

YOUR CURLER

OCTOBER 2020



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Cover photo:

A WORD FROM OUR CEO

Things are going to be different in season 2020/21.

There will be different start dates for some members as several ice rinks are not opening until the new year. There will be different greetings without the normal handshakes at start and ends of games. There will be different skills and tactics as we all play with just one sweeper. Not everything is changing and some things will be the same, the desire to win or at least to play a good game, the good sportsmanship that is the spirit of the game and the chat and banter will remain.

For the first time in its history, the RCCC held the AGM online with more than 400 attendees making it one of the busiest in memory. High levels of engagement before the meeting saw more than 900 members use their right to vote. The feedback we've received in our post-AGM survey has been positive and one common theme that has arisen is the possible option for members to attend either in person or virtually in the coming years. We will be looking into how to achieve this for next year.

The nature of our work changed over the summer months with all staff working from home and as well as preparing for the start of the new season. We spent a lot of time in meetings with government officials and staff from **sportscotland** as we all tried to understand the evolving situation and the measures that would be required to allow curling to resume. The good news was that from 31 August ice rinks were given the green light to open. The challenge is now for us all to follow the guidance to stay safe and healthy, while keeping active and participating in sport. To help bring the new protocols to life we created a short video on the measures you will need to think about to be able to Return To Curling, you can see the video [here](#).

At their last meeting, the board approved an initiative whereby members could pause their membership, so that those with financial pressures, or have chosen not to curl this season, can put this on hold until next season. We do hope that most members will continue to join their clubs and support the sport they love, but we felt it was important to give our members a choice for the coming season and hope things improve in the new year. We will all need to support the ice rinks at this difficult time this season and the next season too.

I hope that you enjoy this first edition of YourCurler for the new season. Some things may be different but we will continue to bring you interesting news and stories from and about curling in Scotland.

Bruce

Bruce Crawford
Chief Executive Officer

RETURN TO CURLING UPDATE

OCTOBER 2020

Now that indoor sports facilities can open again, we are really looking forward to getting back on the ice safely over the coming weeks and months.

We'd like to take this opportunity to give members an update on some key areas that affect our sport, our membership, and our operations in these unusual times.

ICE RINK OPENINGS

At present, most ice rinks across the country are all working hard towards re-opening, with some already into their second week of welcoming curlers.

Each facility is different; some are able to welcome curlers in September and October while others have taken the difficult but understandable decision to delay re-opening until January.

Throughout the summer we have been working with **sportscotland** to develop return to curling guidance, in line with the latest Scottish Government guidelines. The latest guidance can be found [by following this link](#).

We will keep this updated as the situation develops over the coming months. The latest version is always available under the [COVID-19 tab](#) on our website.

It's important to remember that each facility varies so there will be guidance issued by your local ice rink clarifying things like exit and entrance arrangements, as their reopening date approaches.

VIDEO

We have produced this short video to talk our members through what to expect when you return to curling. Tap the image (right) or [follow this link](#) to watch.

Each ice rink is issuing its own specific guidance and will be in touch with their members with full details of the guidelines specific to your local facility.

COVID OFFICERS

As sports return to activity it is a requirement from **sportscotland** that all sports have key contact people, called COVID-19 Officers. Club Secretaries have received full details of this role and we would like to thank everyone who has already volunteered to be a COVID Officer.

As all sports organisations and clubs are required to have a COVID Officer, and to summarise, we envisage the split or responsibilities to be as follows:

- **Scottish Curling COVID-19 Officer** – Central point of contact at governing body for non-facility specific guidance on the sport. Our appointed COVID Officer is Maggie Wilson, but all members of the team have been working closely on the return to curling guidance and will be able to offer advice on their area (e.g. competitions, workforce, etc.)
- **Rink COVID-19 Officer** - Key contact for club COVID Officers on COVID matters associated with local rink e.g. specific operational plans and risk assessments for that facility. They will also be the key point of contact for curlers who are not participating as part of a club. Any facility specific queries should be directed to the Rink COVID Officer.
- **Club COVID-19 Officer** – to circulate key information and be the central point of contact for their club members. The COVID Officer should liaise with local rinks to ensure records are kept of all club members playing for [Test & Protect](#).
- **Individuals** – All curlers have a responsibility to act safely to avoid spreading the virus and should reach out to a COVID Officer if they have any queries or concerns.

