

Stick Delivery - Key Points

- **SAFETY FIRST!** Always watch for tripping hazards. Never walk backwards.
 - Use of Double grippers - in good condition
 - Use of Helmet (or other head protection) - See Curling Canada's Helmet Recommendations.
 - Reduce clutter; if sweeping (4 person game) keep walkways clear of delivery sticks
 - Other standard curling safety issues:
 - Walk around rocks
 - Walk forwards not backwards
 - Warm up before curling
- Alignment
 - Feet first.
 - Body should follow until shoulders and hips are square to the target.
 - Eyes forward looking at the target.
 - Rock is placed on line of delivery.
- Grip the stick and place it close to the center of your body at waist level and keep it there throughout the delivery.
- Apply the pre-turn to the stone.
- Begin walking from your starting point straight up the line of delivery.
- Your walking pace determines the weight you put on the stone.
- Apply the turn in the last three feet of the delivery and ensure the rock is clear of the delivery stick before it reaches the hog line.
- Don't stop and shove upon release. Continue to walk as a follow through. Your body IS allowed to cross the hog line

