



PITTSBURGH CURLING CLUB

MEMBER GUIDELINES

2016 - 2017 SEASON

Purpose

The Pittsburgh Curling Club (PCC) Member Guidelines have been developed to provide additional information to members about the nature of the sport of curling, its rules and etiquette.

Contact Info

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Curlers' Code of Ethics

The spirit of the roaring game demands good sportsmanship, common courtesies, and honorable conduct. While not strictly in the rule books, curling courtesy goes a long way towards an enjoyable game of curling. Curlers at all levels of the game abide by the following code of ethics.

- I will play the game with a spirit of good sportsmanship.
- I will conduct myself in an honorable manner both on and off the ice.
- I will never knowingly break a rule, but if I do, I will divulge the breach.
- I will take no action that could be interpreted as an attempt to intimidate or demean my opponents, teammates or umpires.
- I will interpret the rules in an impartial manner, always keeping in mind that the purpose of the rules is to ensure that the game is played in an orderly and fair manner.
- I will humbly accept any penalty that the governing body at any level of curling deems appropriate, if I am found in violation of the Code of Ethics or rules of the game.

Quick Tips for Skips (and everybody else!)

1. **Exchange contact info with all of your teammates** (phone number, email and cell phone).
2. **Skips are the primary point of contact between the team and the club.** We'll make every effort to contact skips and/or everyone with important information or in the event of a change to the posted schedule.
3. Skips should **communicate weekly with their team** to find out who **will** and who **will not** attend Saturday's match.
4. Skips and players should **contact the club scheduler** (scheduling@pittsburghcurlingclub.com) ASAP when you know you will miss one of your matches.
5. **Arrive on time for your match.** This means you need to be at RMU and ready to step onto the ice at least 20 minutes prior to game time.
6. **Bring clean playing shoes each week** to wear onto the ice (not the shoes you had on in the parking lot that might have dirt or road salt on them).
7. We use one of the locker rooms as a "warm room". **Come into the warm room!** You can securely store your personal items here. This is where you should change into your clean shoes. This is also where our logo and pro shops are and where lots of Club Information is posted.
8. **Check the website often for updates.** Any big changes will be front and center on the main page. We'll make every effort to contact skips and/or everyone in the event of a change to the posted schedule. Important notices will also be displayed on the club notice board each week.
9. Feel free to ask experienced Club Members for help regarding rules of the game or for information relating to the Club.
10. RMU's Island Sports Center is an alcohol and tobacco free establishment. **Alcohol may NOT be consumed in the sports complex or parking lot.**

Member Guidelines

1. **Always know the date and time of your game.** Inform your Skip (and club scheduling) if you are unable to play, so there is time to find a spare to play for you.
2. We aim to start the league matches between 9:00 and 9:15. Please try to arrive **at least 20 minutes** before your game time to help with Ice Operations.
3. We aim to start Vampire league between 11:15 and 11:30. Please try to arrive **at least 15 minutes** beforehand to get ready and add your name to the playing list. We finish vampire at 1:15, please plan on staying an extra 15-20 minutes to help with Ice Takedown.
4. **The PCC is run entirely by volunteers.** A core group of members works very hard to keep this club functioning. Anything you can do to help will be greatly appreciated
5. All spares are assigned RANDOMLY through scheduling (see later for how to sign up as a spare).

League Guidelines

Everyone must sign waivers prior to starting the season. (Youths require a parental signature.)

Teams (Rinks) consist of a minimum of 3 curlers. You must have 2 regular team players for your game to count (1 player for a 3 member team). Teams that do not field a legal team will forfeit their match regardless of availability of spares. If scheduling is notified in advance it may be possible to reschedule a match (see postponing & rescheduling)

When playing with 3 curlers, the lead and second shall play three rocks each in proper rotation. Skips shall play the final two rocks as normal.

Make sure your team is on time – penalties are assessed (score adjustment) after 10 min. (see late curlers)

We sound an air horn at the official start of the game. You must be on the ice when the air horn is sounded. At 1 hour, 45 minutes into your match the air horn will sound again and at the finish of the current end, the match is complete.

