

COX WOOD

Activity Instructions

Ballista (medium)

Equipment

- 24 broom handles
- 16 Bungees
- 4 bowls with rubber bands
- 20 Ping pong Balls
- 1 Small pool
- 1 Instruction sheet

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

People

- 4 teams of 2 to 4 people

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:

Construct the pyramid of the ballista using 6 broom handles and 4 bungees. Add the bowl onto the frame using the rubber bands already attached to it. The ping pong ball is loaded in the bowl and the bowl pulled back for firing. Use the pool as the target.

Guide to risk for your risk assessment:

Do not fire missiles at people

Ensure the firing area is large enough and clear of people

Always watch the shooting area and stop firing if unsafe

Bungees and poles should not be used to hit people