[Read more on our website here](#)



MEMBERSHIP

We understand there will be some members who do not want to curl this season because of COVID-19, and we respect that decision. In light of this, the board has agreed to offer these members the opportunity to “pause” their membership for the 2020/21 season.

It goes without saying that we could not do the work we do without our Clubs and Members. The support of our members has meant that in the last few months we have successfully held:

- two virtual AGMs, with more than 450 members attending the RCCC AGM
- a well-received Coaching Conference with over 100 participants
- an excellent Umpires Refresher Day with over 50 participants
- a Junior Club Conference, where almost every club was represented
- a total of 6 Child Wellbeing & Protection in Sport courses, with a further 7 courses planned this year.

The 2020/2021 subscription fees will enable us to continue to:

- invest in the development of curling in Scotland, including floor curling and innovative COVID safe outreach programmes
- adapt and safely run competitions for hundreds of competitors
- support Young Athletes through the Scottish Curling Academy
- enable people with disabilities and additional support needs to try curling
- provide courses, training, and online tools for hundreds of volunteers, coaches and officials
- invest further in livestreaming, for spectators unable to visit venues
- support ice rinks with grants and equipment loans
- lobby government to support ice rinks and promote safe participation in our sport

Should any member choose to pause their membership for the 2020/21 season it will mean:

- their membership fee will be waived for the 2020/21 season
- they will continue to receive the Your Curler e-zine
- they will continue to receive all communications related to their membership
- their future 50-year medal entitlement will not be affected

However, in line with the RCCC’s memorandum and articles, members who do not pay the full membership fee and pause their membership **will not be eligible to vote** at the 2021 AGM. They will also not:

- be insured by Scottish Curling to take to the ice for 2020/21 season
- receive other member benefits such as discounts

Should a member wish to pause their membership because of COVID-19 they should contact their Club Secretary whose details can be found [here](#)

We understand these are challenging times and would like to take this opportunity to thank all our members for their patience, determination and continued support over the last few weeks and months.

AROUND THE RINKS

We're delighted that curling is making a comeback across Scotland, find out below when your local rink is reopening and check out our website here for more

Ice Rink	Opening Date
Curl Aberdeen	1st November 2020
Auchenharvie Leisure Centre	January 2021
Ayr Ice Rink	28 September 2020
Border Ice Rink	January 2021
Dumfries Ice Bowl	31 October 2020
Dundee Ice Arena	11 January 2021
East Kilbride Ice Rink	tbc
Curl Edinburgh	27 September 2020
Fife Ice Arena, Kirkcaldy	9 October 2020
Forfar Indoor Sports	19 October 2020
Greenacres Curling Rink	28 September 2020
Inverness Ice Centre	5th October 2020
Galleon Centre, Kilmarnock	28 September 2020
Curl Kinross	5 October 2020
Lanarkshire Ice Rink	28 September 2020
Lockerbie Ice Rink	January 2021
Moray Leisure Centre	4th January 2021
Dewar's Centre, Perth	28 September 2020
The Peak/NCA, Stirling	28 September 2020*
Stranraer Ice Rink	January 2021
Waterfront Ice Rink	28 September 2020

*Limited access to the National Curling Academy will be available from this date.



FUTURE LEADERS 2020/21 ANNOUNCED

We are delighted to announce the new cohort of Scottish Curling Future Leaders for the season 2020/21.

These youngsters, with a passion for curling, will be supported to develop life skills through volunteer opportunities, as well as empowered to feed in their views to the board and other senior figures on the sport they love.

The initiative has been running for 2 years now, with previous intakes recording many of their great ideas in an ever-evolving manifesto, full of passion, creative thinking and a focus on growing the sport. This is acting as a road map, ensuring young curlers voices are heard.

There are 11 Future Leaders in post this season. The majority of the 2019-20 intake has stayed on, plus five newbies hailing from the length and breadth of Scotland.

The New Leaders are:

- Harry Gow, Perth
- Chloe McNaughton, Perth
- Jamie Rankin, Moray
- Ross Craik, Forfar
- Andrew Cromar, Glasgow

They are joining six existing young leaders, who have stayed on from last year:

- Jennifer Castle Anderson, Aberdeen
- Leo Heggie, Dumfries
- Becky Culverwell, Edinburgh
- Holly Davis, Edinburgh
- Kyle McLain, Borders
- Archie Rawson, Dundee

The scheme is benefiting from the generous support of the Scottish Curling Trust, to whom we are very grateful.

