

CURLING

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
MIDDLE AND SECONDARY LEVELS			
<p>Keep a first aid kit in an accessible location.</p> <p>Beginner curlers should wear a helmet. Helmets reduce the potential for injury among young and novice curlers.</p>	<p>Use a curling rink for instruction.</p>	<p>Teach skills and etiquette in proper progression.</p>	<p>Provide on-site supervision.</p>