

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).

Background

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 taster to the sport with an introduction to the basics and information on how the game is played. Many sessions are free and last approximately one hour. To find out more about sessions near you please visit www.trycurling.com.



Where can I get involved?

There are currently 22 curling facilities across Scotland each with a number of 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 curling club that provides regular sessions at Kinross. There are plans to expand provision and opportunities for visually impaired participants to get involved and develop their game.

Disabled Curlers Scotland club also offers regular sessions and welcome 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. For information on becoming a coach visit:

www.royalcaledoniancurlingclub.org/coaching/

Where can I find out more?

Royal Caledonian Curling Club — www.royalcaledoniancurlingclub.org

Scottish Wheelchair Curling Association — www.royalcaledoniancurlingclub.org/development/disability-programmes/wheelchair-curling/scottish-wheelchair-curling-association-swca/

British Curling — www.britishcurling.org.uk

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.

