

Top Tips for Delivering a successful Try Curling Session

Be prepared and organised for the session – Ensure it is clear where they should go on arrival at the rink – consider using signs or posters. Don't leave participants waiting around while everything is prepared.

Provide a friendly first impression – Greet participants warmly, and share what will be happening next. Explain the session, set expectations and provide the opportunity for questions.

Adapt to ability – Offer delivery aids and sweeping alternatives for those with mobility challenges. Provide confidence to participants who require additional support.

Keep it fun – Participants want to have a fun and positive experience, think about ways to keep the session fun and relaxed.

Positive encouragement – Create a safe environment where everyone abilities and successes are celebrated – no matter how big or small.

Energy & enthusiasm – Coaches and helpers should keep a lively, approachable tone throughout the session.

Keep instructions simple – Short demonstrations followed by lots of hands-on practice with short and simple instruction. Try to avoid using curling terms participants may not be familiar with.

Balance learning with play – Aim for participants to play a mini-game by the end of the session, however remember that game play is fun and relaxed.

Stay flexible – Adjust the pace of the session depending on group size, age, and ability levels. Make adaptations for individuals where necessary.

Off ice offering – Consider if you could include a drink after the session as part of the session.

Welcoming environment off-ice – Provide a space for participants to chat and socialise after the session. Ensure the coach or a member of the club are present to drive the socialising.

Pathway information – Ensure the next steps for continuing with curling are clear and provided at the end of the session. Vague information will leave participants feeling disconnected.

Invite feedback – Ask participants what they enjoyed most and provide opportunity for feedback to be given.

