

Running a Try Curling Session – Guidance for Clubs

Follow the Official Scottish Curling Format

All Try Curling sessions must follow the official format set out by Scottish Curling. This ensures consistency, safety, and the best possible introduction to the sport.

- **Qualified Coach:** The session must be led by a coach who holds a recognised Scottish Curling coaching qualification. Ask to see a coach's qualification. If your session is aimed at children, then they must also have PVG membership and Child Protection training.
- **Session Content:** Follow the structured progression for warm-up, delivery technique, sweeping, and short game play as outlined in the Scottish Curling Try Curling resources.
- **Equipment & Safety:** Provide approved curling brushes, sliders, and grippers. Cover on-ice safety protocols before starting.

Selecting a Coach

When choosing your session lead:

- **Qualifications:** Ensure they have a current Scottish Curling coaching qualification appropriate for beginner instruction.
- **Experience:** Look for coaches with a track record of engaging with complete beginners.
- **Communication Skills:** The coach should be approachable, encouraging, and able to adapt instruction to varied abilities.
- **Availability:** Confirm their commitment well in advance and ensure they understand your club's aims (e.g., recruiting new members).

Planning Your Session

Timeline

- 8–10 weeks before: Confirm date, time, ice booking, and coach availability.
- 6–8 weeks before: Register your session with Scottish Curling to be listed on TryCurling.com, arrange promotional materials, and begin advertising.
- 4 weeks before: Reach out to local press, community groups, and schools. Confirm volunteer helpers (on-ice and off-ice).
- 1 week before: Final check on equipment, refreshments (if applicable), and participant numbers.

Key People to Inform

- Scottish Curling (for event listing & support materials)
- Your ice rink management
- All club members (encourage word-of-mouth promotion)
- Local community noticeboards, sports hubs, and relevant social media groups

Marketing Your Session

- Channels: Use social media, local newspapers, club website, posters in community centres, schools, gyms, and cafes.
- Messaging: Emphasise fun, inclusivity, and that all equipment is provided.
- Booking: Encourage advance sign-up to manage numbers and prepare enough helpers. Consider an online booking form – TryCurling.com can be used for online bookings.
- Visuals: Share photos/videos of curling in action to spark interest.





During the Session

- Greet participants warmly, provide name badges, and explain the session plan.
- Give a brief introduction to curling and the club.
- Follow Scottish Curling's delivery plan, keeping activities interactive and supportive.
- Provide time for questions and informal chat after the on-ice session.
- Consider adding a socialising element in the bar/café after the session to build connections with participants.

Follow-On & Participant Pathway

A Try Curling session should be the start of a journey, not a one-off:

- Next Steps: Offer a clear pathway—e.g., a Beginners' Course or "Come & Try Again" follow-up session within 2–3 weeks. Think about what your ice rink offers as support for their learning.
- Contact Details: Collect participant emails (with consent) and send them details of upcoming opportunities.
- New Member Officer: Identify a new member officer who can be the main point of contact for participants and who can ensure new club members are included within the club.
- Club Buddy System: Pair new players with a friendly club member for their first few games.
- Special Offers: Consider introductory membership rates or free first club night.
- Stay Engaged: Post photos from the session (with consent) on social media.