

## General Guidelines

1. Students should wear their own protective gear for every lesson.
2. Students should arrive at the ice rink 15 minutes before the lesson starts.
3. Student cards should be used for entry on the lesson day. A HK\$10 administration fee will be charged to students who forget to bring their student card.
4. Lockers are available for storage. Locker tokens are available at the ticket office for HK\$10 each.
5. Students should return the curling equipment to the original storage before leaving.
6. All lessons will be conducted as scheduled. No rescheduling request will be accommodated. Absentees will be counted as forsake all missed lessons.
7. Lessons will be cancelled when the Black Rainstorm Warning Signal or Typhoon Signal No. 8 or above is hoisted. Students will be notified of the rescheduled lesson accordingly.
8. Accidents can occur during any recreational activity, and both beginners and high-level curlers are exposed to the risk of injury in the rink owing to their own or others' miscalculation. Interested parties should take this into full consideration before enrolment. The rink operator, owners and management cannot be held responsible for any injuries during lessons.
9. Students must read and comply with the accident disclaimer and safety rules and regulations before the lessons start.
10. Parents are recommended to accompany their children during the lessons and at all times in the rink. Parents are also recommended to pick up their children at the entrance of the rink when each lesson ends.

## 上課須知

- 一. 學員上課時須自備保護裝備。
- 二. 學員必須於上課前15分鐘到達冰場。
- 三. 學員於上課日須使用學生卡進場，忘記攜帶學生卡之學生須繳付港幣10元之行政費。
- 四. 場內設有儲物櫃。學員可於冰場售票處購買代幣，每枚為港幣10元。
- 五. 學員於離開冰場前必須將冰壺裝備放回原處。
- 六. 所有課堂須按指定日期及時間開課及結束，不得更改課堂時間。缺席者將不予安排補課。
- 七. 當黑色暴雨警告、八號或以上颱風訊號懸掛時，課堂將會取消；一切補課事宜將另行通知。
- 八. 鑑於所有運動均帶有一定的危險性，無論是初學者或專業冰壺手均有可能因其個人或其他人士的疏忽導致受傷。故此，有意報讀之學員及家長應先行評估上述的風險。冰場之營辦者、擁有人及管理層將不承擔任何因課堂導致受傷的責任。
- 九. 學員必須於上課前細心閱讀並遵守本冰場的意外免責聲明及所有條例及規則。
- 十. 家長在課堂進行時或任何時間都不應讓年幼子女單獨留在冰場內。在課堂開始及結束時，家長應於冰面出口處接送子女。



## Rules and Regulations

### General

1. All rules stated and posted by the rink are to be followed.
2. Students must heed all warnings from the rink staff.
3. Never go on the ice when your balance is impaired from sickness, medication or alcohol.
4. Bring separate shoes for curling. Change your shoes prior to entering the ice in order to keep the ice clean.

### Getting on the Ice

5. Ice is slippery. Curlers should take note of the ice conditions and be very careful while moving or standing on the ice. If the curler is careless, a fall can result in a serious injury.
6. Be careful on your balance when stepping on the ice. Always step on the ice with your "gripper" foot first before stepping the "slider" foot on the ice.
7. Curler should use slider when delivering or waiting to deliver a curling stone. It should be removed (or covered with a gripper for curling shoes) after a player is leaving the ice or delivery turn is over.
8. Never stop a curling stone with your hand. Your fingers can be crushed, especially if the stone hits another while you are trying to stop it! Use your broom to stop a stone.
9. Never use your feet to stop a curling stone as you can lose your balance and fall. Again, use your broom to stop a curling stone.
10. Always carry a broom with the broom head down, which you can use to avoid or break a fall in case you lose your balance.
11. While sweeping, if you cannot keep up with a fast shot, STOP! Do not risk a fall on the ice.

## 條例及規則

### 一般

- 一. 請遵守場內所發出及張貼的所有規則。
- 二. 請遵從現場工作人員的指示。
- 三. 如受到疾病、藥物或酒精而影響平衡力，切勿上冰。
- 四. 應帶備冰壺活動專用的鞋子在上冰前更換，以保持冰面清潔。

### 冰面上

- 五. 冰面是非常平滑的，冰壺手應留意冰面的情況，在冰上活動或站立時加倍小心。冰壺手若不小心跌倒將可能引致嚴重的受傷。
- 六. 踏上冰面時應注意平衡，請先使用「蹬冰墊/鞋」踏上冰面，然後才把「滑行墊/鞋」踏進冰面。
- 七. 在等待放送或正在放送石壺時，冰壺手應使用滑行墊/鞋。冰壺手在完成放送後或離開冰面時，應將滑行墊/鞋脫掉（或套上蹬冰墊/鞋）。
- 八. 切勿用手來截停滑行中的石壺，或試圖阻止兩個石壺相撞，否則手指有機會被夾傷。請使用冰壺刷來攔截石壺。
- 九. 切勿用腳來攔截石壺，否則有機會失去平衡並跌倒。請使用冰壺刷來攔截石壺。
- 十. 請經常攜帶冰壺刷，並保持刷頭朝下，以保持平衡避免摔倒。
- 十一. 在刷冰時，若無法跟上石壺的速度，應停止行動，切勿冒險以防在冰上摔倒。

# LEARN-TO-CURL PROGRAMME 冰壺訓練課程



# Learn-to-Curl Programme

## 冰壺訓練課程

Ice Curling is an Olympic sport in which players slide curling stones on ice towards a target area that is segmented into four concentric circles. The two teams, each consisting of four players, take turns to slide a polished granite curling stone, also called a rock, across the ice towards the 'house', which is the name given to the circular target marked on the ice. The whole game usually consists of eight or ten 'ends'. In each end, points will be scored for the stones resting closest to the centre of the house when both teams have thrown all of their stones.