Be sure you and your teammates play in a respectful manner. Foul language, kicking a rock, etc, are NOT tolerated. All curlers should follow the spirit of curling, described later in this booklet

Skips should instruct your leads and seconds in “timely play”. Remind them that they are not to be at the house end of the ice – they should be pulling out the rock for the next person and be ready as soon as the opponent throws their rock. This is important – EACH END IS 15 MIN – that’s less than 1 minute per rock!!

You may NOT manage the clock (ie purposely slowing the game) for your team’s advantage. The goal is to play 8 ends regardless of score.

As skip, you should not take a long time deciding a shot (arena ice makes tricky shots difficult anyway). You should know what your next shot options are while the opposition is shooting.

Occasionally sheets A and E are challenging due to the ice slanting towards the center of the arena. If they are playable, you may, by skips agreement, choose to ignore the lines and play all the way to the boards. Should the ice be unplayable, we’ll do our best to schedule makeup times for you.

Late Curlers:

If a team does not field a legal team due to the late arrival of a team member, the following rules will apply:

- If a team is not legal 10 minutes after the scheduled starting time, the opposing team will receive one point for the first end
- For each additional 10 minutes, the opposing team will receive an additional point and play one less end.
- After 30 minutes the team is deemed to have forfeited. The teams may curl "for fun" if they want to.

Forfeits:

A forfeit is worth zero points. A forfeit is defined as a team failing to attend a scheduled night of curling without notifying the opposing skip and the Club Scheduler/Drawmaster prior to 12 Noon on the Saturday of the match. A forfeit is also defined by a team having less than the legal amount of curlers (2 players for regular team, 1 player for 3 member teams).

Postponing & rescheduling:

If a team is unable to field a legal team, it may be possible to reschedule the match depending on free ice availability in Can-Am and Vampire leagues.

It is the responsibility of the skip to notify the opposing skip if a game needs to be rescheduled. This should be done as soon as possible. Opposing skips email addresses can be obtained from the Club Scheduler (scheduling@pittsburghcurlingclub.com).

If the opposing skip agrees to reschedule, it is the responsibility of the offending skip to notify the Club Scheduler/ Drawmaster (scheduling@pittsburghcurlingclub.com) to determine ice availability. This should be done no later than the Friday before the originally scheduled match. **Both skips, plus the Club Scheduler should be included in all email communications.**

If ice is available, the match will be played as normal at the rescheduled time.

If there is no free ice available, or if skips cannot agree on a date to reschedule, the team requesting the rescheduling (offending team) will have been deemed to have forfeited the game and the opposing team will be recorded with a win.

Match Tiebreakers:

In the event of a tie match, one rock is thrown by each team with full sweeping by the throwing team only. There will be no sweeping behind the tee line by the opponents. The first team throwing is determined by normal "hammer" rules. The distance of the first thrown rock from the button shall be measured and locked into the measurer. The rock is then removed to open the sheet for the second throw. Rocks must make it past the hogline and remain in play to be considered a counting stone for the tiebreaker.

End of League Tiebreaker:

If at the end of the regular league, two or more teams end the rotation with the same number of points, the following method(s) will be used to break the tie.

- The first tiebreaker will be team results in head to head competition.
- The second tiebreaker will be results vs. the top team in that division, followed by the second place team, and followed by the third place team and so on.
- The third tie breaker would be measured distance on skips rocks. To ensure that the A and B week rankings can be determined, all teams will throw skips rocks following their match on EITHER Week 8 OR Week 9 (but not both). Using a tape measure the distance from button to rock will be recorded.

Sparing in a match

Teams that are short of players may request a spare or spares to replace their missing player. Spares must be a paid member of PCC (social members may curl once per searson).

Priority for spares is on a first come – first serve basis. Requests for spares should be made by the Skip to the club scheduler (scheduling@pittsburghcurlingclub.com) as soon as possible and **no later than 12:00 Noon on Saturday**.

Spares will be assigned by the Club Scheduler/Drawmaster according to the league sparing policy. Briefly, spares will be assigned to a spare pool using the order priority of 1) members who are permanent spares; 2) regular league members who notified Club Scheduler of their intention to spare in advance; 3) regular league members who provide no notification in advance; and 4) social members. Players will be assigned from the available pool of spares until the entire available slots are filled or the pool of available spares is depleted. **You may not refuse a spare.**

Spares shall play at the lead position(s). A single spare would play lead. If two spares are needed they will play lead and second. Regular team members shall move up in position.

