

2025/2026 School Curling Program

Welcome Teachers!

We are excited to host your class and give your students "a taste of our sport". Basic skills training is provided over three 45 minute sessions per class / group. Sessions begin at 1:00pm on your selected dates. If possible, please arrive a few minutes early so instruction can begin on time and there is more time for fun!

The cost for this program is \$12 per student

Below is a brief description of what you can expect:

Lesson 1 Off-ice -Overview of curling & terms

- Safety
- Respect of the ice
- Fitting of grippers on shoes

On-ice -Sweeping

- Sliding without rock
- Throwing rocks-short and full length of ice.

Lesson 2 Off-ice -Review of safety and respect of the ice

- Clockwise and counter-clockwise rotation (turns) applied to stone
- Player positions on a team (distribution of pinnies)

On-ice - Practicing the turns;

- Location of where players stand during a game
- One end game
- *- If time allows, game of tic-tac-toe*

Lesson 3 Off-ice -Review of safety and respect of ice

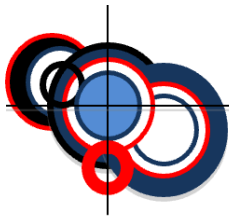
- Game

On-ice -2 end game.

- *-If time allows, game of tic-tac-toe*

To make your visit to the club run as smoothly as possible, we ask that teachers prepare their students with the following:

1. All students are required to wear a CSA approved helmet on the ice. We do not have extra head protection for students at the club.
2. Have students bring their clean, indoor shoes with them. These will be fit with grippers to use on the ice. *It's helpful if teachers can mark down or have students remember their gripper size (XS/S/M/L) so we get on the ice faster in following sessions*
3. Encourage students to wear stretchy but warm clothing. Gloves are a good idea too!
4. Group your students into groups of 4. If necessary based on class size, groups of 3 after groups of 4 have been formed.



5. Upon arrival at the club, have students brush any snow/debris off outside and clean outdoor footwear with the brush before removing and carrying upon entering the building

Please note that our school curling program is run 100% by volunteers. As teachers, it is expected that you are on the ice with your students as you know them best and can intervene if any challenges arise.

We are excited to see you at the club!

Jason Chambers

Manager

Salmon Arm Curling Centre