

Play for Canada



Play for British Columbia



Play for FUN!



These BC Curling Clubs are currently Wheelchair Accessible.

League play varies from all wheelchair players to any combination of men, women, youth, able-bodied, stick curlers, and wheelchair curlers.

Come Join Us!

Check out www.curlbc.ca for updated information and club contacts

100 Mile House Curling Club	395-4442
Abbotsford Curling Club	859-9244
Castlegar Curling Club	365-6666
Creston Curling Club	428-7512
Delta Thistle Curling Club (North Delta)	594-2323
Duncan Curling Club	748-9313
Golden Ears Curling Club (Maple Ridge)	463-4813
Juan De Fuca Curling Club	478-8384
Kimberley Curling Club	427-2591
Lumby Curling Club	547-2377
Marpole Curling Club (Vancouver)	327-3400
McArthur Island Curling Club (North Kamloops)	554-1911
Oliver Curling Club	498-2244
Prince George Curling Club	563-4136
Richmond Curling Club	278-1722
Royal City Curling Club (New West.)	522-4737
Trail Curling Club	368-6222
Tunnel Town Curling Club (Tsawwassen)	943-9219
Valley Curling Club (Cloverdale)	574-4483
Vernon Curling Club	542-6713



WHEELCHAIR CURLING...

IT'S THE PLACE TO GO THIS FALL!

For more information contact your local curling club or:

CURL BC

Phone: 604-737-3040

Fax: 604-737-1476

Email: curling@curlbc.ca

Website: www.curlbc.ca



WHEELCHAIR CURLING

Wheelchair curling is the most recent type of curling to develop. The first wheelchair curling groups in B.C. formed at the Kelowna, Marpole (Vancouver) and Prince George curling clubs in 2002. The first Canadian wheelchair curling championship, to which B.C. sent two teams, took place in Toronto in November of 2003.

The curling season begins in the fall, usually in September or early October, and goes until the end of March or early April.

Beginners and experienced wheelchair curlers are welcome to join the established groups in B.C., as are people of all levels of ability.



**Who can participate?
Everyone!**

Wheelchair curling is usually available for individuals with significant impairments in lower leg/gait function i.e. spinal injury, cerebral palsy, multiple sclerosis, double leg amputation etc., who usually require a wheelchair for daily mobility....more specifically, those who are non-ambulant or can walk only very short distances.

There are specific rules for team composition for competition. Teams can be made up to five players at any one time. Stones are delivered alternating with the opposing team.

THE CURLING GAME

The object of the game is to place your team's stones closest to the centre of the target circles, called the "house".

The curling sheet is a long piece of ice with houses at both ends. The circles that make up the house are named according to their size (in diameter). The largest is the 12-foot circle, then the 8-foot, 4-foot, and the button (1 foot across). Only one team scores per end.



How is the game played?

Wheelchair curling is played on a standard sheet of curling ice:

- Wheelchair curlers must deliver the rock from a stationary wheelchair that is placed so that the rock is delivered from the centre line. Wheelchair curlers usually locate their wheelchairs just inside the hog line. The rock must be delivered before reaching the hog line in all types of curling.
- Teammates or coaches may hold a wheelchair from behind to stabilize it while a wheelchair curler delivers the rock.
- In non-competitive situations, wheelchair curlers may deliver from a position closer to the rings to

accommodate those who are unable to push the rock the full distance.

- The games are usually six or eight ends. Wheelchair curlers may deliver a rock by leaning to one side and using their arm and hand to slide the rock down the ice, but many prefer to use a curling delivery stick.

Curling is played in an ice rink where the air temperature is approximately 5 degrees Celsius. Participants therefore need to bring sufficiently warm clothing such as jackets, sweaters, gloves and warm shoes.



**LET'S
ROCK!**

CURLING...It's more than a game

It's a social sport that helps you to get fit and have fun!

REGISTRATION FOR CURLING

Registration will be held in the fall at the curling clubs. For more information, contact your local club.

Recreational Curling is Good For You!