Prepare for a first curling session

For the club instructor or session leader • Two flexible plans • Print all four pages

What this pack helps you teach

Help new curlers move safely, deliver a stone toward a chosen target, communicate one useful observation, and leave wanting another turn. Use these plans with a club-approved instructor and the club's safety procedures.

Before anyone steps onto the ice

- **Confirm the setup.** Inspect the activity area with club staff. Know the emergency procedure, first-aid lead, exit route, and how you will stop all activity. Assign a trained helper to manage stray or outgoing stones and protect adjacent sheets under club procedures.
- **Fit equipment.** Check clean footwear and secure grippers. Beginners use grippers on both feet for walking and sweeping. Use an exposed slider only during an instructor-led delivery exercise; cover or remove it before walking away.
- **Plan head protection.** Recommend a correctly fitted, fastened helmet for everyone in these beginner sessions; follow the club's requirements and approved helmet guidance. Helmet requirements vary by program. [2, 3]
- **Ask about participation needs privately.** Offer rest, seated or off-ice participation, and club-approved delivery-stick instruction. Confirm the usable route, equipment and assistance with the participant; do not assume everyone can or wants to slide.
- **Keep the group manageable.** Match group size and helpers to participants and local policy. Every active area needs clear supervision. Never open another station simply to shorten a queue.

Prepare once

Have club-approved stones, brushes, grippers, any needed delivery aids, pencils and printed progress sheets ready. Choose waiting spots off the delivery path. Use existing ice markings or instructor-approved markers that cannot become slip hazards.

Leader: _____ Date: _____ Helpers: _____

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First session in 75 minutes

Suggested timings • Adapt to readiness and rest needs • Safety takes priority over the clock

Time	Activity and instructor job	Look for
0-10 min	**Welcome off ice.** Lead a brief warm-up and check equipment. Explain the stop signal, waiting spots and goal: send a stone toward a target.	Each person knows how to ask for help.
10-20 min	**Move safely.** Demonstrate the approved way onto and off the ice. Practice slow, balanced movement in a clear area with grippers. No stones moving yet.	Everyone can stop and follow the agreed route.
20-35 min	**Try a delivery.** Demonstrate the club's beginner delivery method or delivery-stick method. One person delivers at a time. Start with a comfortable target and distance.	A controlled attempt toward a named target.
35-45 min	**Find useful weight.** Repeat toward the same target. Ask whether each stone stopped short, in the chosen zone, or long. Change only one cue at a time.	The player can describe the result.
45-60 min	**Communicate and try sweeping.** Rehearse brush movement in a clear area first. Add a moving stone only when the instructor judges it safe. Use the practice cards.	A short call, safe spacing and a response.
60-70 min	**Play a cooperative challenge.** Give each participant two turns to get a stone into a wide target zone. Count team successes. No takeouts.	Encouragement and a shared team goal.
70-75 min	**Reflect and exit.** Ask for one thing learned and one next goal. Confirm equipment is safe for the exit route.	Each participant names a next step.

If you have 60 minutes

Shorten the repeat-delivery block and cooperative challenge. Keep the equipment check, safe-movement practice and supervised exit. If readiness is low, finish with a tabletop strategy activity instead.

These are teaching games with adjusted distance, targets and stone counts. They are not a regulation match or a qualification assessment.

