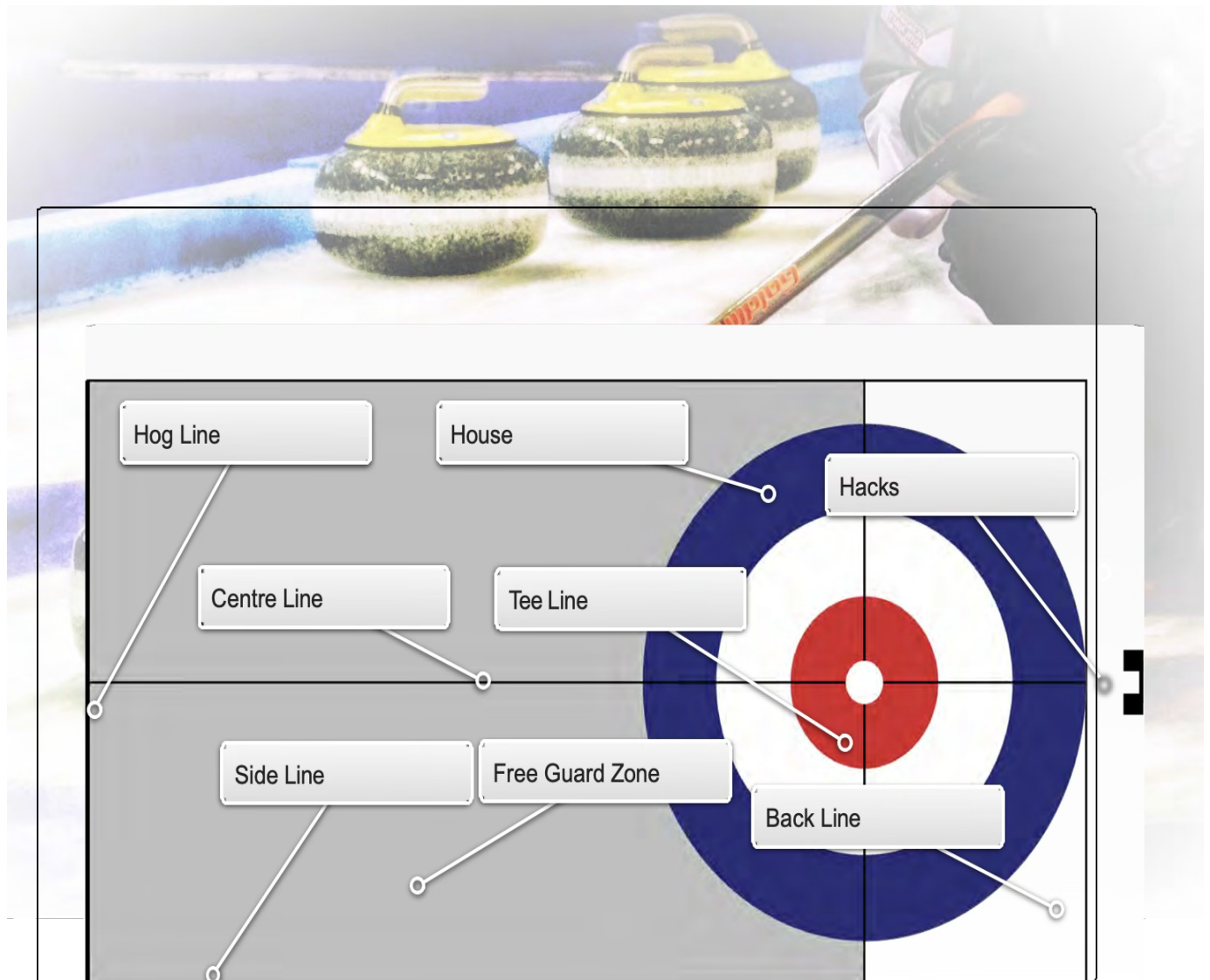


CURLING EQUIPMENT

Summerland Curling Club



Types of Equipment

Curling, like every sport, requires the correct **equipment** to ensure safety, success and comfort. There are various levels of quality reflected by ranges in price.



Footwear

To deliver a **stone** with a flat footed slide, a curler requires a proper sliding shoe, one having a slick, low friction material that covers the entire sole and heel. Various types of **slider** materials are available. One example of a synthetic material that is very popular is Teflon plastic. Teflon **sliders** come in a variety of thicknesses. Generally, the thicker the Teflon, the faster the **slider**. Stainless steel **sliders** are the “fastest” **sliders** available and are used by a small percentage of players.

Entry level curlers may begin with a low-friction plastic tape applied to the sole of an athletic shoe. Duct tape, or any type of plastic tape may be used. Plastic tape has reasonably good sliding properties but is not overly fast, allowing the beginner to adjust to develop balance easily. It is important that both the sole and the heel of the sliding shoe are covered with the sliding material because both are in contact with the ice during the **delivery**. Quickness of the sliding surface becomes important as the curler’s ability to slide develops and improves. While it is quite acceptable to learn how to slide and to develop confidence with a material that is not overly fast, once the basics have been learned reasonably well, the curler should progress to a less resistant material that will allow for a much longer slide **delivery**.

The sliding shoe should only be worn on the curling ice. Protectors should be placed over the **slider** to prevent damage to it while walking off the ice. A very effective type of **slider** protector is made of soft rubber. It can also double as a gripper or anti-slider for the sliding shoe when the curler is **brushing**.

While a **slider** is essential, it is equally important to have the non-sliding shoe equipped with a surface that will grip the ice well. Common types of grippers/anti-sliders are soles made of a pebbled type of rubber or those made of soft crepe-like rubber.

Brushes

Synthetic brushes are the most popular brushes available and are usually made with a nylon fabric.

Brushes are also made with either hog hair or horse hair. Various adaptations to the “standard” **brush** including handle shape, handle width and **brush** head angle have been made by manufacturers in their attempts to make **brushing** easier and more effective.



Brush heads come in assorted sizes and shapes. Variable handle/head angle **brushes** are the most common. **Brush** handles come in different sizes but common dimensions are forty- eight inches (120 cm) in length and one inch (2.5 cm) in diameter. Handles may be made of wood or fibreglass.

Gloves



Gloves and mitts provide warmth and protection for the hands during **brushing**. The palm of the glove should be made of a material that will grip the **brush** handle and not slip.

Clothing

Most of the top competitive **teams** wear matching slacks and jackets. Slacks need to allow for easy movement during the **delivery**.



Jackets that allow for layers of clothing underneath are very popular. It is important that the clothes are warm and allow for ease of movement.

When choosing clothing it is important to choose clothing that does not shed lint on the ice. For that reason, avoid fluffy wool sweaters, unwashed fleece, faux fur, feather trimmed items and fuzzy mittens. Loose fibres and lint ruin the delicate "pebble" on curling ice, causing stones to hop or veer wildly off-path. Choose smooth synthetic jackets, athletic wear, or tight-knit cotton layers.