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## Guide for Ice Renters

Renting ice at the Pembroke Curling Centre (PCC) is a great first step if you want to try curling, or if you want to host a family get-together or office social. We have four sheets of ice available to rent.

Here are some things you and your group should know about your rental:

### **SAFETY, CLOTHING & FOOTWEAR:**

**Helmets:** For safety, helmets are suggested for all adults and are **mandatory for those under 13**. A hockey or ski helmet will work just fine. The PCC does not supply helmets, so bring your own.

**Hands/Head:** To stay warm, gloves/mitts and a toque are recommended.

**Shoes:** Clean shoes must be worn in order to protect the ice. If you don't have curling shoes, use a clean pair of flat running shoes. **Note: No "outside" footwear may be worn on the ice.**

**Clothing:** It is best to dress in layers since the air temperature in the ice hall is about 2<sup>0</sup>C (36<sup>0</sup>F). It is better to have an extra layer that you can remove than to be cold. And it is best to wear clothing (pants, jackets) that are loose or that have some s-t-r-e-t-c-h. And don't forget those thermal socks!

### **CURLING EQUIPMENT:**

The PCC supplies brushes, delivery sticks and stabilizers for renters. These are stored in the ice hall.

The PCC also supplies grippers and sliders that can be slipped over your curling or running shoes.

### **SCHEDULE:**

Renters are recommended to arrive 20-30 minutes before the scheduled start of the rental. This will provide time for fitting grippers and sliders, stretching, and getting your teams organized.

### **AMENITIES:**

Before, during and after the rental period, the PCC offers a bar service in its Main Hall.

**Note: no alcoholic beverages are permitted in the ice hall.**

The PCC offers two golf simulators in the Fore & Roar Lounge. Reservations for tee times are highly recommended to be made in advance.

Friends and family are welcome to come and watch the curlers through large glass windows.

The PCC is accessible and has a barrier-free washroom facility. There is plenty of free parking.