

Tips for Keeping Your Ice Clean

(and your icemaker & teammates happy)

Nobody likes dirty ice...so here are a few simple things you can & should do to keep the ice clean:

Shoes

- have a **CLEAN** pair of shoes (if you don't have curling shoes, have a pair of shoes that are **NEVER** worn outside)
- clean your shoes before stepping on to the ice surface
- cool your shoes down by standing on the ice behind the hack for 15-20 seconds **BEFORE** throwing a practice shot

Grippers

- get a **NEW** gripper at the start of **EACH** year (**ONLY \$10-15!!**)
- replace your gripper about every 80 games
- WASH** your gripper(s) every 2-3 weeks with warm water (no soap) → dirt on the inside of the gripper can stick to your slider and be transferred onto the ice

Clothing

- AVOID** clothing (including hats, mitts, etc) that sheds or leaves lint on the ice (eg. fleece)

Brooms

- clean your brooms **REGULARLY** during the game (brushes are provided on the backboards)
- clean over the **GARBAGE** can
- synthetic broomheads can be washed (try the top rack of the dishwasher!)
- replace your broom or broomhead if it is leaving hair/dirt/other debris on the ice

Hand/Knee Prints

- only your **FEET** should touch the ice
- after throwing, don't rest your hands or knees on the ice
- if/when you fall, get up immediately-- contact with the ice for just **3 SECONDS** can raise the temp up to 3°C and leave a mark that can affect the path of rocks for the rest of the game

****Please enter the ice surface via the door closest to Sheet 1 (near the ladies' change room****

Keeping your equipment in good repair and replacing it as needed is worth the extra \$\$ and effort -- **fewer picks + better ice conditions = more fun for everyone!**

Be responsible for your ice surface and help your teammates out by politely letting them know if you notice their equipment is leaving debris on the ice...the bits of rubber falling off your teammate's gripper are just as likely to cause a pick for your team!!

By following these suggestions you can help turn

THIS ...

...INTO THIS:



(I can't believe my last rock picked!!)



(Yay, we won!! Mostly because the ice was so clean!!)

