

# COX WOOD

## Activity Instructions

# Marsh Crossing

### Equipment

6 crates

4 planks

2 ropes

Check equipment against this at the start and end of your session and report anything missing or broken.

### Leader requirements:

One competent person must take overall charge of the activity and ensure the equipment is in good order and used in a safe manner.

### Guide to use of equipment:

Mark the two banks/edges of the marsh about 4 times wider than the length of a plank in a clear area on grass. The crates are special and do not sink in the marsh but the planks and people will sink if they step in the marsh. The team of 4 starts on one bank and makes a bridge with the floating crates and the plank. They climb onto the bridge and extend the bridge with the second plank and a crate. The team moves forward onto the second plank, then takes the first plank and crate from behind them and extends the bridge towards the other bank. Repeat until you have safely crossed the marsh.

### People

2 teams of 3-6 people

### Guide to risk for your risk assessment:

Use in a clear area with a 'soft' landing as teams will fall over – on grass not stone

