



Curling handout

Curling is both a sport and a lot of fun.

Planning your time:

We recommend you arrive at the curling hall at least a quarter of an hour before the event begins, to make sure you have enough time to change so we can begin on time.

Clothing:

The temperature inside the curling hall is always about as cold as a winter's day, so you should bring along warm clothing: a track suit and a sweater is best. You can change in our changing rooms. We also recommend you wear gloves, a knee pad and a hat.

Shoes:

Curling Club Baden Regio has especially suitable shoes for all participants. Shoe rental is CHF 25.- per sheet, regardless of the number of persons. The ice may not be entered with other shoes.

Other Curling equipment:

Curling equipment (brooms, slider soles, stones) is available in the hall and is included in the price.

Instruction:

Please follow the instructor's advice closely, so that no dangerous situations arise and no one gets injured

Insurance:

Each participant is responsible for their own insurance coverage. Neither the curling hall nor the instructors are liable for any damages.

Car Park Fees:

Please carpool, so that enough parking spaces are available. Restaurant guests may demand exit tickets at reduced prices. (Refer to the host)

How to get here:

Please refer to our website
<http://www.ccbadenregio.ch/theclub/getthere/index.htm> for more information, including train and bus



Have fun with Curling! Your Curling Team Baden Regio.