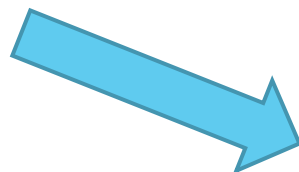




I am going Curling

The Aim of the Game

The aim is to get as many stones as possible as close to the middle of the target (house).



Curling is fun to play with friends!



The Ice rink

The ice rink has coloured circles at each end.

These are the targets.

The rink is split into several **sheets** of ice. This is like lanes in bowling.



My Coach

My coach is there to help me

My coach will like it if I listen
to him or her



My Coach

I will try to do what he or she says

If I am not sure about something I can ask him or her to help me



Clothing

I must wear warm clothing as it is cold in an ice rink.

Jogging trousers or warm leggings will help me move easily



Shoes

I will wear clean trainers so the ice doesn't get dirty.

I will borrow some special grippy covers so that I don't slip on the ice.



Warm up

I will do some exercises to warm me up before I go onto the ice



Safety

If someone shouts **ICE!**

I must stand still and look around as a stone might be sliding fast towards me.

A stone is heavy and could hurt me if it hit me



Safety

I can wear a protective
hat or headband in case
I fall over

I will always walk on the
ice, never run



Curling Stones

Curling stones are very heavy.
I must never lift one up.

The stones are lined up with
the numbers in order



Where To Stand

I will start by standing at the hack.

This is the starting place. It has two rubber blocks.



The Hack

I will face the target at the far end

I will put my right foot on the left hand
hack.

My coach will show me how to do this.

(This is reversed for left handers)



Go!

Push stone and sliding foot forward
and Slide.

Let go of the stone



Sliding with two stones can help me
learn how to balance

Stick delivery

I can also use a stick to push the stone.

This is easier if I can't crouch down



Wheelchair

I can use a wheelchair on the ice if I need to



Getting started

I will do some practice shots
before playing a game

I might aim at a cone to
practice sliding the stone



Getting started

I am trying to get my stone into the middle of the circle target

If I slide my stone too hard it may go past the target



Getting Started

If I slide it too gently it might not go far enough
I can try again to get better



A Game

I will be playing in a team.

There are 8 stones for each team.



Taking Turns

When it is my turn I will slide my stone.

Then someone from the other team will slide their stone.

We will take turns



Hitting My Stones

Someone might knock my stone
out of the way

This might seem unfair but it is
OK, it is part of the game



Well Done

If I play a good shot, my team mates will say 'well done'

If someone else does a good shot, I can say 'Well done'



Scoring

When all the stones have been thrown, I can help to add up the score

I can put the score on the board

I can have another game from the other end



Sweeping

Sweeping the ice makes the
stone go further

It is good fun

I might practice sweeping by
pushing a plastic disc round
some cones



Curling Is Fun

If I listen to the coach and follow
the rules I will stay safe and
have fun

Good curling!



Notes

- ▶ You can use this to start preparing young people/adults for coming to a curling session
- ▶ You can add or take away parts which are not relevant
- ▶ Make sure new curlers are wearing comfortable clothes, with layers, (jeans are not very suitable).
- ▶ Clean trainers should be worn
- ▶ Tell young people/adults not to lift stones or stop them with their hands
- ▶ They can wait their turn behind the hack (rubber blocks)