Anyone wishing to spare must email scheduling@pittsburghcurlingclub.com not later than 12:00 Noon on Saturday

If you're registered as a Permanent Spare and would like to spare one night, email scheduling@pittsburghcurlingclub.com to let us know you're available. Note: permanent spares take precedence over all other league members for sparing but must still to let us know!!!

If you're in Vampire League and would like to spare for the Can Am league – email scheduling@pittsburghcurlingclub.com. We'll let you know if there's likely a spot for you (after permanent spares).

If you're in Can-Am League – you can spare on your non-league night or for the Vampire League. AGAIN – email scheduling@pittsburghcurlingclub.com

If you're a Social Member – you can curl once per season. This includes, as a spare during Can-Am or vampire leagues or at Friends and Family night but social members must pay the standard nightly “wristband” fee to curl. If you would like to play as a spare email scheduling@pittsburghcurlingclub.com

IN ALL CASES be sure to confirm your spot with scheduling prior to arriving.

PCC Curling Club Rules

The following section contains official USCA rules, GNCC rules, accepted curling etiquette, rule clarifications and PCC house rules. Official USCA/GNCC rules are identified as such.

Before the Match:

1. House Rule - Ice conditions on sheets A and/or E may dictate that rocks must be delivered outside of the sideline so that they end up in the house. When such conditions exist, the skips may agree to waive the out of bounds rule. This shall be communicated to ALL players on BOTH teams as soon as the agreement is made.

During the Match:

2. USCA Rule – Each player shall be ready to deliver his/her stone when their turn comes, and shall not take an unreasonable time to play.
3. USCA Rule – The players, other than the Skip and Acting Skip, shall not stand behind the house, but must stand along the side of the rink between the hog lines (or courtesy lines, if provided), except when sweeping or about to deliver a stone.
4. The next player to throw should wait quietly and begin their preparations to throw as soon as the previous player has completed their delivery.
5. Skips should stand still behind the end line and hold their broom (horizontal) off the ice when it is your opponent's turn.
6. Never walk across the sheet (ice) when a player is delivering a stone.
7. Be quiet and do not move or otherwise distract your opponent when they are about to deliver a rock.
8. Pay attention to what is going on in your game. Use the opportunity to learn when a rock needs brushing or to learn game strategy. Someday you may be a Skip!!
9. USCA Rule – Only the Skip or Acting Skip for the time being may stand within the house.
10. USCA Rule – Only the Skip or Acting Skip may stand behind the house.
11. USCA Rule – The Skip or “player in charge of the house” from the non-playing team may not start sweeping an opponent's stone until it reaches the tee line. Behind the tee, if the delivering team's choice is not to sweep, they shall not obstruct or prevent the opponent from sweeping the stone.
12. USCA Rule – Behind the tee line, only one player from each team may sweep at any one time. It may be any one player from the playing team, but only the “player in charge of the house” from the non-playing team.
13. When sweeping your opponents rock behind the tee line, the sweeper must wait until the rock reaches the line to start sweeping. Pre-warming the ice is not permitted.
14. Clarification of “one” player sweeping behind the tee – the playing team shall have first choice to sweep their stone. The “player in charge of the house” from the non-playing team may also sweep the same stone. This is the only instance that there would be two sweepers on the same stone behind the tee line.
15. Strategy discussions on the odd individual shot are necessary in curling. Excessive discussion on several shots can result in fewer ends completed. Try to keep efficient use of time with careful use of strategy discussions. To avoid prolonged discussions, only skips and thirds should actively participate in strategic decision making. Also, think through several probable scenarios so the next shot is already determined.
16. Each league match is scheduled to last two hours. The goal is to play 8 ends in the allotted period and pace of play must be adjusted to meet this goal.
17. Clock management by slow play is not permitted. If slow play for the purpose of gaining a match advantage is noticed, the Drawmaster may intercede.
18. Compliment any player (from either team) on a good shot. Do not show your frustration at an opponent's lucky shot or a teammate's poor shot.

