

Welcome Teachers!

For classes coming to SACC 3 times, a brief description of what you can expect (lesson # wise):

- A. Off-ice overview of curling & terms; safety; respect the ice; fitting of grippers on shoes. On-ice: sweeping; sliding without rock; throwing rocks-short and full length of ice.
- B. Off-ice review of safety, respect the ice; clockwise and counter-clockwise rotation (turns) applied to stone; player positions on a team (distribution of pinnies); put on grippers. On-ice: practicing the turns; showing where players stand during a game; one end game. If time, game of tic-tac-toe.
- C. Off-ice review of safety, respect ice, game; distribution of pinnies; put on grippers. On-ice: 2 end game. If time, game of tic-tac-toe.

Reminder that SACC charges \$4.00 per visit per student participating. If financial need is an issue, please advise that you have a student in this situation (no names). We record so SACC invoices your school accordingly.

**To help with flow, maximize fun and reduce the time dealing with shoes (*boring* but important in order to protect our ice), please share the information below with your students and families *prior to your visits*:**

Head Protection:

- **Head Protection** – all students up to and including Grade 5 **must** wear CSA approved head protection or other head protection as recommended by Curling Canada. All students up to and including Grade 8 are strongly encouraged to wear head protection.

Clothing:

- **Stretchy** – it's very tough to get into the sliding position in tight jeans.
- Warm – NO shorts (warm body parts damage the ice)
- **Gloves** if at all possible
- Try not to roll in the **mud** at recess or on the walk over - they may not be allowed ice access.

Shoes:

- **Clean** soled shoes (no dirt, rocks). Do they have a pair they wear in the gymnasium only?
- Preferably sturdy runners that tie up (thin slip-on canvas shoes are not ideal – cold, no support).
- We help them to clean gym shoes using brushes (if required) then shoes are fitted with a special “gripper” so their shoes are not slippery. They should try to remember their gripper size (S/M/L...) for their next visit.
- We do have some donated shoes when their own shoes are not safe. However, we do not have a lot in the very small size range.

Arrival at Curling Centre:

- Please ask students to clean snow or debris off boots outside then upon entering the Centre, remove footwear and carry up to lounge area & put under their chair.

Looking forward to hosting your class!

Kate Horne (on behalf of SACC)

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