



CURLING



SAFETY AND ETIQUETTE

LEARN THE LINGO

Shoes/Slider: Curling shoes have a special sliding surface made of Teflon on the bottom of one shoe and a soft rubber sole called a gripper on the bottom of the other. Curlers who do not wish to invest in a pair of curling shoes or are of an age where their feet are still growing often use sliders instead. The slider, which is typically made of Teflon, can be worn with rubber-soled sneakers and comes in step-on and strap-on varieties. The CSC Curling Club has sliders available for use by new curlers.

Broom: Brooms used to sweep the ice are specially made for curlers. Broom heads, also known as brush heads, are typically made of synthetic materials.

Hack: The foothold from where stones are delivered.

Hog Line: Curlers must release the rock before they cross the hog line, and rocks must cross the hog line at the other end of the sheet or else be removed from play.

House: The colored circles on the ice. Rocks must be inside or partially touching the house to score.

Rocks/Stones: Curling stones are made of granite quarried in Scotland. Full size curling stones weigh approximately 42lbs.

Sheet: The “lane” of ice used for a game of curling.

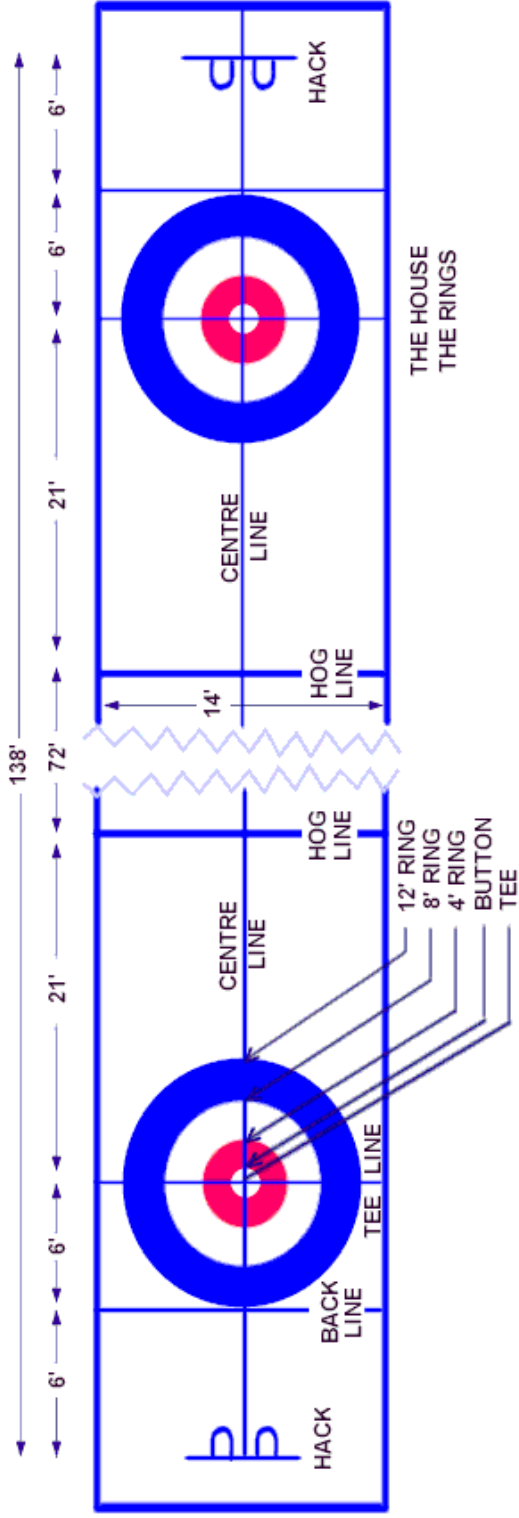
Stabilizer: The stabilizer is often used in lieu of a broom while delivering the stone and can help new curlers with balance. The CSC Curling Club has stabilizers available for use.

Stacking the Brooms: Socializing with teammates after a game, typically with a drink.

Team Composition:

- **Lead:** Throws first two rocks (stones 1 and 2).
- **Second:** Throws next two rocks (stones 3 and 4).
- **Third or Vice:** Throws next two rocks (stones 5 and 6) then goes down to hold the broom for the skip.
- **Skip:** Throws the last two rocks of the end (stones 7 and 8). The skip is like the captain of the team calling game strategy. The skip stands in the far house holding his/her broom to tell the team what shots to throw and where to aim.

SHEET DIAGRAM



CURLING ETIQUETTE

- ***Don't be late!*** If for an unavoidable reason you will be late or cannot play, it is your responsibility to find a sub. In an emergency when no sub is available you must notify your skip.
- As soon as you arrive on the ice greet each member of the opposing team and your own team with a handshake. Introduce yourself and wish them good curling.
- Do not in any way disturb a curler in the hack. Do not stand too close or talk behind an opponent who is delivering a rock.
- Do not get in the way of opposing sweepers. When the opposing shooter is in the hack, sweepers on the opposing team should be on the sideline between courtesy lines. Take care not to obstruct the players on the neighboring sheet of ice.
- As soon as all moving rocks have stopped promptly clear to the sides of the sheet. Staying in the center of the sheet blocks the view of the player in the hack.
- Be ready to take your position in the hack as soon as your opponents rock is delivered. Delays detract from the game. Maintain a good speed of play.
- Keep alert and pay attention to every shot played in your game, both those of your teammates and opponents.
- Be ready to start sweeping immediately when a rock is released. Sweepers should stay even with the rock as it travels and respond promptly to the skip's sweep calls.
- Do not gather around the hack or house when an opponent is preparing for a shot. If you are a sweeper, your position is on the sideline between the courtesy lines.
- Between calls, the skip or vice of the non-delivering team should stand behind the house, keeping perfectly still and avoiding doing anything to disturb the concentration of their opponents. This includes conversations.
- Be quick to compliment a good shot. Never made adverse remarks about poor shots. Never celebrate an opponents misfortune.
- At the end of the game, no matter the outcome shake hands with each curler and thank them for the game. It is customary for each player of the winning team to offer their opponent of the same position a beverage. Each player on the losing team offers their opponent of the same position the second round of beverages. If you cannot stay to socialize, make your apologies before leaving.
- Clean shoes and a clean broom are very important. Do not brush dirt from your broom while on the ice, as it can affect the path of a rock. Dress for ease of movement with layers for warmth but be cautious of garments that may shed fuzz on the ice such as sweatshirts or fleece jackets.

