

A woman wearing a pink hijab and a light blue long-sleeved jacket stands in a curling rink. She is holding a curling stone handle with an orange grip in her left hand. The background is a dimly lit curling rink with spectators visible in the distance.

# United We Curl & Curlstad International Challenge

# United We Curl & Curlstad International Challenge

## Take action in your own club and community

Curlstad International athletes have learned more about access to sport and how they themselves can make a difference when it comes to developing the sport.

In this pamphlet, you will find a list of different action points that you as junior teams can do in your own home club or community. Choose one or more or make up your own.

The team that makes the best effort will win a prize from Goldline, containing four brooms. Winners will be decided and notified in April 2026.

## How to compete

1. Pick an action point or more and do the work at home. Feel free to adapt the action points to your own setting and your own ideas.
2. Post about your work in social media. Name your post Curlstad International Challenge.
3. Tag the following in your posts:
  - Goldline Curling
  - United We Curl
  - Karlstads Energi
  - Karlstads Curlingklubb



**Karlstads  
Energi** 

  
**Goldline**

  
**UnitedWeCurl**

# Suggested action points

## Reach out to your community

Where is your curling club located? Are there groups in the nearby community that are not curling? See if you can visit them and learn about their thoughts on curling.

- What are their thoughts on curling?
- What would be important to them, if they came to try?

Report to your board!

**Next level:** Arrange a “come try curling” with your local community, based on their wishes and comments.

## Create your own code of conduct

Create a code of conduct with your entire junior group.

- What are important behaviors in order for you to feel safe to express yourselves, to be yourselves and to truly have fun with curling?
- How do you hold each other accountable?

Share with your coaches and the board. Make sure the code of conduct is published!

## Analyze your club

Go through the exhibition (can be sent to you by email, just ask [sara.carlsson@curling.se](mailto:sara.carlsson@curling.se)). List the different barriers that exist in your club. Present your list to the board together with your suggested action points!



Karlstads  
Energi 

  
**Goldline**

  
**UnitedWeCurl**

# Suggested action points

## Initiate education

Suggest your board create a structure of education that decides that:

- Coaches and board members go through training on Diversity, Equity and Inclusion.
- Athletes and volunteers are recommended training on Diversity, Equity and Inclusion.

Next level: Initiate a yearly workshop for athletes and coaches.

Resource for free education: <https://academy.globalcurlingdei.org/>

## Name someone in charge of safe sport

If your club does not have anyone responsible for safe sport, then initiate that this is done. It could be a coach, a parent or a junior. This will make sure that:

- It is clear where you can report a problem.
- More responsibility and diligence towards to topic.

## Use social media

Juniors can contribute with:

- Posts that highligh diversity, role models, values, policies and initiatives.
- Short interviews with athletes: "What does int mean to feel welcome in our curling club?"

## Arena design

- Organize a space in your curling club where young curlers can enjoy spending time together outside of practice.
- Invite your peers to social events in the arena.

## Co-travel

Create a car-pool or some type of shared travel for your junior program.

## Equipment sharing

Set up a station for selling or borrowing used equipment at your club.



# United We Curl



SCAN TO FIND OUT MORE

