepping over a rock
- avoid lifting a rock – you might lose your balance
- never stop a rock with your hand - your fingers can be crushed, especially if the rock hits another rock while you're trying to stop it
- never use your foot to stop a fast moving rock - you could lose your balance and fall. Use your broom to stop a rock
- watch for stray rocks
- keep your feet on the ice - avoid running or hopping. Walk or slide
- if you can't keep up with a fast moving rock while sweeping, just let it go. It's not worth the risk of falling.
- if you feel unwell and your balance is impaired, never go on the ice surface

Another important safety feature is to get yourself trained. At the Huntsville Curling Club we offer training clinics.

Let's face it: Curling ice is slippery and the possibility of falling is real, so protecting ourselves from injury is very important. Be aware! Go out and enjoy the sport, have a great game and stay safe!