

Q As a first time curler, what leagues might be right for me?

A You can play in just about any league. Everyone has experienced getting started as a new curler and you will find your fellow curlers supportive of new curlers and anxious to help you. You will find complete descriptions on all the different leagues under the “Curling” tab on the main menu, then click on “Leagues”.

Q Is curling expensive?

A No, and we offer a variety of membership options from the least expensive Friday Evening Social membership or Adult Learn to Curl programme, up to an Unlimited membership. You can also join for a ½ season. Actual rates can be found under the Home page’s Curling tab.

Q What equipment do I need?

A All you really need is a clean pair of shoes. You can borrow the other things you need from the club. Once you get going you’ll probably want to have your own equipment. You’ll at least need a pair of curling shoes, gripper and a broom. The Brighton and District Curling Club wants to ensure that all participants play in a safe environment. We very strongly recommend that novice curlers wear protective headgear or helmets, while on the ice. Once a curler has achieved an appropriate level of proficiency and confidence, it is up to the curler or guardian whether to continue to wear the protective headgear or helmet

Q What are some of the benefits of curling?

A The following benefits are taken from the Canadian Curling Association (CCA) website, which together with the Ontario Curling Association (CurlON) website are great resources.

- Meet people and play with friends
- Curling is great exercise
- Curling is very affordable
- People of any age or ability can play
- Play against great competition
- Curling is fun

Q Is it hard to learn to curl?

A The basic rules of curling and movements are pretty straightforward, but as with all sports it helps if you learn the proper way to do things and obviously the more you practice the better your results will be. Taking the “Adult Learn to Curl” programme is an excellent way to get started. In addition, from the main menu tab called “Curling”, click on “Curling Basics and Reference Links”. It contains tips and links to helpful resources.

Q What do I wear, how cold is it on the ice?

A Ice level temperature is approximately 5 Celcius/40 degrees F. It's best to wear a light jacket or fleece over a warm shirt. Thin flexible gloves are also a great idea. Curling requires a little stretching and you will be more comfortable wearing pants that are loose. The Club recommends that you wear either a headband or helmet while on the ice. The ice needs to be clean. Debris from dirty shoes can make the rocks behave erratically and cause damage to the ice. Please bring a separate pair of clean shoes you do not wear outdoors. We recommend that you wear grippers on both feet while on the ice, except when delivering a rock. Do not step on the ice with your slider. There is a changing room and lockers downstairs for men and for women.

Q What if I can't commit to play every week?

A There is one league where teams are formed from whoever attends that week. It is popular with people who can't make it for every game. If you belong to a league where you are part of a team that plays every week and you are occasionally tied up unexpectedly there is usually a list of spares to choose from who can fill in for you, but the player is expected to do their best to find a replacement.

Q How do I get my child involved in curling?

A Go to the "Curling" tab on the main menu and click on "Junior Membership Info, Fees, Registration".

Q I'm not that fit/have some physical limitations, will I even be able to curl?

A One of the wonderful things about our sport is that it is very inclusive regardless of age or ability. Many of our members use a "stick" to deliver the rock for a variety of reasons. It allows you to deliver the rock from a standing position with grippers on both feet, avoiding having to crouch down. We can show you how by signing up for our Adult Learn To Curl programme. Typically everyone finds a way to play within their "comfort zone", as you get more experienced and comfortable with the movements you may just find yourself sweeping a little harder or sliding a bit farther! It's always a good idea to do some stretching before you start.

Q How can I find out if I enjoy curling before I commit to playing in any leagues?

A You can sign-up for the Adult Learn to Curl programme.

Q Any other questions?

A Just use one of the Contact Us buttons on the website's Home page.