During the delivery of a stone, a curler can induce a curved path by causing the stone to slowly turn as it slides, and the path of the stone may be further influenced by two sweepers using brooms to alter the state of the ice in front of the stone. A great deal of strategy and teamwork goes into choosing the ideal path and placement of a stone for each situation, and the skills of the curlers determine how close to the desired result the stone will achieve. This gives curling its nickname of "chess on ice".



冰壺 (Ice Curling) 是冬季奧林匹克運動會項目，運動員需利用以花崗岩石塊製成的「石壺」，於冰上朝著以四個同中心圓組成的目標區域滑出石壺。冰壺比賽一般以八至十局為限，參與的兩隊，各有四名隊員，需在冰上輪流朝著圓形的目標區放送石壺。而於每一局中，兩隊運動員放出所有石壺後，距離本壘中心最接近的石壺將會獲得分數。

運動員利用技巧放出石壺，使石壺緩慢旋轉並以彎曲的路徑滑行，負責石壺前方之持刷隊員可以在冰上刷冰，改變石壺前方冰面的狀態以引領移動中石壺之滑行路徑。冰壺運動能夠充份發揮團隊合作與施展個人技巧，每隊放出石壺時，均須審視情況，部署策略及選擇最佳路徑，使石壺最終停靠在預定的目標位置上。故此，冰壺有「冰上國際象棋」的綽號。

## Lesson Fee 課堂收費

Fee per person per lesson, approx. 55 minutes per lesson  
課堂收費以每名學員每堂計算，每堂約55分鐘。

LESSON TYPE 課程種類	Group Lesson* 團體課堂	
	FULL SHEET 全賽道	HALF SHEET 半賽道
COACH 教練	HK\$260	HK\$160
SENIOR COACH 高級教練	HK\$370	HK\$220
GUEST COACH 客席教練	HK\$430	HK\$280

\*6 - 8 students per class 每班6至8人

Basic curling equipment will be provided – stones, brooms, sliders, grippers, delivery aids, etc.

所提供基本冰壺設備包括：石壺、冰壺刷、滑行墊、蹬冰墊及放送輔助器等。

## Enrolment 報名手續

- HK\$50 non-refundable administration fee is required per student for first-time enrolment.
- Lesson fee includes tuition fee, ice usage fee and equipment rental.
- All lesson fees must be settled at least one working day prior to lesson commencement.

All information is subject to change without prior notice.

- 首次報名之學員須繳付港幣50元之行政費，行政費一經收取，恕不退還。
- 課程收費包括授課費用、冰面使用費及設備租用費。
- 所有學費須於開課前最少一個工作天繳交。

所有資料如有更改，恕不另行通知。

Festival Walk Glacier is committed to bringing a world-class ice curling experience to Hong Kong, and to raising local ice curling standards to international-competition levels. Its curling school features a comprehensive and well-designed curriculum that is proven to satisfy the needs of curlers at all levels.

又一城歡天雪地致力為香港帶來世界級的冰壺體驗，同時將本地的冰壺運動提升至國際級水平。又一城歡天雪地提供一系列全面及有系統的冰壺培訓課程，以切合不同程度的冰壺愛好者的需要。

### Advanced Skills

- Game Strategy
- Advanced Practice & Individual Instruction

### 高級技巧

- 比賽策略
- 高級操作與個別指導

### Curling Basics

- Delivery
- Sweeping
- Line of Delivery

### 基本冰壺技巧

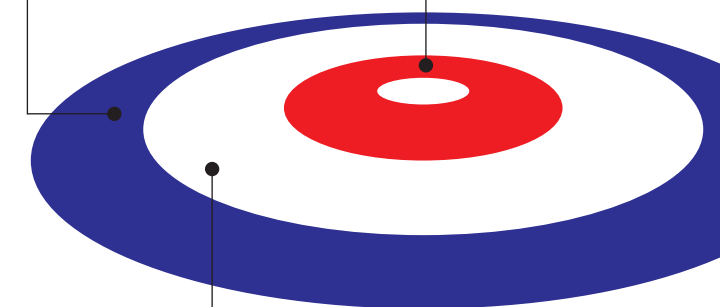
- 放送
- 刷冰
- 控制放送路徑

### Intermediate Techniques

- Team Communication
- Interval Timing

### 中級技巧

- 團隊溝通
- 間距控制



## Festival Walk Glacier

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