



LONDON CURLING CLUB

Here is some information to assist you and your students in preparation for the Learn-to-Curl program at our club. Our team of instructors looks forward to your visit on Wednesday, Date TBA from 9:30 am to 12:20 pm.

Forms and Funds:

Ice Rental Agreement Form (attached): Please check that the information on the form is complete and correct, including **the school phone number and the grade level and number of students we can expect**, have your principal sign it, and then scan and email the completed form back to me as soon as possible.

Parental Information and Consent Form (attached): This form has been approved by your school board and is to be sent home for parental permission. Please retain the completed forms at your school.

Proof of Liability Insurance (attached): The Thames Valley District School Board classifies curling as a high-risk activity. We have provided proof of our liability insurance in order for you to satisfy your administrators that this coverage is in place.

Facility Fee: Please bring a cheque in the amount of \$100 payable to the London Curling Club on the day of your visit and pass it on to me before the session begins. I will provide you with a receipted invoice at the same time.

Schedule and Snack:

We would like you and your class to arrive by 9:30 a.m. The program ends at 12:20 p.m. The students will be on the ice for 2 sessions separated by a "recess" time in the lounge to warm up with some hot chocolate, which we will provide. We suggest that your students bring a small snack to eat during this time.

Students with Special Needs:

If you have student(s) who may find the program particularly challenging, please contact me in advance so we can be prepared to assist them appropriately. In the past we have had students with balance or mobility issues and there are accommodations that we can make if we know in advance.

Advance Preparations and Equipment:

We recommend that your students have some prior knowledge about curling before they arrive at the club. The Canadian Curling Association website can provide you with some excellent materials/videos that you may wish to share with your class. Go to www.curling.ca and click on the **About Curling** tab on the top banner of the homepage.

*****We can send an instructor to your school within the week before your scheduled date, to provide this introduction or supplement yours. Let me know as soon as possible if you are interested, with suggested dates and times.**

Based on our experiences with previous groups we offer the following suggestions for the students:

- **All students MUST bring a helmet to wear on the ice (bike, ski, hockey, or snowboard helmets all work).** Students without a helmet will not be permitted on the ice.
- **Dress warmly.** Gloves with a good grip, layered clothing, and warm socks, are strongly recommended given the length of time on the ice.
- **Wear comfortable athletic clothing** because the delivery of the rocks requires the students to stretch out close to the ice surface. Sweat pants or track pants are ideal. Tight fitting jeans or low-rise jeans can cause difficulties in performing the skills properly.
- **For those with long hair, tying it back in a ponytail** will ensure that their hair stays off their face throughout.
- **Bring a separate pair of clean running shoes.** Please be sure that there is no dirt, sand, or tiny pieces of gravel caught in the treads. **In advance of coming to the LCC,** the students should take a careful look at the shoes they will be wearing on the ice to be sure they are free of dirt and grit. Curling ice must be absolutely clean at all times. The shoes must also have a good tread to adhere to the ice surface. If they do not have a separate pair of running shoes, the students should scrub the bottom of their running shoes the night before and bring these in a bag to school. They will have to wear a different pair of shoes to the club that day and change into clean shoes upon arrival.
- *****Please divide your class into six groups ahead of your arrival.** It is best that you do this because you know your students' needs and abilities, and what combinations of students will work better. It is better to have students with similar athletic capabilities grouped together so the pacing of instruction can be tailored to each group.

We are hoping that you and your volunteers will also be out circulating on the ice sheets with your students to assist them and the coaches and to encourage the children when necessary – and hopefully to try a shot or two yourself!

We are looking forward to working with your class. We will have a sufficient number of coaches on hand so that each student will be able to enjoy a successful morning. Our objectives are for them to have fun, to learn the basics of how the game is played, and to be able to successfully deliver and sweep/brush several curling rocks in a game situation by the end of the morning.

Please contact me by email if you have questions.

Sincerely,

Steve O'Neil
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Elementary Learn to Curl Program,
London Curling Club
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