

COX WOOD

Activity Instructions

Bungee Run

Equipment

- 1 plastic sheet with bungee guy lines
- 10 pegs for bungee guy lines
- 1 bungee rope
- 1 climbing belt
- 1 karabiner
- 1 box clothes pegs
- 1 large metal peg as ground anchor for bungee
- 1 mallet

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:

Scouts are secured to the bungee using a climbing belt and karabiner. The other end of the bungee must be tied to a ground anchor or tree. A plastic sheet pegged to the ground forms the track.

The Scout runs/walks as far as they can across the plastic sheet. Use the clothes pegs on the edge of the plastic to mark who has got the furthest before they slipped and the bungee pulled them back.

You may use water and washing up liquid to make the plastic sheet slippery but it can be run on a dry sheet.

Guide to risk for your risk assessment:

Use on smooth soft ground as Scouts will fall over and be dragged by the bungee
Remove shoes before use
Check condition of bungee and ground anchor regularly
Only one person on the bungee rope at a time