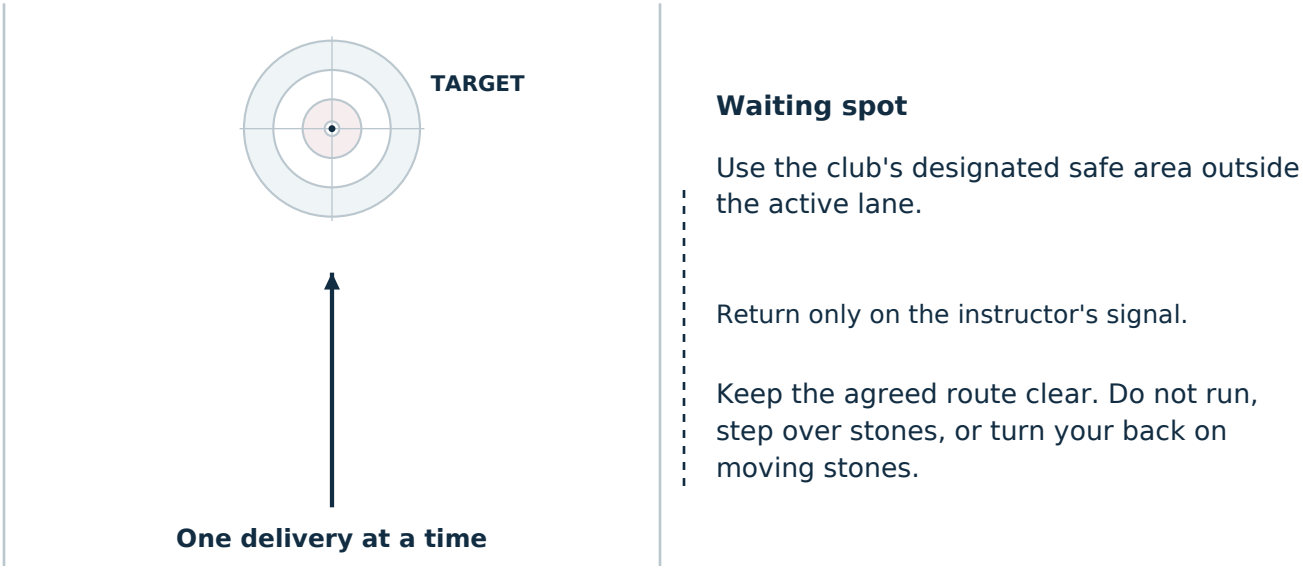
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Coach one safe attempt at a time

Use the same routine at every station • The diagram is a simple traffic plan, not a rink specification

A clear lane and a clear signal

Show the target, confirm the lane is clear, invite one delivery, then wait until all stones stop. The instructor releases the group to reset. Keep people and loose equipment out of the stone path.



Text guide: deliver toward the target; wait outside the active lane; reset only after the instructor confirms that play has stopped.

Use a short coaching conversation

- **Ask.** “Where do you want this stone to stop?” Let the player point, say the goal, or choose from two options.
- **Observe.** “It stopped short of our zone.” Keep feedback specific to the attempt, not the person.
- **Try again.** Offer one cue the instructor has demonstrated. Keep the target wide enough to allow early success.

If someone is hurt, unwell or loses safe control, stop the activity, notify the responsible adult or first-aid lead, and follow the club's emergency and concussion procedures.

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Build confidence in session two

Suggested length 60 minutes • Reuse the practice stations • Start from what participants can do today

Time	Plan
0-10 min	Lead a brief warm-up. Recheck equipment and safe movement. Ask for a practice goal and demonstrate the stop signal again.
10-30 min	Choose two practice stations. Use one active delivery lane at a time unless separate areas are safely supervised. Spend about ten minutes on each station.
30-45 min	Try the call-and-response sweeping exercise when the instructor judges the group ready. Offer the observer or caller role to anyone who needs a rest.
45-55 min	Play a short draw-only practice end with a reduced number of stones. Alternate teams and agree the score before clearing stones. Explain that these are practice modifications.
55-60 min	Compare one early attempt with one later attempt. Record a next goal and close with a supervised exit.

Adapt without losing the learning goal

For limited ice time, use tabletop stones to practice target choice and team talk. For an easier physical challenge, widen the target or use a club-approved shorter delivery distance. For a stronger group, keep the same target for several attempts and ask players to explain their adjustment. Teach delivery aids through the club; competition eligibility depends on the event.

Keep the follow through simple

Ask: What felt more controlled? What did your teammate say that helped? What would you like to try next? Arrange any next-session invitation through the club's normal process.

Teaching activities are original HouseCall exercises. Technical and safety references checked October 8, 2026. This pack is independent educational material; no governing-body endorsement is implied.

[1] World Curling Rules of Curling 2026

[2] Curling Canada Safety First

[3] Curling Canada Getting Started in Curling Teacher Guide

[4] USA Curling Intro to Curling

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