19. USCA Rule – If you touch a moving rock while you are brushing, it is called burning the rock. When a rock is burned before reaching the far hog line it should be immediately stopped and removed from the ice. When a rock is burned after reaching the far hog line, all stones are allowed to come to rest after which the non-offending team has the option to :
 1. remove the touched stone and replace all stones that were displaced after the infraction to their original positions, or
 2. leave all stones where they came to rest, or
 3. Place all stones where they reasonably consider the stones would have come to rest had the moving stone not been touched.
20. GNCC Rule - Stick curlers follow the same rules as non-stick curlers in that the stone must be released prior to the stone crossing the hog line. The stone shall be delivered in a straight line from the hack to the point of release.
21. House Rule for play with Wheel Chair Curlers - when playing in match with a wheel chair curler, the opposing team is expected to hold the chair steady during rock delivery. This allows the delivering team to use both sweepers.
22. After the last stone of an end has been delivered, the thirds agree on the score. It is the Vice Skips' responsibility to update their team's scores on the score board. This should be done when it is convenient and doesn't interrupt the flow of the game.
23. Scoreboard etiquette: While spectators enjoy having the score posted quickly after the completion of an end, curling etiquette does exist in certain situations where delaying or even not posting the score would be considered a sportsmanlike gesture. For example, if after 3 or 4 ends, a team is leading by 7 or more (for example), then further scoring should be postponed until the trailing rink counts an end – please use your judgment. In these situations, it can be considered unsportsmanlike to rush and immediately post the results of an end.
24. The etiquette of conceding a game: At any time, a team may concede a game by the conceding skip offering to shake hands with the skip of the winning team. After a team has conceded, they may still play for fun if time allows (no score). If time is short, good etiquette is to concede a game when all chances of winning the game are gone. This will allow the ice crew time to prepare the sheet for the next game to start on time. E.g. If a team needs 4 to tie the game on the 8th end, and by their third's first stone is not laying at least one, then there is no hope and a skip's handshake is proper etiquette.

After the Match:

25. Give each of your teammates and opponents a handshake and thank them for the game before leaving the ice.
26. House Rule: If this is the last match to be played on your ice, assist the Ice Operations Crew by helping to put away stones, hacks and other equipment in designated storage areas. Thank you for your help!
27. House Rule: If another draw is planned on your ice, the team winning the match shall sweep the ice surface with a cotton broom in preparation for pebbling.

Any questions about the Rules of Curling shall be resolved through the current USCA Championship Rules Book. The USCA Rules of Curling should be read by all curlers. At the time of this printing the rules can be found here: <http://www.teamusa.org/USA-Curling/Events/Championships/Rules>

The decision of the Drawmaster on any rule or interpretation is final and cannot be appealed.

Cancellation of a Curling Night

It is not the responsibility of the Pittsburgh Curling Club to determine what constitutes safe driving conditions for any curler. Only the curler knows their local road conditions and/or their vehicles limitations.

If at all possible, Curling will proceed as normal. Possible reasons that Curling would be completely cancelled include the following:

- ◆ Extreme weather conditions including excessively high seasonal temperatures not conducive to adequate ice conditions.
- ◆ Road closures due to extreme weather conditions.
- ◆ Closure or loss of ice at the RMU Island Sports Center.

Any curlers deciding not to attend curling due to weather conditions must contact their Skip as soon as possible so the skip may determine if he/she can still field a team. Skips must communicate with their players and with their opposing skips in these situations.

Although it may be difficult to do, curlers should try to give as much notice as possible that they have decided not to “venture out” so opposing players don’t have to make unnecessary trips. (This goes in all instances where curlers are not able to make it due to circumstances that occur on any particular game day – please be considerate).

Cancellation Notification

The Board will implement the following processes to inform the membership.

- ◆ The President makes the determination in consultation with the Club Scheduler/Drawmaster.
- ◆ The primary method of notifying club members of a weather cancellation will be the PCC website. A notice will be placed on the website front page as soon as a decision is made. **If curling is questionable, look at the website before leaving home.**
- ◆ If the website is unavailable, a notice shall be sent by email to the Skips’ roster (and the general email roster if possible). The email will announce the cancellation and ask skips to contact their curlers (and vice versa) via email and/or telephone to acknowledge the cancellation.
- ◆ The President, with help from the Drawmaster, will get in contact with all of the Skips by phone. Known scheduled spares will then be contacted by phone.
- ◆ It will be up to the skips to contact their team members by phone if necessary. If a skip is not available, the third shall be contacted, etc.

