

Obstacle Course

Have a detail sheet like this one for every activity:

Set-up

Roped-off area	plastic tape
Start/finish line	10 ft. line
Dolly Pull	Opti dolly 4 cones (for slalom)
Dizzy Paddle	2 paddles 10 ft. line – to form a circle
Toy Throw	stand behind line (5 ft.) throwables (6 toys/sponges) Opti hull
Boat Boarding	PFDs (various sizes/types) 10 ft. line (laid in the shape of a boat) – or a boat (on dry land) 2 paddles

Other Equipment

Stopwatch
Pen
Score sheets
“Time to beat” board

Volunteers

1 Starter: to start/finish, to time, to post “time to beat”
2-3 Coaches: to help kids around course & help put PFDs on/off

Instructions

1. Have kids pair up
2. Pick a pair to demonstrate going around course
3. Demonstrate - having everyone follow around
4. Line up kids well behind start/finish line
5. Start first pair
6. Keep a running clock
7. Note each pair’s start and finish time
8. Calculate each pair’s final time (minus 10 sec. for each successful throw)
9. Post the “time to beat”

They run around paddle 4 times, with hands on top of paddle & head on hands; then throw toy/sponge into Opti hull; then put on PFD, jump into boat & paddle on correct side (learn about PFDs and paddling). Can end with knot-tying or object-tossing station.

