

## **Curling Equipment and Safety**

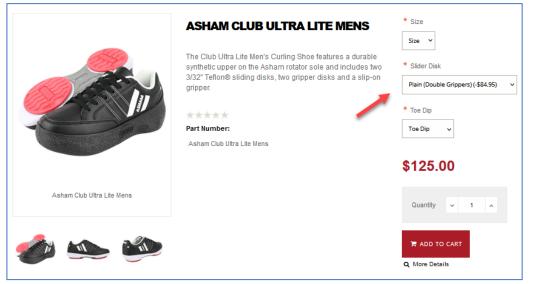
As we start another curling season, we should all look at our curling equipment and see if we need to make any changes.

- If your shoes or grippers are worn, please replace them to be safer on the ice and don't leave marks on the ice. If not replacing them then ensure that they have been washed before starting curling.
- Look at your broom / broom head to see if it needs to be replaced and make sure you clean it.
- If you're curling with a stick, think about getting shoes designed for stick curlers these have double grippers make you much safer
- Think about wearing head protection. Many of us are choosing to wear hats or helmets - it's not elegant but we'd prefer to have protection in case of a fall.

Our sponsor – Curlers Corner (<u>https://curlerscorner.com/</u>) is a great place to go for all of this gear. Their store is located in the Calgary Curling Club downtown. They carry a variety of brands so best selection and great service.

The other option is Goldline – (<u>https://www.goldlinecurling.com/</u>). Their store is on 32 AVE east of the Deerfoot.

Curlers Corner carries the Asham Club double gripper shoes for stick curlers – several of our curlers wear these and comment on how safe they are.



## Curlers Corner also carries a variety of protective headwear

(<u>https://curlerscorner.com/Protective-Headwear c 33.html</u>). The key things with headwear are – it needs to be comfortable – you don't want to get too hot – and it must not fall off if you fall – so needs to be tight or have a chin strap.



Goldline also carries head protection - https://www.goldlinecurling.com/apparel/protective

A bike helmet is a good option. Curlers Corner carries a couple of curling branded ones – but many of us have gone to a local bike shop to find one that fits comfortably.