Kay Gibb speaks on their behalf:

'The Scottish Curling Trust is delighted to continue their support of the Future Leader program.'

Many curlers may assume the Trust is primarily responsible for preserving and conserving the historical aspects of curling. However the trustees are very committed to supporting the development of our sport and our curlers, and making it an inclusive and welcoming sport for people of all abilities.

This latest group of young curlers who are embarking on their Future Leaders journey are also hopefully in years to come the future caretakers of both the modern and historic aspects of our sport, so the Trustees are looking forward to working and engaging with the group via zoom in December when we can engage in an exciting and meaningful way'

The group's first virtual get together took place on Zoom recently, where keynote speaker in Kieron Achara, former professional basketball player spoke to the youngsters.

Kieron forged an impressive career in the USA and Europe and represented Team GB at the London 2012 Olympics.

He captained Scotland at the Commonwealth Games 2018 on Australia's Gold Coast and has even taken to the ice with Team Mouat's Hammy McMillan in the past.

Kieron provided some fantastic food for thought for our young leaders, about his background and journey to elite sport.

We wish all the future leaders the best for an enjoyable and insightful season.



COACHING & DEVELOPMENT CONFERENCE

UMPIRE REFRESHER EVENT

Both events this year were online and attracted over 120 coaches, and 50 umpires, a super number for a Saturday and Sunday afternoon!

Although each event was limited to three hours, they were jammed packed with guest speakers, workshops and updates. Andrew Kerr, President of The Royal Caledonian Curling Club, opened the conference and the refresher event and was keen to mention that in these uncertain times we can still forge ahead in curling. This was evident in what followed over the weekend.

COACHING AND DEVELOPMENT CONFERENCE

Tutor and British Curling coach for Team Mouat, Alan Hannah delivered a new Continuous Professional Development (CPD) workshop for this year, *Team Dynamics*. Alan was accompanied by surprise guest and Scottish International athlete Hammy McMillan.

An update on the newly redesigned *Skill Awards* programme, which is being piloted this season in Stranraer, Elgin and Murrayfield, was presented to the audience, and our special guest speaker was Darrell Ell, *Competitions and Development Officer from the World Curling Federation*. Darrell joined us at 6am Canadian time to deliver an engaging presentation on the important role coaches have and the impact this role has on youth today.

UMPIRE REFRESHER EVENT

Special guests Victoria Clark and Adrienne Hunter from Active Advantage took the audience through an interactive presentation on *Mentoring*. The session followed on from the *Introduction to Mentoring* workshop that was attended by a select handful of Scottish Curling umpires in July who are taking up the role of mentors for our new umpires.

Updates provided on *Rule Changes and the Competition Calendar* brought umpires up to speed for the forthcoming season, and the annual request for scenarios was given its due place in the afternoon. This session as always was facilitated in breakout groups where umpires were able to discuss several umping and timing scenarios.

The event ended with the ever-popular *Caption Competition*! Congratulations to winners Dottie Burt and Stewart Sutherland. We've included these across the page for the rest of our members to enjoy!

Probably the most important part of both events was the item on *Our Return to Curling – Coaching and Officiating*. It is in the forefront of our minds daily and affects our return to curling on all levels. However, the breakout groups each day prompted huge discussion on how we can all return safely to our beloved sport and ensure that our coaches, officials, participants and members are guaranteed a safe environment in which to curl.

Although not face to face this year, holding both of these events online was a great success and gave everyone the opportunity to get involved in a very different (and sometimes new and scary!) environment. Just as important is the encouraging prospect that regardless of the constraints we are currently facing in our return to curling, we are still able to develop and learn as coaches and umpires. Next year could see a blended approach of online and face to face events to allow more people access to these events. Now there's an exciting future we can't ignore!

