

Fun

We are ambassadors for the sport. The rental is usually an introduction to a completely new sport and set of physical skills. Once the renters have learned the basics let them play and have fun.

While you are teaching, don't talk too much or over-demonstrate. Get them sliding and throwing as soon as possible to help them be involved and motivated.

Some individuals may be quite competitive or athletic and will appreciate coaching to improve, but others will just want to throw the way that is comfortable for them and just have fun, even if they aren't particularly effective. Try to be sensitive to these differences.

As long as they are staying safe, aren't damaging the ice and are having fun, you probably don't need to work too hard to correct their form.

Curling Rental Instructor Tips

Thanks for volunteering to help teach at a curling rental. This helps the club raise money to keep the membership and league fees low and maintain the facility. The following are a few tips for you if you haven't taught at a rental before.

Goals - It's a rental, not a clinic

Most of our rentals are corporate team-building or morale events. The focus should be on fun and safety rather than developing great curlers. If people get 'hooked' on curling after their rental exposure, they can attend a clinic to sharpen their curling skills. At a rental or an open-house we are just trying to give them the basic skills and knowledge to be able to play a game of curling and have fun while doing it.

Safety

Emphasize and enforce basic safety rules:

1. Use Sole Glider carefully

- Step on hack first and then on Sole Glider
- Step off the SoleGlider as soon as you are finished sliding for steady footing.
- Don't accidentally step on SoleGliders left lying on the ice. (banana peel effect!)

2. Do not run or jump on the ice

If a rock is going too fast to keep up with it comfortably, sweeping won't help it so let the rock go by. Sweeping is the riskiest part of curling.

3. Do not pick up or kick the rocks.

4. Watch out for moving (and stationary) rocks

An Example 'Script'

Typically, renters will have watched the 'How to curl' video already. You will be guiding them through the same steps the video showed.

Etiquette and Rules

1. Introduce yourself and shake hands
2. Explain about the pebbled ice and the curling stones
3. Explain the parts of the sheet (House, Button, Tee, Hog Line, Back Line, Sidelines, Guard Zone, Hack)

Sliding

4. Demonstrate a proper no-lift curling delivery using the sole glider.
5. Show how to hold the stone properly
6. Demonstrate and have them slide out of the hack using two stones a few times without letting go to them get comfortable with the delivery slide and balance.
7. Demonstrate again and have them slide with one stone, letting go at the end.

Releasing

8. Explain the purpose of turning the stone
9. Explain about the role of the skip, their target broom and their turn instruction
10. Have students pass stone back and forth across sheet with a ½ turn (in-turn and out-turn)
11. Stand on Hog Line. Indicate a turn.
12. Have students slide to your broom, releasing with the proper turn. Help them get it right.

Sweeping

13. Demonstrate and explain sweeping and sweeping rules
14. Emphasize that sweepers should start near the T-line
15. Emphasize that they should not run to keep up with a rock that is going fast. Novice sweepers are needed for stones that are 'light'/slow, but not for stones that are 'heavy'/fast.
16. Have them all sweep to the other end of the sheet.

Scoring and Rules

17. Discuss how to determine the score using some rocks.
18. Explain the operation of the scoreboard.
19. Explain the organization of a team, the order of play and 'Last Rock'.
20. Explain the "4-Rock Free Guard Zone" rule

Game Play

21. Break up into teams and help them play a game including handshaking

Groups often play a few ends and then take a break, coming back out after refreshment and possible re-forming of teams.