SAFETY FOR CURLERS

Curlers typically get their “sea legs” on the ice after their first several games. Typically, it is not difficult to get around on the ice. That said, **never forget that ice is ice**—if a curler is careless, a fall can result in a serious injury.

New curlers are cautioned to be very careful while moving or standing on the ice. Experienced and new curlers should pay attention to the following cautions:

- Step on to the ice with your “gripper” shoe first and **be careful!** Never use your slider shoe to step on to the ice.
- Always use cation when entering and exiting the ice. Curlers are most likely to fall at these times.
- Never stop a rock with your hand, use your broom or brush to stop a rock. Curling rocks are heavy and present a crush hazard.
- Never use your foot to stop a fast moving rock, as you could lose your balance and fall. Again, use your broom or brush to stop a rock.
- Always carry your broom or brush with you on the ice. You can use it to avoid or break your fall should you lose your balance.
- Never go on the ice when your balance is impaired from sickness, alcohol consumption, etc. Falls can cause serious injury.
- While sweeping, if you are unable to keep up with a fast shot, **STOP**. Don’t risk a fall on the ice.



DON'T FORGET TO WARM-UP!

Curling is a sport and should be treated as such—don't forget to warm up before stepping on the ice! And remember to refrain from alcoholic beverages before curling.

Aerobic Warm Up

Curlers are encouraged to begin with 5-10 minutes of a whole body aerobic activity. The goal of such a warm-up is to elevate the heart rate, increase blood flow, and heat the body, particularly the muscles and joints. Your aerobic warm up should have a mild intensity. Curlers should be able to maintain a regular conversation while warming up and shouldn't feel as though they've worked up too much of a sweat. Progressive exercises such as skipping, stair climbing, jogging/marching on the spot are appropriate warm-ups for most curling venues. Curlers are encouraged to develop their own routines!

Some suggestions for aerobic warm up include

- marching/jogging on the spot
- alternating bum kicks on the spot
- stepping up and down on a stair tread
- stepping up and down on a low bench
- hop-scotching over the patterns of a carpet
- hop-scotching over curling brooms
- walking rapidly forward, backwards, and sideways
- shadow boxing

Stretching

Following an aerobic warm-up, curlers should complete dynamic stretches. Dynamic stretches are defined as slow, controlled movements through a full range of motion. Dynamic stretching is most appropriate for a warm-up, while sustained static stretches are more appropriate for a cool-down. In dynamic stretches there are no bounces or jerky movements, but moving body parts that gradually increase reach, speed of movement, or both. An example would be controlled leg or arm swings.

Dynamic stretching should be done immediately after your aerobic warm-up for 5-10 minutes. Perform sets of 6-10 repetitions for each dynamic stretch. If you begin to feel tired, stop. Tired muscles will decrease your coordination on the ice.

If you wish to static stretch, hold static stretches for 3-5 seconds only. Long-held static stretches cause muscles to relax and will not allow for you to react powerfully and quickly at the start of your game.

Some suggestions for dynamic stretching include:

- *Neck Mobility:*
 - *Flexion and Extension:* Tuck your chin to your chest, then lift your chin upward as far as possible without straining.
 - *Lateral Flexion:* Lower your left ear towards your left shoulder, then your right ear to your right shoulder.
- *Shoulder Rolls:* Stand tall and relaxed. Roll your shoulders back, down, and up again in a smooth motion.
- *Arm Circles:*
 - Stand tall and relaxed with your hands about a foot away from your sides. Keeping your body still, move your hands in small circles gradually increasing speed. Reverse directions.
 - Repeat the same motion with your arms out 90 degrees from your torso.
 - Repeat with large circles, engaging the range of motion of your entire shoulder.
- *Overhead Reach:* Stand tall and relaxed. Bend smoothly to one side while reaching overhead with the arm on the opposite side.
- *Golfers Twist:* Extend your arms out to your sides. Twist your hips and torso to the left, shifting your weight to your left foot. Repeat to the right.
- *Leg Swings:*
 - *Forward and Backward:* Stand next to a wall. Using the wall for balance, swing your leg closest to the wall forward and backward. Repeat on both sides.
 - *Side to Side:* Lean forward lightly with both hands on a wall. Swing one leg in front of your body from side to side, pointing your toe upwards.
- *Reverse Lunges:* Stand tall and relaxed. Keeping your back straight, step backwards into a lunge. Bend the knee of the leg stepping back slightly.

Slide

The final phase of a good curling warm-up is done on-ice using the sliding movements associated with delivery and brushing skills. Warm-up sliding from the hack, beginning with an easy leg drive and high upper body position and progressing to a full leg drive with the upper body in delivery position.

GOOD CURLING!



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Questions about curling or other rink programs at CSC?

Contact Rink Program Director Katie DiFranco at
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