

Obstacle course

Purpose

A movement activity

Method

Race 2 patrols around a course with a variety of obstacles

Preparation in advance

1. Define location
2. Decide on what style of obstacle course best suits
3. Identify some unusual obstacles to make the course interesting and fun

On the day

1. Assemble course
2. Outline to members the details

Risk assessment

1. Surface will be assessed for appropriateness and where possible be flat
2. Make sure there is plenty of room
3. Falling, Concussing, Bruising, hitting other players Bruising, or cuts

