

### **How often may I curl or do I have to curl?**

It is mostly up to you, influenced by your time availability and the club's leagues and schedules. Most leagues play only once a week but you could choose to join more than one league.

### **How long does it take to curl a game?**

Most games last about two (2) hours. In addition you should try to be at the club fifteen (15) minutes before the game, and be prepared to stay and socialize after the game. For many people, socializing after the game is the best part – for sure it is an important part.

### **Will I be able to meet other people at a club, even if I am shy?**

Once you are on a team, your teammates will help you meet others and will ensure that you are encouraged to participate in the club's social activities.



### **How is a curling club different from a bar or other social club?**

One major difference, and a benefit of being a member of the club, is that everyone not only knows your face but they are registered members. This means women do not have to deal with the inappropriate behaviour that often occurs at bars, dances and clubs.

### **Does this mean there are no parties at curling clubs?**

No, there are a variety of parties and other social events at curling clubs – it just means you are “safe” and generally “hassle-free” at a curling club.

You have had your curling questions answered and curling seems to be for you – what now?

Contact a curling club near you. If you don't know where one is located, call the OCA at 1-877-668-2875 and they will provide that information.

Talk with a couple of members who curl in the league or section you are interested in joining.

Find out if the club offers a trial membership, an orientation to the club and the sport as well as curling instruction.

Find out the club's expectations of you as a member.

**GO FOR IT  
LEARN TO CURL  
JOIN A CLUB  
GIVE IT A CHANCE  
AND HAVE FUN!**



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### **Your Local Curling Club:**

# **CURLING FOR WOMEN**



**A  
Fun,  
Active,  
Affordable  
Sport**

Like most women you probably do not have much “free” time for yourself, family and friends. You also want to get good value for your money – so why curling?

The following questions and answers are intended to help you make an informed decision on learning how to curl and joining a curling club.

### **What is curling?**

Curling is a sport and a fun, social activity all rolled into one.

### **Where is it played?**

Curling is played on ice, in a rink, which is part of a building that has a lounge, bar, food service, or other facilities depending on the clubhouse or building. There are approximately 250 curling clubs in Ontario, so there is probably at least one near your home or place of work.

### **Is curling competitive?**

It depends on your motivation and the league you join. In addition, the club you join and most other clubs will run “bonspiels”, some of which are competitive and some of which are not. Both options can be fun.

### **How much does it cost to curl?**

The cost varies from club to club depending upon the services offered and may be influenced by how often you want to curl and when. Every club will have a printed fee schedule and many will allow you to pay in installments.

### **How long is the curling season?**

In most clubs the curling season lasts about six (6) months from October to April.



### **If I don't join a club in October, can I join a club after the season has started?**

Yes, in most clubs, although some of your curling options may be reduced.

### **Is it difficult to learn to curl?**

No, you can learn the basics of how to curl safely in less than an hour. You also have the opportunity to attend informal or formal “clinics” and to practice in order to improve your skills.



### **Since the game is played on ice, do I need to worry about falling and getting hurt?**

Worry – no, be cautious – yes. Part of learning how to curl includes how to move around on the ice, what to wear on your feet, and how to keep your balance when delivering a curling rock.

### **Does participation in curling help or hurt my overall health and fitness?**

Curling is an activity that can benefit both your physical and mental health. Delivering the rock will help to increase your flexibility, brushing will provide a good cardiovascular workout and walking up and down a sheet of ice for 2 hours will help your overall fitness level. The focus required to play a game will enhance your mental health and playing on a team will increase your self-esteem.

### **Does having a bad back, leg or other health problems prevent me from curling?**

Probably not, but you should check with your doctor first if you are at all concerned. Many people use a specially developed “delivery stick” as an alternative to the traditional curling delivery and as a result are able to enjoy all the other physical and social aspects of the game.

### **Can people who have a disability curl?**

There are leagues that support people who have a disability, including visual or hearing impairments. Wheelchair curling leagues and programs for people who have an intellectual disability are also available.

### **Do I have to wear special clothing to curl?**

No, just a pair of clean soft-soled running shoes to begin with, loose fitting pants and layered clothing (sweater, sweatshirt, spring or fall jacket)

### **What equipment do I have to purchase to curl?**

Initially you do not have to purchase any equipment, nor should you until you see if you are going to curl on a regular basis. Later on you may want to purchase a “slider” to put over your shoe when you are delivering a rock. You may wish to purchase curling shoes and your own curling broom after you have curled for a while, but it is up to you.

### **How do I get on a team and/or join a league?**

Other members or staff at the curling club will help you join a team(s) and a league(s), which are also known as section(s).

### **Should I worry about not being able to curl well enough to be accepted by other players?**

No, they all remember learning to curl too. You will be put in a position on a team and in a league where you can succeed. Other players will also help you improve your skills and learn the rules of the game.



### **Do I only curl with other women?**

No or yes, depending on the league(s) you join as a member of the club. All clubs have mixed curling with teams made up of two men and two women.