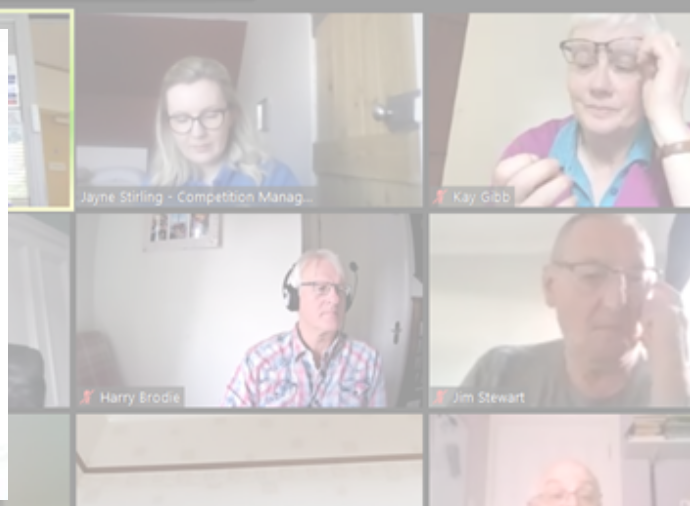
Fiona Harfield, Workforce and Development Manager would like to sincerely thank Scottish Curling staff, guest speakers, committee and board members, presenters and facilitators. Without the support of all involved neither event would be able to take place.

Photos below taken by top Tom Brydone, and bottom Brianna Weldon.



That's a really good question to ask Kirsten. These two elderly umpires won't have a clue about that scenario!

Dottie Burt



No, I don't think you understood when I said "Show us your kegs!"

Stewart Sutherland



UPCOMING ONLINE

Sport Psychology Education for Coaches

Workshop 2: *The Coach*

Wed 14 Oct

Workshop 3: *Effective*

Thu 12 Nov

Workshop 4

Wed 2 Dec

Introduction to Mixed Doubles

Tue 13 Oct |

Developing Playing Styles

Tue 20 Oct |

Key Principles of the Delivery

Tue 10 Nov |

Child Wellbeing and Protection

Mon 2 Nov

Mon 7 Dec

See all upcoming courses [by date](#)

LINE COURSES

n for Scottish Curling

h – Athlete Relationship

| 6-7.30pm

ive Communication

| 6-7.30pm

4: Feedback

| 6-7.30pm

oles

6.30-8.30pm

Through Tactics

6.30-8.30pm

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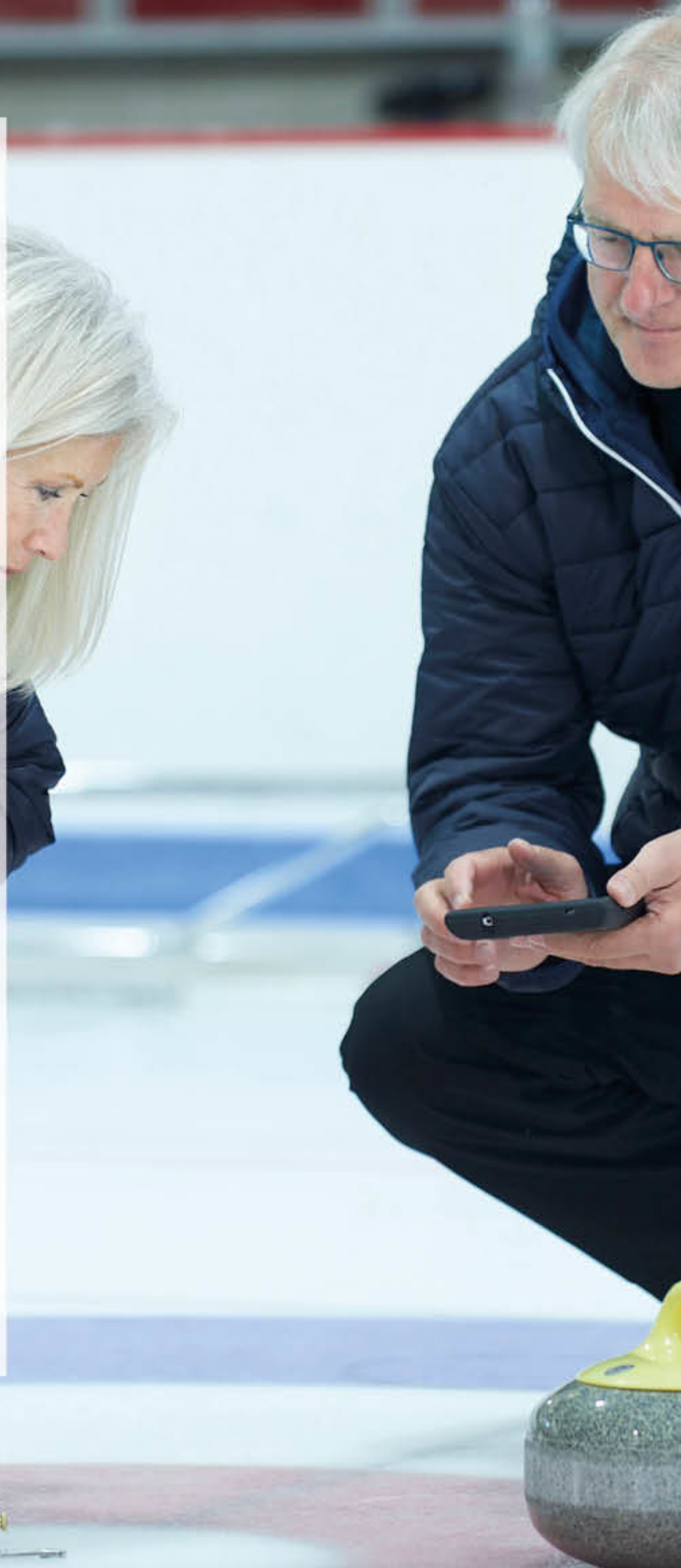
6.30-8.30pm