League Structure

Schedule:

- ◆ The league schedule is as generated by the Drawmaster. It is subject to change as circumstances warrant.
- ◆ The arrangement of teams (who plays who) within the scheduling matrix is by random draw. The sheets of ice for each game are also by random.
- ◆ Each draw is allotted a 2 hour period to complete the match. When the ice is ready for play, an Air-Horn will sound signifying the start of timed play. One hour and forty five minutes (1:45) later, the horn will sound again. The second horn signifies that time is up. Teams may finish the end they are on, but may not start a new end.

League Format:

- ◆ At the beginning of the year, teams are placed in divisions by the Ice & Draws Committee according to the team preference of A or B league wherever possible
- ◆ Additional consideration may be made based on a team performance in the previous year or their level of experience. This is meant to assure that leagues are matched relatively evenly.
- ◆ Scoring is kept according to the rules of curling. There are to be no ties in league matches. See below for match tie-breaker rules.

Standings:

- ◆ Points are awarded for wins (3 points), losses (1 point) and forfeits (0 points).
- ◆ Standard Can-Am League consists of 10 games for each division (A and B)
- ◆ Points earned will determine your team standing in the divisions.
- ◆ At the end of the regular league, club playoffs will determine the Can-Am event champions

End of Season Play-Offs:

Following the completion of the regular league, all teams will play in a single elimination playoff tournament for division champion. Playoff matches will be determined based on league standing with the respective A and B division teams playing each other. Club Champion will be determined by the winner of the match between the A and B division winners.

Formation of Teams for National and Regional Events

Members of the club are eligible to participate in a number of national and regional curling events including but not limited to GNCC Playdowns and Championships; and USCA Playdowns and Championships). For these events entries may be limited and a team selection process will be used to determine the club representatives for these events.

A club policy for determining team eligibility for events with limited entries is available. If you intend to participate in one of these events you must follow this policy and meet all eligibility rules for the event.

Please ask a board member if you would like to consult this policy.

The Spirit of Curling and Curling Etiquette

While the main object of the game of curling is to determine the relative skill of the players, the spirit of the game demands good sportsmanship and honorable conduct. This spirit should influence both the interpretation and application of the rules of the game and also the conduct of all participants on and off the ice.

Curling is one of the few sports in the world that emphasizes etiquette. In league play, there are no referees or judges. Rules are based on the honor system and good shots are admired by all. Missed shots are never cheered. Curlers play to win but never to humble their opponents. A true curler would prefer to lose rather than win unfairly.

A good curler never attempts to distract an opponent or otherwise prevent him from playing his best. No curler ever deliberately breaks a rule of the game or any of its traditions. But, if he should do so inadvertently and be aware of it, he is the first to divulge the breach. If you accidentally burn a stone, it is expected that you will be the first to announce it.

The previous text was taken word for word from the World Curling Federation (WFC) curling handbook. The Spirit of Curling is familiar to all that curl.

General Etiquette

Be honest. There are rarely referees or umpires in curling, so the game depends on players to police themselves and one another, especially during league play.

Be a good sport. Congratulate players, both teammates and opponents, when they make a good shot. By the same standard, do not embarrass a player who has missed a shot. Cheering a missed shot is considered in poor taste and poor sportsmanship. Also do not make light of any bad fortune that befalls your opponent.

Keep the game moving. A standard eight end game takes 2 full hours to play, so it's a courtesy to your team, your opponents, and anybody playing after you to be on time, prompt and mindful of the clock. If you start late or play slowly, do not assume that you will be able to play a complete, 8-end game. If you notice that you are a full end or two behind all the other sheets, pick up the pace.

During the game:

At the start of the game, teams should shake hands and wish everyone "Good curling."

If your team leads off on any particular end, the lead should gather his or her rock and get in the hack, clean the stone, and begin the pre-shot routine. Be ready to deliver the stone as soon as the skip asks for it. This keeps the game moving quickly.

When your turn comes to sweep, be in front of the hack, leaving the thrower a clear view of the skip, ready to go. Sweepers, not on the team delivering the stone, stand on the sides of the sheet, between the hog lines. (See where to stand)

If you are the next curler, put on your slider or remove your gripper and have your stone cleaned and in front of the hack while your opponent's shot is in motion. It's OK to watch your opponent's shot, but not so long that you can't be ready for your own. (See where to stand)

You should never disturb a curler in the hack or during delivery. Until their thrown stone comes to rest, the sheet is theirs and you should not interrupt their view. Crossing behind them, preparing to throw your own stone is perfectly acceptable and expected.

