

Adaptive Curling

Taming the Ice



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Rules of the game

Two teams slide 42-pound granite stones across the ice toward a target, called the “house,” at the other end. The sport combines shuffleboard and bowling on ice, with the strategy of chess. Each team’s goal is to get more of its stones closer to the center of the house. Each game consists of 8 ends and each player shoots twice during the end.



Governance

The World Curling Federation (WCF) sets the official rules and eligibility for curling and adaptive curling. The United States Curling Association is the governing body in the USA and has been passionate about developing adaptive programs.



Easy to get started

Unlike other sports, able-bodied and wheelchair athletes have almost no equipment to purchase in order to start the sport which makes it great to try.



Social Connection

Athletes of all ages and abilities can participate making for a great family or friend group activity.

Derby City Curling Club

Derby City Curling Club is a Louisville-based inclusive organization that welcomes people of all ages and abilities. Our Wellness Edge grant goal was to increase participation in our adaptive curling program. Adaptive curling allows players to participate in curling with their family and friends, foster new friendships and create opportunities to compete at their interest level. Since their founding in 2018, Derby City Curling Club has hosted hundreds of people at Learn To Curl classes.

Contact Information

Club meetings & classes are held at
Alpine Ice Arena
1825 Gardiner Lane
Louisville, KY 40205

www.derbycitycurlingclub.com

derbycitycurlingclub@gmail.com

Assistive technology for curling



Challenge: Standing for long periods (or at all). A curling match can last more than 2 hours, all while standing. Walking on the ice presents falling risks as well.

The introduction of wheelchair curling in the early 2000s made it possible for athletes with mobility issues to participate. Players can use their **personal wheelchairs** for matches and are even allowed to use **powered devices** if they use them in daily life.

Challenge: Throwing stones. Throwing a stone requires the athlete to stand and then get down on the ice. They must be flexible and able to change positions quickly.

Wheelchair curlers use a special piece of equipment called a **delivery stick**. The delivery stick makes it easier to deliver the stone while seated. Players are not permitted to use a delivery stick in competitive play except in wheelchair matches.



Challenge: Placing & cleaning stones. Curling stones are heavy. A person with a mobility challenge may have trouble managing them on their own.

Wheelchair curlers (and other athletes with mobility issues) have the option of including an **Ice Player Assistant (IPA)**. The IPA can help clean and position stones or brace the wheelchair during delivery. They can also sweep at the player's direction as needed.

Learn more about adaptive curling

USACurling.org
WorldCurling.org



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