

Curling for Disabled People in Scotland

This fact sheet provides an overview of Curling for disabled people in Scotland provided by the National Governing Body for curling in Scotland, [Scottish Curling](http://www.scottishcurling.com).

What is curling?

Curling is a fun and challenging team game played on ice combining physical and tactical skill.

The aim is to get the most stones closest to the centre of the target or 'house'. Stones can be thrown using the traditional sliding method seen on television, or delivered using a stick to push the stone. This could be from a standing position, or seated in a wheelchair.

There are specific clubs for wheelchair and visually impaired curlers, in addition to inclusive opportunities for wheelchair users, people with a visual or hearing impairment and those with learning disabilities or autism to participate.



Some people may have tried New Age Kurling, a sports hall game based on curling. For anyone who has tried this, curling on ice would be a natural progression.

The sport of wheelchair curling made its debut at the Winter Paralympic Games in 2006 which led to the development of a successful pathway to recruit and develop participants. Many of the current

Paralympians came along to a curling session because they had seen it on television, or a friend brought them along. Talent I.D days are also held in partnership with Scottish Disability Sport to discover new talent.

How can I get involved?

There are a variety of [Try Curling](http://www.trycurling.com) sessions that provide a fun introduction to the sport with an overview of the basics and great coaching to get you started.



Many sessions are free or low cost and last approximately one hour. To find out more about sessions near you please visit www.trycurling.com.

After this you can take part in beginner sessions or join a club where you continue to receive coaching and take part in competitions if you want to.

Where can I get involved?

There are currently [22 Curling Facilities across Scotland](#), with a number having inclusive curling clubs. There are also 12 wheelchair specific clubs around the country, see [website for contact details](#).

There is currently one Vision Impaired club with regular sessions played at Kinross, this is an area we are currently developing. Curlers with a Vision impairment are helped by a sighted assistant.

There is also the Scottish Disability Golf and Curling Club with regular sessions played at Murrayfield Ice Rink and other venues, which welcomes individuals with a physical, sensory or learning disability. Kirkcaldy Curling School runs a popular inclusive Curling Club.

Competition Opportunities

Scottish Curling provides an extensive calendar of competitions, including some inclusive events.

In addition to this there are number of local, regional, national and international wheelchair competitions held annually across Scotland, run by the [Scottish Wheelchair Curling Association](#) (SWCA) and other local clubs.

Stirling will be hosting the 2019 World Wheelchair Championship, we look forward to seeing you there!



Coach Education

Scottish Curling provides a comprehensive coach education programme which enables coaches to develop knowledge and understanding to deliver inclusive and

adapted sessions tailored to the participants' needs. These courses include Introduction to Wheelchair Curling and Visually Impaired Curling. We are also developing a Curling specific Disability Inclusion course in partnership with SDS. For information on becoming a coach visit the [coaching pages](#) of the Scottish Curling website.

Pathway

In partnership with the SWCA, British Curling and the **sportscotland** Institute of Sport, there is a pathway to cater for wheelchair curlers from grassroots entry level through to a high performance elite level.

Scottish Wheelchair curlers enjoy a high level of success on the international stage and the team are looking forward to representing Great Britain at the upcoming Paralympics.



Developments

Current projects include development of a social story to help people with Autism or learning disabilities to access curling, and a British Sign Language project to develop BSL signs for curling.



Please visit the Inclusive curling pages of the Scottish Curling website to find out more. <http://www.scottishcurling.org/development/disability-programmes/>

Where can I find out more?

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Scottish Curling - www.scottishcurling.org

Scottish Disability Sport – www.scottishdisabilitysport.com

Scottish Wheelchair Curling Association – www.scottishwheelchaircurlingassociation.co.uk

British Curling – www.britishcurling.org.uk

British Paralympic Association – www.paralympics.org.uk

International Paralympic Committee – www.paralympic.org

World Curling Federation - www.worldcurling.org/home

