



## Instructor's Corner

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***Do as I say, not as I do!***

Well, you had to know that I would turn it into his instructional opportunity - although I must confess that a broken elbow has been good for some sympathy points, too! The longer we curl, the more we take seem to take safety on the ice for granted. We've all cautioned newbies about the slipperiness of ice, and we've all seen our fellow curlers go down at one point or another. Fortunately, most of the time the outcome is a good laugh, a bruise, or perhaps a bump. During the Cobb, however, I was reminded that sometimes the outcomes are more significant. I plan on being back on the ice next fall, but meanwhile here are some things to think about over the summer:

- Always watch where you're going!!! The best we can tell is that I was moving backwards on the ice after delivering the rock, tripped over the hack, and landed elbow first. Don't know why I was moving backwards, something I'm not known to do. But you can bet your bottom dollar that I won't do it again!
- Check your grippers frequently for signs of wear. Much like tires on a car, if you see a bald spot, replace the gripper. Think about it: the entire bottom of your foot is not always on the ice, so don't wait for the entire gripper to show signs of wear. I typically replace mine twice a season; Roger replaces his even more often.
- Always be aware of your surroundings. You never know when an unattended rock may be heading in your direction, or somebody's about to pivot with their broom sticking out and wap you upside the head!
- Always step onto the ice with your non-slippery foot.
- And finally, always be nice to paramedics. ;-)

See you next year!

*Good curling! Have a question for Instructor's Corner?  
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