

# School Rental Information

The Garrison Curling Club (the “GCC” or the “Club”) is pleased to partner with junior and senior high schools to deliver their physical education (“PE”) programs. We regret that we don’t work with elementary-aged students.

This document is intended to provide administrators and instructors with the information required to plan and execute their programs.

## About the GCC

The GCC is a leading public community curling facility located in the Garrison Woods neighbourhood in south Calgary, near Crowchild and 50th Avenue SW. We have six sheets of ice that can accommodate up to 48 curlers at one time and can provide curling gear to your students. We have ample free parking for personal vehicles and busses of all sizes

## Programs

Among the team sports, curling is one of the most accessible activities for both boys and girls that involves not only the obvious physical elements but also the intellectual component of strategy.

The quality of a student’s PE curling experience is reliant on many factors:

- **The curling abilities of the PE instructor.** While many PE instructors may have core athletic competencies (together with their teaching experience) that may generally be beneficial to PE students on a curling outing, it’s unlikely they’ve had the training to teach proper hack set-up, grip, leg drive and release. While these are not difficult skills to acquire, it’s their delivery in the limited time of a session that often presents a challenge.
- **The presence of a GCC instructor.** Our instructors are expert at teaching the basics efficiently to students with a variety of abilities through a series of drills. Retaining a GCC instructor for your class will most definitely enhance the students’ experience.
- **The duration and frequency of curling sessions.** We understand that a PE class must fit into the students’ schedules and the overall curriculum. Through years of partnering with schools, we’ve determined that the following are the three optimal curling PE programs. These are designed to teach fundamentals, develop some strategy and insert the students into game play, the last being certainly the most fun component.

<b>Duration of Session</b>	<b>Number of Sessions</b>
30-45 minutes	3
60 minutes	2
90-120 minutes	1

For groups of more than 8, we *strongly* recommend that the school recruit one volunteer per 8 additional students. These volunteers are invaluable in terms of helping to keep students organized, on-task and safe, freeing the instructor to focus exclusively on the training.

## Costs

The GCC wants to promote curling at the grassroots level and partnering with schools is a great way to do this. We charge schools a below-market rate for our programs. At the time of writing this document, they are currently as follows (but subject to change without notice; please confirm with us our rates):

- Ice rental per sheet hour (one sheet accommodates 8 curlers): \$75.00 (min 1 hour).
- Equipment fee (brooms and sliders): \$10 per sheet per hour
- Instruction per hour (one instructor): \$100 (min 1 hour)

Example: two sessions with 16 students (2 sheets) at 60 minutes per session with an instructor:

- Ice rental: 2 sessions x 60 minutes/session = 2 hours x 2 sheets = 4 sheet hours x \$75/hour = \$300.
- Equipment fee: \$10/sheet/hour x 4 sheet hours = \$40
- Instruction: 2 sessions x 60 minutes/session = 2 hours x \$100/hour = \$200
- Total cost: \$540 (*Compare this cost to rock climbing, which, for a group of 16, would cost \$700-900 for two hours.*)

## Schedules

From October to mid-March, our primary day to work with schools is Wednesday or Friday afternoons from 145-245p, when we can accommodate groups of up to 48. From mid-March to

mid-April, the schedule opens considerably and we're able to offer multiple slots during normal school hours.

## Protecting the Students, Instructors and the GCC; Helpful Tips

Set out below is information that should be reviewed by the PE instructor and disseminated to students & parents.

### INFORMATION FOR CURLERS

#### What to Wear

- Stretchy/athletic pants for a comfortable delivery.
- Layered clothing and thin gloves/mittens to stay warm.
- **A separate pair of clean indoor shoes that are flat and preferably have rubber soles (for extra grip).** Typically, shoes worn to school or outdoors (dress shoes, runners) do not provide the requisite grip.

#### What NOT to Wear

- Shorts; ripped or frayed pants that might leave debris on the ice.
- Shorts. Unfortunately, because some students equate PE class with shorts, they present themselves to the curling club in shorts and we have to keep them on the sidelines.
- Footwear with heels; footwear with any exposed metal (including shoelace eyelets) that might damage the ice.
- Long scarves, jackets or other clothing that might drag on the ice during the curler's slide and potentially act as a tripping hazard.

#### Basic Safety & Operational Rules

- **Do not lift rocks off the ice.** This is unsafe and often results in damage to the ice and potential injury to the curler. Push rocks with feet or brooms.
- If you're wearing a slider, always step on the ice with the non-sliding foot first. Only use a slider when you are delivering a rock - not while you're sweeping.
- Do not throw a rock to the other end without someone there to catch it; or allow rocks to impact the hacks or end boards. Use discretion when throwing rocks, as they may be dangerous to others.
- Avoid: running on the ice; placing hands, kneeling or lying on the ice as it degrades the pebble.
- Return the rocks, sliders and brooms to their original spots at the end of the session.

Our rental agreement with the school will contain standard indemnities as well as a Facility User Agreement that, by implication, the parents will agree to.

## Further Information

Contact us by email at [info@garrisoncurling.com](mailto:info@garrisoncurling.com) or by phone at 403-242-8191 to discuss or book your PE curling session.