ction in Sport

v | 6-9pm

ec | 6-9pm

[following this link.](#)



SCOTTISH CURLING JUNIOR CLUB DEVELOPMENT CONFERENCE 2020

The second Scottish Curling Junior Club Development Conference was hosted online recently, with almost a full house of clubs represented. Split over two days, the agenda focused on survey feedback from our Junior Clubs. Development Manager Iain Stewart tells us more...

DAY ONE - KEYNOTE SPEECH

'SECONDARY SCHOOL CURLING'S COOL; HOW WE MADE IT HAPPEN IN FIFE'

Greg Stewart, Academic Lead for Sport & Fitness at Fife College, was our engaging and inspiring keynote speaker. Despite a heavy managerial load, Greg still finds time to lecture, and is passionate about further education, sport and most of all his students gaining great experiences to give them the best opportunity of a bright future in the sport and fitness sector.

Greg talked through the Secondary Schools Curling's Cool project that has started at Kirkcaldy's Fife Ice Arena, with his students as the bulk of the coaching workforce. Greg told the gathering how an approach from Scottish Curling and local curling stalwart Bill Creevy, inspired the vision for this project, which builds on the existing Kirkcaldy Curling's Cool primary school project. On hearing about the successful primary school programme at Dumfries Ice Bowl, which involves D&G College, Greg decided that this could be a robust project for his students to be a part of, given the added credibility of this approach in the curling community. Although Bill and his colleagues felt passionate that High School aged pupils need to try the game (or be reminded of how much they enjoyed it at primary school) they simply could not commit to another schools programme in the same way, with the team being the first to admit that they are a more 'senior' demographic than the college students. Greg was eager to stress he is keen, as are colleagues at further education institutions around the country, to offer coaching and development opportunities in sports outwith the 'big sports' such as football and rugby, so they can produce graduating students at the end of their programme, that are much more experienced in a wider range of sports.

Fiona Harfield, our Workforce Development Manager delivered a Ready, Steady, Curl introductory coaching course and the project has gone from strength to strength, with a strong partnership with Robert Fraser at Fife Active Schools. An increase in Junior Club numbers was noticeable after the project, although unfortunately the COVID-19 pandemic has put an end to it....for now. Greg, Bill and Robert are eager to get the project back on the go as soon as it is practically possible. Fife College are looking to enter the Scottish Student Sport(SSS) league, which has been for many years the domain of universities and not colleges, which would be a huge step forward. It is also hoped, as well as the continued growth in Junior Club membership, that more entries for the Scottish Schools Championships will grow over time if more rinks can follow this example and deliver more secondary school curling via a link with their local college or university undergraduate Sport Coaching courses.

