

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 Scottish Curling - Royal Caledonian Curling Club (RCCC).

What is curling?

Curling is a fun and challenging team game combining physical and mental skill. 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 to participate within a mainstream environment.

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.

How can I get involved?

There are a variety of Try Curling sessions that provide a great introduction to the sport with an overview of the basics and information on how the game is played. 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.

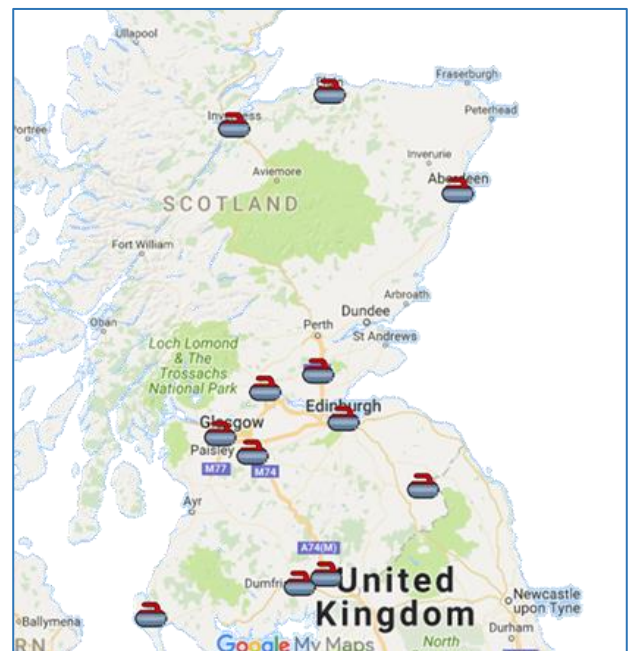


After this you can take part in beginner sessions or join a club where you continue to

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 at the following venues:



Aberdeen, Borders (Kelso), Braehead (Renfrewshire), Dumfries, Inverness, Kinross, Lockerbie, Edinburgh, Elgin, Hamilton, Stirling, Stranraer

There is currently one Visually Impaired club with regular sessions played at Kinross, this is an area we are currently developing. Curlers with a Visual impairment are helped by a sighted assistant. A couple of specialist visual impairment units for young people also participate in curling.

There is also the Disabled Curlers Scotland club with regular sessions played at Murrayfield Ice Rink and other venues, which welcomes individuals with a physical, sensory or learning disability.

Competition Opportunities

RCCC provides a calendar of inclusive competitions. In addition to this there are number of local, regional, national and international wheelchair competitions held annually across Scotland.



Coach Education

The RCCC 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; <http://www.royalcaledoniancurlingclub.org/coaching/>

Where can I find out more?

Royal Caledonian Curling Club — <http://www.royalcaledoniancurlingclub.org/>

Scottish Disability Sport – www.scottishdisabilitysport.com

Scottish Wheelchair Curling Association – <http://www.royalcaledoniancurlingclub.org/development/disability-programmes/wheelchair-curling/scottish-wheelchair-curling-association-swca/>

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

Pathway

In partnership with Scottish Wheelchair Curling Association (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.

