

COX WOOD

Activity Instructions

Skiing

Equipment

4 planks with strings attached

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

People

2 teams of 5 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:

Teams of 5 stand on a pair of skis and holding the ropes lift one ski then the other to 'walk' forward as a team. The course can be a simple straight run or include obstacles to go around.

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

