



# Lanark Curling Club Information

## Equipment

### Equipment For Curlers

Curling equipment comes in a range of complexity and cost. The only essential items are a "slider" and a "brush". A **slider** is a piece of Teflon, plastic that is slipped onto one foot in order to easily slide down the sheet of ice. The modern game of curling is designed around the ability to slide with no effort. The other foot usually wears a rubber-soled shoe used to grip the ice. To throw the rock, one foot pushes while the other slides. Right-handed curlers push with their right foot and slide on their left.

The **brush** is used to sweep the ice (which briefly melts the ice in front of the stone) and most curling rinks have brush available for use.

More advanced curlers may choose to purchase special curling shoes with a built-in slider.

There are many manufacturers of curling equipment in the United States, Canada and Europe. Most veteran curlers choose to have their own curling equipment; shoes, brushes, special curling gloves, pants, jackets, etc. The list of equipment types and styles is endless. Consult your local curling trainer or curling professional for advice on appropriate equipment. <http://www.curlingschool.com/manual>