

Bungee Slides

Should only be used with experienced curlers.

To ensure that curler keeps the stone in front, and does not push the stone on release.



Attach a bungee cord to players sliding foot ankle and wrist of the hand holding stone.

As the player delivers, they will be restricted if they try to push the stone.

The bungee cord can also be used as a guide for curlers to determine how far away the stone should be from their foot.

Different lengths of cord should be available.