WELLBEING FOR YOUNG CURLERS – BREAKOUT GROUPS

Jayne Stirling, Scottish Curling Competition Manager and a former Team Scotland representative at World Mixed Doubles Championships, led a session and facilitated discussion on wellbeing to our young curlers. Many great ideas were discussed with real onus on addressing any issues that arise from curling competitions requiring national travel during busy academic periods, whether during prelim exams or university and college assessments. Education was highlighted, and much thought around a wellbeing area, room or even a table to allow for a space at competitions to study or undertake some mindfulness practice was discussed. Information on anti-doping, nutrition and other lifestyle advice was discussed, as often this can be a shock to the system for young curlers if they progress up the pathway to Academy level.

DAY TWO – THE NEW SKILL AWARDS

Scottish Curling Development Manager for the South West, Olympic Silver Medallist Scott Andrews presented on the new Skill Awards.

The process of overhaul started in May 2019 when the Skill Awards programme was critiqued by the Development Officer network and then again in August 2019 at the inaugural Junior Club Development Conference. A working group was pulled together with some of the people from that day and some curling professional staff from around Scotland and changes have been made. The feedback was positive that clubs had been engaged and a proactive approach had been taken in updating the popular awards, so they are fit for purpose for coaches and young curlers alike.

UPDATES ON THE JUNIOR PATHWAY

Iain Stewart, Development Manager for N&E Scotland and National Projects, updated attendees on several projects, along with Maggie Wilson, Development Manager for Central Scotland. *Moving On* is an initiative designed to support young curlers moving from one locality to another, be it for college, university or work. Scottish Curling development staff will receive the reply from an online form and link up an introduction with the local rink and student club for the youngster.

Scottish Curling has been working closely with Jim Whittle and the Scottish Student Curling committee and are providing line scoring and match day manager for SSS League days to offer any club development advice to student clubs and to provide social media coverage of action and results of league days.

Floor Curling was highlighted as an area that will need to grow in activity in 2020/21 if we are to engage youngsters. Schools and junior clubs were encouraged to contact the Development Manager team if they wish advice on grant funding to support the purchase of more sets for their local schools.

The conference closed on a hugely positive vote of thanks from RCCC President Andrew Kerr, who thanked Iain and the Development Team for their hard work in laying on such an engaging conference.

'COVID SECURE'

Curling Hall

Our spacious 3 sheet curling hall is back open with additional measures in place to keep you safe.

Sweep into action and let the fun begin again!



Open daily from 10am, last session 6pm.

Due to the 'rule of 6' games can be played in teams of 3.

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REUNION OF 1997 SCOTS TOUR OF USA

Not long before the lockdown in March, members of the 1997 Scots Tour of USA, and their partners, had their 22nd Anniversary Tour reunion at Beamish, Northumberland.

At this event it was appreciated that within our Tour Group we have 6 Past Presidents of RCCC and one Past President of the English Curling Association.

A fantastic time was had by all, and it was wonderful to catch up with old friends.

From left to right in the attached photo, with the dates of tenure of their Presidency, they are: -

Tommy Campbell ECA 2005-2008
David Henderson 2014-15
Andrew Hepburn 2001-02
Inglis McAulay 1994-95 (Tour Captain)
Malcolm Richardson 1999-00
Andrew Stevenson 1997-98
Arthur Beattie 2003-04

*With thanks to Andrew Stevenson
for article and image.*



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For more information or to book, call 0800 0355 108, quoting 'RCCC5'

*All bookings are subject to Fred. Olsen's (FOCL) standard terms & conditions, available on our website & on request. All prices quoted under the Scottish Curling discount offers are exclusive to qualifying members & their travelling companions only, readers must quote their discount code at time of booking. Membership discounts cannot be applied retrospectively. Bookings must be made via 0800 0355 108. Proof of Scottish Curling membership will be required at the time of booking. Offers cannot be extended to any unrelated third party, are subject to availability and may be withdrawn or amended at any time without prior notice. From time to time FOCL may run special offers which cannot be combined with this discount, including selected group travel deals. All guests booked under this scheme are requested to refrain from disclosing the fare paid whilst on board. Fred. Olsen Oceans members are entitled to a 5% Scottish Curling discount. Subject to the same terms & conditions, to be applied after the standard Oceans discount, where applicable. In this instance, Oceans terms & conditions apply. Guests that are new to Fred. Olsen can save 5% through their Scottish Curling membership, subject to the same terms & conditions. Flights are excluded from any discounts. Offer ends 31/12/2020. E&OE.



