

## RCCC National Try Curling guidance

The objective of the session, is to introduce participants to the sport of Curling in a safe, fun manner.

### Equipment required:

“lino” sliders and brushes - X1 per participant

Crutches, cones/target - X2 per hack.

Grippers, Knee pads, Delivery cues - Available if required.

### Registration

A registration table - (signposted from the entrance to the facility) will be manned by an adult throughout the session.

- Relevant contact details collected and forms completed.
- Direct participants to changing area etc
- Inform participants the programme of the session.
- Friendly welcome to all participants.

All **highlighted text** refers to an RCCC document which can be downloaded from the Royal Club website / coaching section / Coaching aids page.



Try Curling is an RCCC initiative.

Activity	Time	Coach 1 (off ice)
Safety	5 min	<ul style="list-style-type: none"> <li>Explain safety (<b>Safety code*</b>),</li> <li>Help participants identify their own sliding and gripping foot</li> <li>Visual check of participants' footwear and clothing suitability.</li> </ul>
Warm Up	10 min	<ul style="list-style-type: none"> <li>Coach to lead warm up by example - participants to copy. A few dynamic exercises (<b>Warm up*</b>).</li> </ul> <p>Finish with forward lunge (with sliding foot forward) - ask participants to remember this position as they will use this position for sliding on ice.</p>
Transfer to ice		<ul style="list-style-type: none"> <li>Lead the group to the edge of the allocated ice sheet and introduce the on ice coach.</li> </ul> <p>Back to back sessions - coach should escort other participants leaving the ice and go to Cool down.</p>

Activity	Time	Coach 2 (on ice)
Intro to ice & Sweeping	10 min	<ul style="list-style-type: none"> <li>Coach to supervise participants stepping on the ice for the 1<sup>st</sup> time. Reinforcing safety - <i>step on to the ice with their gripping foot.</i></li> <li>Learn to move safely. "Shuffle" walk the group half way down the rink reinforcing relevant safety. (participants to carry their sliders with them).</li> <li>Explain the 3 reasons to sweep, show how to hold brush and check all feet are grippy. (no sliders)</li> <li>Practice sweeping. Either coach push a stone for the group or partner activity calling "on" or "off", Group/partner sweep ½ way down sheet.</li> <li>Swap partners/side to sweep and return back down rink</li> <li>Turn group, and return down rink "paddling" using lino sliders. Explain and demonstrate pedalling - relate to riding a scooter, nose over toes etc</li> </ul> <p>Coach to maintain safety, encourage and praise. Create awareness of boundaries eg stay between these lines. Point out and name some of the markings on the rink - hog line, house &amp; hack. Generally encourage and praise.</p>
Basic delivery - slide with crutch & stone	5 min	<ul style="list-style-type: none"> <li>Explain basic delivery - three stages Ready Steady go - (<b>RSG delivery</b>) with quick demonstration.</li> <li>Participants to take turns - Coach remind not to let go</li> </ul> <p>While waiting for their turn encourage others to observe and ask questions. Reinforce relevant safety, praise and encourage effort throughout.</p> <p>If large numbers i.e. 8 - participants will only have time for one turn each - smaller numbers may have time for more.</p>

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<b>Basic delivery - slide with crutch &amp; stone and let go.</b>	5 min	<ul style="list-style-type: none"> <li>Participants to take turns - this time encouraged to let go of the stone.</li> </ul> <p>While waiting for their turn encourage others to observe and ask questions. Reinforce relevant safety, praise and encourage effort throughout.</p> <p>If large numbers i.e. 8 in the group participant may only have time for one turn each - smaller numbers may have time for more.</p> <ul style="list-style-type: none"> <li>Coach to supervise participants collect and safely return stones.</li> </ul>
<b>Hot shots</b>	10 min	<ul style="list-style-type: none"> <li>Explain quickly concept of (<b>hot shots</b>) show diagram.</li> <li>Participants to take turns to throw X2 draws, scored as per “hot shots”</li> </ul> <p>Coach to supervise - reinforce relevant safety, controlled stones and participants’ readiness to take their turn.</p> <p>Helper positioned 1/2 way - far end, recording the scores.</p>
<b>Leave ice</b>		<p>Coach supervise participants leave ice and meet the off ice coach</p> <p>Stones moved and put away at end of rink.</p> <p>If back to back session - coach to introduce next group to the ice.</p>

Activity	Time	Coach 1 (off ice)
<b>Escort from ice</b>	2-3 mins	<p>Be at the end of rink of rink to escort participants off the ice.</p> <p>Collect any equipment.</p>
<b>Cool down</b>	5 min	<p>Assemble all together for Cool down.</p> <ul style="list-style-type: none"> <li>Coach lead by example - participants to copy. (<b>Cool Down*</b>)</li> </ul>
<b>Lead to refreshments</b>	2-3 mins	<p>Lead group to a designated warm area for end of session refreshments.</p>
<b>Q &amp; A</b>	5 min	<ul style="list-style-type: none"> <li>Hand out follow up opportunity literature.</li> <li>Quick chat (over coffee?) to discuss any questions of the day.</li> </ul> <p>-Nb if not back to back sessions coach could stay longer than 5 mins to answer questions and chat to the group.</p>

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