Keep the ice clean! If you do discover something improper on the ice, such as mud, sand, sweater fuzz, pocket lint, broom bristles, etc., please remove it from the ice.

Take care not to walk down the middle of the sheet after your team's shot.

Let the vice-skip do his/her job (keep score). When the final stone of an end comes to rest in the house, leads and seconds should remain well outside the house until the vice-skips have measured (if necessary), determined the score, and agreed to move stones.

Let the skip do his/her job (call the game). Although every successful team depends on the input and expertise of each team member (curling is a team sport in every respect) the skip needs the support and respect of his/her teammates. While discussion, communication and clarification are encouraged, be willing and able to defer to your skip's decisions even if you don't understand or agree with them.

Skips and/or vice skips stand behind the hack, quiet and motionless, brooms horizontal or on the ground until their opponent has delivered the stone. The only broom on the ice should be the opposing skip/vice-skip's broom. There should be only one target for the person delivering a stone. (See where to stand)

If you accidentally displace a stationary stone, please announce it immediately. It's the privilege of the opposing skip to replace the stone to their satisfaction.

Paying attention to your own game, and not the game on the adjoining sheet, has a direct bearing on the success of your team.

If a rock appears to be heavy, do not shake your broom over it, even in jest. You never know what might fall off the broom and deflect your perfectly aimed stone.

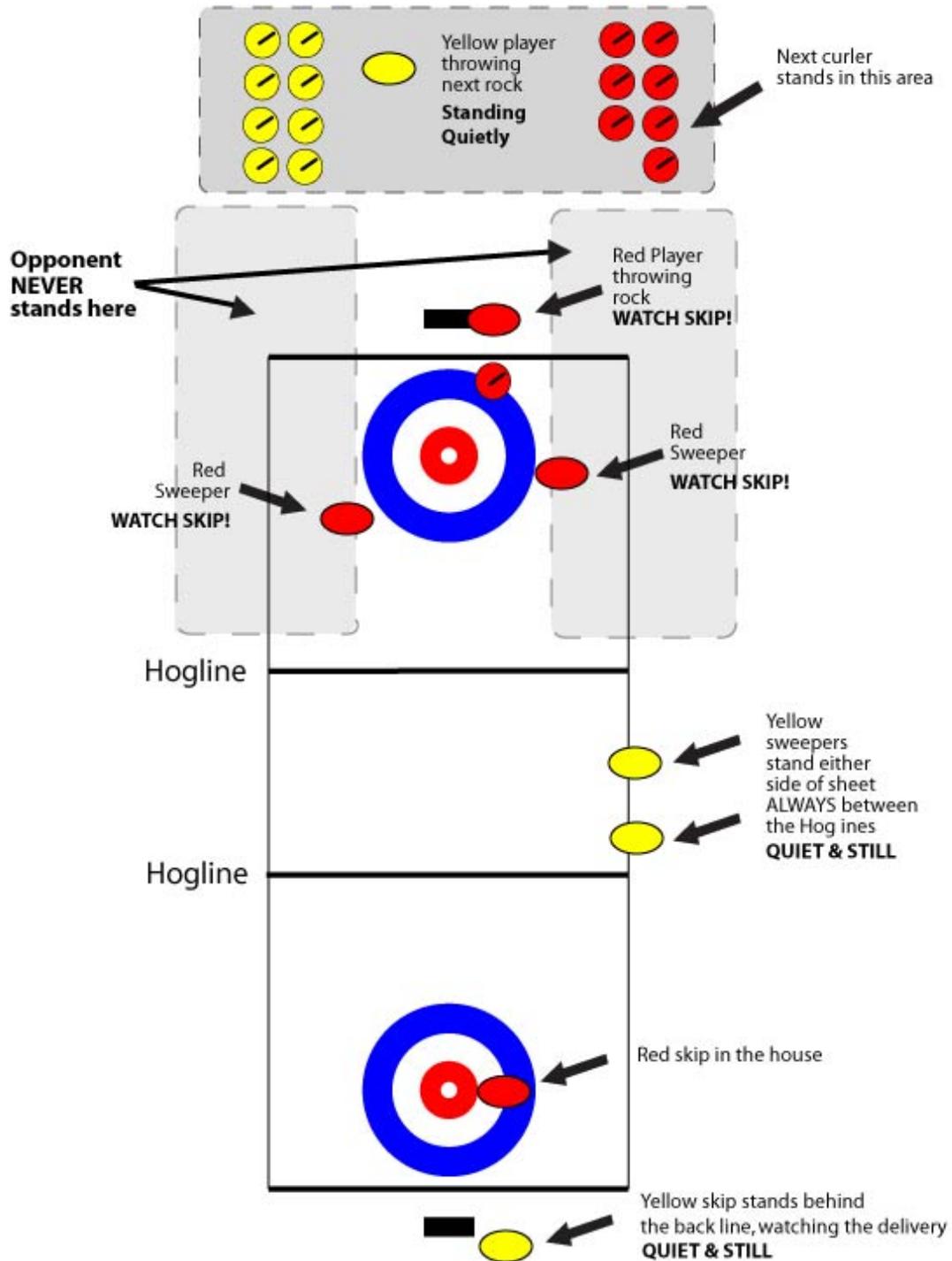
Sweepers should follow the stone down to the house, ready to sweep at a moment's notice. If you hear the skip yelling "No, No, Never", be aware that the next thing you're likely to hear from that very same skip is "YES, Hurry, Hard!"

