

Safety for Stick Curlers

June 17, 2022



HEAD PROTECTION

- Highly recommended - CSA approved helmets – if Curling helmet not available, please use a multi-sport CSA approved helmet.
- Although other headgear is available and may be padded, the best option is using a helmet. If you fall, your arms may dislodge the headgear if not strapped.



FOOTWEAR

- Footwear - Recommended
 - Curling Shoes that do not have a slider – used by ice technicians.
 - Broomball shoes.
- Next choice – use a gripper over the slider.
 - Do not use running shoes as the bottom surface will become very slippery after a few minutes.

Curling Delivery -

- Use walking motion vs push and slide motion
- Ensure you keep walking for a few steps after release – Do not make an immediate stop.

Sweeping-

- Ensure the sweeping is done with two grippers instead of slider and gripper.



Olson Curling Zapa Shoes



Acacia Broomball shoes

RESOURCES

- Email canadianstickcurling@gmail.com
- Canadian Stick Curling Association - canadianstickcurling.ca
- Curling Canada - facebook.com/groups/businessofcurling/



Love the game *again...*
6 Rocks, 6 Ends & Making Friends!