RELAXED CURLING

Inclusive sessions for people with dementia, their carers and families

Dementia Trainer for the NHS Ayrshire and Arran, Rachel Macleod, first approached Ayr Ice Rink about Dementia friendly curling sessions back in 2019.

The idea has now introduced (or re-introduced) 60 participants to the sport, and given Scottish Curling's coaches an added insight into how to deliver support and guidance to those suffering from the condition.

Rachel tells us how the concept came about.

"During a conversation I had with a young family carer, she spoke about how difficult it was to find sporting activities that the whole family could do that would meet the needs of her husband with dementia and her young children.

"Having an activity where her husband felt able to join in without feeling marginalised as well as encouraging her children to try sport for health and fitness was important for the family as a whole.

"I was having a chat with a colleague at work who suggested trying curling as there were already facilities for wheelchair users and opportunities for children to try the sport with trained coaches.

"I approached Scott Andrews, who at the time was Development Officer for Ayr, and we discussed if there was an opportunity for people with dementia to try curling, not only for a new experience and exercise but also for reminiscence of a sport they may have tried in the past. It was agreed that it would also be inclusive to staff and families."

"We arranged a couple of trial days and invited a small group of people from local care homes, day care and carer groups; including the family that expressed their need. The coaches also requested dementia training to understand the condition more and therefore improve their communication and coaching methods to meet the needs of the groups. The family really enjoyed the day."

Rachel recalls the comment that she will always remember, from the carer who said

"I may not be able to make new memories for my husband, but I can still make them happen for my children. We went home and the kids never stopped talking about how much fun they had on the ice".



COMPETITION CORNER

AS WE CONTINUE TO NAVIGATE OUR WAY THROUGH THE COVID-19 PANDEMIC, WE HAVE HAD TO MAKE SOME DIFFICULT DECISIONS REGARDING SOME OF OUR COMPETITIONS, INCLUDING SOME POSTPONEMENTS AND CANCELLATIONS.

Although we are keen to resume the competitive calendar, the safety and confidence of our members remains the top priority.

Each competition has a unique set of circumstances to assess, including facility restrictions, required format and competitor demographic, and we are working with the host ice rinks to decide how to move forward on an event by event basis.

The Scottish Curling Junior Championships were due to take up their new calendar position in early December this season, but the decision has been made to postpone these, with the event now due to run from 12-17 January at Curl Aberdeen.

Extensive consultation took place with key stakeholders including the Competitions Committee, competitors and coaches, Curl Aberdeen and performance staff.

We hope that this proactive postponement will afford Scottish Curling the opportunity to hold the safest and most successful Championships possible, and look forward to welcoming competitors to Aberdeen in January.

A full list of the current changes to the 2020-21 Competition Calendar can be found on our COVID-19 page.

If a competition is not listed here, then it is anticipated that it will go ahead as planned.



Are you enjoying YourCurler? Is there anything you feel is missing?

We would love to hear your thoughts on the new YourCurler and how we can improve the content we feature.

If you could spare a few minutes to leave us your feedback using the form adjacent we would appreciate it greatly.

Also, feel free to use the stars to rate this current issue (1 star - Poor, 5 stars - Great)

To receive your issue as soon as it published log on to the Scottish Curling Member Database and add your email address to your profile.

Alternatively, you can use the subscribe button below and we'll keep you up-to-date with all things Scottish Curling.

If you enjoy the revamped Your Curler can we kindly ask that you share it with your friends and family, and encourage them to sign up for future issues.



**WE WANT
YOUR
FEEDBACK**



BULLETIN BOARD



SOPHIE JACKSON

has been appointed as Scottish Curling Academy Manager for season 2020/21

Read more here



WE'RE HERE



Scottish Curling HQ staff are working remotely - you can find our contact details here

ROBIN BRYDONE

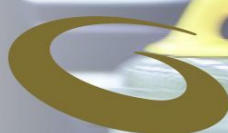
will be the new Curling Development Officer in Dundee
Find out how more here



Goldline is proud to partner with Scottish Curling through our sponsorship of Scottish Mixed Doubles Championships.

Our goal is to promote growth and development of the game by supporting the efforts of associations, ice rinks and clubs.

Scottish Curling is poised to deliver exciting changes and Goldline is pleased to be a contributor.



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