

# SWEEPING

*Sweeping is what makes Curling a team sport.*



The reason we sweep is to polish the ice in front of a moving stone, which allows the stone to glide more easily down the ice. Strong *effective* sweeping can significantly affect the distance a stone travels. Good sweeping can lengthen the distance of a draw shot by over ten feet. Sweeping will also keep the stone travelling a straighter path.

## REASONS

Make the stone travel further  
Keep the stone straighter  
Keep the ice clean

## EFFECTIVENESS

Coverage  
Speed  
Pressure

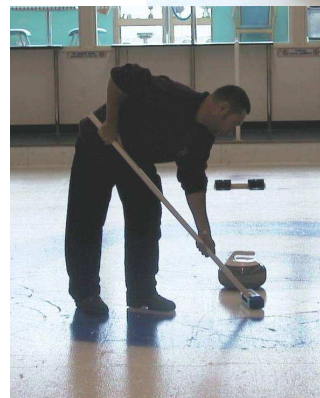
**N.B. Change of rule** – One sweeper, of the playing team, can continue sweeping behind tee line under instruction from their skip.

Sweeping can be done from a variety of positions. The sweeper should choose what is most comfortable.

The brush head must clearly move from side to side across the path of the stone, covering the running band, and finish to one side.



Upper hand palm up to support brush, lower hand palm down to generate pressure. Sweeper's head should be over the brush head and turned at an angle to see skip and stationary stones. Bend from hips and knees not waist. Brush should be held on the skip side of the sweeper.



Encourage curlers to sweep without a slider, using either side step or shuffle walk. This is safer and more effective as more pressure can be applied.

