



Wheelchair Curling

History:

Wheelchair Curling made its Paralympic debut at the Torino 2006 Winter Games.

Competition:

Wheelchair curling consists of a single tournament with each team comprised of both male and female athletes.

Wheelchair Curling vs. Curling:

The main differences between wheelchair curling and curling are that there is no sweeping in wheelchair curling and a delivery stick is allowed. In wheelchair curling, stones are delivered from a stationary wheelchair.

Description:

Two teams play against each other and take turns pushing a 42-pound stone down a sheet of ice towards a series of rings or circles. The object of the game is to get the stone as close to the center of the ring as possible. The head of the team is called the skip, who usually dictates other player's shots through verbal and visual instructions.



Photo courtesy of Curling Canada



For the Classroom

- ✚ Purchase a hardwood Curling set from your local physical education equipment vendor.
- ✚ For a cheaper option, use bean bags as stones and use tape to mark the home circle.
- ✚ Curlers using a wheelchair can deliver the stone with a delivery stick. A student can assist the curler by holding the wheelchair in place during the delivery motion.
- ✚ Use two different color sets of bean bags to differentiate the teams.
- ✚ Adjust the distance and size of the playing surface and home circle to better accommodate the students' abilities.
- ✚ Use verbal cues and noise to guide curlers with visual impairments. Allow students to guide the curlers with visual impairments and provide immediate feedback of the placement of the stones after each delivery. Allow students to feel the location of the stones by touch before their delivery attempt.

- ✚ Decorate the classroom with a winter theme and encourage the students to wear winter accessories such as hats, goggles, scarves, and gloves.



<https://www.gophersport.com/pe/activities/curling-ro>



<http://www.stevescurling.com/product-p/ext101.htm>