Course Overview
This course will introduce the students to the rules, skills, strategies and etiquette of curling. The game has been around since the 16 Century, when Scottish farmers slide large granite stones on the frozen lochs at low tide. Curling was first played as a demonstration sport in the 1st Winter Olympic Games in Chamonix, France. It made its debut as an official Olympic sport in 1998 in Nagano, Japan.

Text
None Required.

Course Outline:
The course will begin with the basic fundamentals of curling; the sheet marking, hack, stones, delivery, sweeping, strategies and scoring. Lead up activities to develop skills will be introduced followed by game play and eventual competition.

GRADING and Attendance Policy
The course is graded on a PASS/FAIL basis.

Students are allowed two (2) excused absences. After the second absence the student will receive an F grade for the course.

Additional excused absences will be permitted under certain circumstances. Prior approval must be obtained for non-medical excused absences and a medical receipt is expected for medically excused absences.

Other
Since we will be on ice, it is critical that you avoid taking unnecessary risks (such as running, jumping, or horseplay). Your safety is our top concern, and you must follow the instructions of the instructors. Respect the ice - it is slippery and HARD!

If you experience any of the following symptoms, please stop the activity and alert your instructors:

- Lightheadedness/Dizziness
- Nausea
- Trouble Breathing
- Chest Pain/Tightness
- Allergic Reactions
- Unusual Fatigue

Please be forthcoming with any discomfort – it is important for your safety.

Reasonable accommodation will be provided for all persons with disabilities to ensure equal participation within the program.