

# COX WOOD

## Activity Instructions

# Sumo Suits

### Equipment:

- 2 sumo suits
- 2 neck guards
- 2 helmets
- 1 mat in two halves

### People:

- 2 people of similar size

### 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:

When 2 people are kitted out in fat suit, neck guard and helmet they try to push each other out of the ring. No punching, scratching, or pulling the opponents head is permitted. A fallen combatant must never be lifted by their head.

### Guide to risks for your risk assessment:

- Ensure all 3 parts of the protective suit are fitted before starting
- Have open space around the mat
- Control combatants
- Control spectators

