

# SCOTTISH CURLING

## Stick Delivery (Seated and Standing)



### About

This workshop has been created for coaches to cover techniques in stick curling for a range of curlers who may have mobility issues. Use of a delivery stick can significantly extend the length of time a curler can play for enabling people to stay active in later years or after surgery/injury. Wheelchair curling has increased in popularity over the years with Paralympic exposure.

Some key themes covered:

- Specific Warm up & Cool down for Wheelchair users or those with restricted mobility/balance
- Delivery Options- standing and seated
- Knowledge of Wheelchair Curling specific issues
- Safety
- Practical on ice element

This course is suitable for coaches with no experience of any form of stick delivery as well as those who want to brush up on some areas. Coaches should hold at least a UKCC level 1 qualification. Those who wish to assist in sessions are encouraged to go on a Ready, Steady, Curl course.

### Application Form

Completed application forms should be returned to:

Scottish Curling  
2A Ochil House  
Springkerse Business Park  
Stirling  
FK7 7XE

Scottish Curling • 2A Ochil House • Springkerse Business Park • Stirling • FK7 7XE  
Tel: 0131 333 3003 • e-mail: [office@scottishcurling.org](mailto:office@scottishcurling.org) • Website: [www.scottishcurling.org](http://www.scottishcurling.org)

For office use only

Date	Pay-in No	N/C	Entry No.	Amount	T/C
		4228		£15 /£20	T2

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Please complete all sections in **BLOCK CAPITALS**

Course Date	
Course Venue	
Course Name	
Title	
Candidate Name	
Date of Birth	
Address	
Postcode	
Telephone	
Email (please ensure email is clearly written)	
Scottish Curling membership number	
Do you have a Disability or any special requirements to help you access the course? If yes, please describe	
Stick/ Wheelchair curling experience (if any)	

*Course cost; £15 members or £20 for non-members. Please note; evidence of membership number will be required upon booking.*

### Payment is by:

Cheque

Payment over the phone

Payment by BACS to Scottish Curling

**Do not process payment until confirmation of your place has been received by the Scottish Curling Office.**

**Sort Code: 80-02-27 Account Number: 00979468 Reference: Name & Course**

### Media and Photographic Consent

I \_\_\_\_\_ give consent/withhold consent to the photographing/videoing/livestreaming and publication of images taken for the purpose of Scottish Curling marketing/training.

\_\_\_\_\_ (Signature) \_\_\_\_\_ (Date)

N.B: Consent will be assumed to have been given in the event of permission forms being left blank

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In addition, I have read and I agree to abide and be bound by Scottish Curling Code of conduct.

Scottish Curling is committed to protecting your privacy. By completing this/these form(s) your personal information will be held and used in line with our [Privacy Notice](#).

Signed	Date
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