

Curling Event Safety Tips

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

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

Goals

Most of our guests 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.

Instruction Script

Typical guests 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. Walk the guests onto the ice and explain the parts of the sheet. Watch for unstable guests.

Sliding

3. Demonstrate the no-lift delivery using a sole glider and two crutches.
4. Have the guests practice what they witnessed.
5. Demonstrate the proper grip on a stone.

6. Have the guests slide with a rock and the crutch.

Release

7. Explain the purpose of turning the stone.
8. Explain the role of the skip and aiming to the broom.
9. Have guests pass stones back and forth across the sheet using skip's hand singles.
10. Stand at near hog line acting like the skip and have guests throw stones to far end while aiming at a broom.

Sweeping

11. Demonstrate effective sweeping and emphasize sweepers starting near T-line! **No butt sweeping!**
12. Discuss reason for sweeping and have guests sweep rock together using "Sweep!" and "Off!" calls.

Scoring and Rules

13. Cover scoring after an end is complete