It is the lead's job to place the skip's rock in front of the hack when it is time for the skip to shoot.

When a team feels it is impossible or near impossible to win a game, they should shake hands with the opposing team and concede defeat.

Where to stand

Assuming that red is delivering, player positions would be as follows. If the yellow player throwing next does not get to their position before the red player is in the hack then they should wait between the hoglines with their teammates.



Curling Tips for Newbies

1. **Communicate** – Skips make sure your thrower and sweepers know understand what shot is required. Tell them the weight you expect them to throw and ask the sweepers “Where is it?” i.e. where is the rock going to end up? Sweepers – tell the skip how heavy the rock is – they can’t gauge the weight from the other end of the rink. Throwers – if you throw something and you think you’re light or heavy or if you miss the broom – Yell it out. It can make a big difference in coming up with that famous plan B.
2. **Watch every rock that’s thrown** – this applies to skips, sweepers and throwers. Watch how the ice is behaving; are there ridges or slow spots? Do the rocks fall to one side more than the other? How much are the rocks curling?
3. **Watch as much curling as you can.** Watch on TV or watch online. Commentators provide valuable insight into the match and tactics.
4. **Curl, curl, curl.** Play as much as you can whenever you can. Sparing for another team is a great way to learn and improve, and there are always options to play or practice during vampire league.
5. **Ask Questions.** All of the experienced members of the club love to curl and love to talk about curling. We can help you become a better curler.

If you would like to learn more about curling tactics and/or improve your curling technique we recommend you check out <http://www.curlingschool.com/> or <http://curlingbasics.com>.

Safety Tips

It is normally not difficult to get around on the ice, but it may take several games before you get your “ice legs”. If a curler is careless, a fall can result in a serious injury. New curlers are cautioned to be very careful while moving or standing on the ice.

- **Step on sliders should only be worn when delivering or waiting to deliver a rock.** After delivering a rock, step off your slider first before standing up.
- **Step on to the ice with your “gripper” shoe first.** Never use your slider foot for your first step on the ice.
- Sliders should be removed (or covered with a gripper for curling shoes) after a player has delivered their rock or when leaving the ice.
- **Use your broom to stop a rock.** Never stop a rock with your hand. Your fingers can be crushed if the rock hits another rock while you’re trying to stop it. Never use your feet to stop a rock as you can lose your balance and fall.
- **Always carry your broom with the broom head down,** which you can use to avoid a fall if you lose your balance
- **Be aware of the ice conditions.** Sometimes the ice is wet from pebbling or condensation and will be more slippery than normal
- **Never go on the ice with your balance impaired** from sickness, medication or alcohol
- **Consider wearing a helmet.** Curling ice can be treacherous. The Canadian Journal of Emergency Medicine reports that 87% of curling injuries are the result of falls, with 30% resulting in a traumatic brain injury (concussion). If you feel that a helmet is a good idea for you then wear one. There are no fashion police at the club

Pittsburgh Curling Club welcomes you all to the new season. Good Curling!