



Setup

- Set up an obstacle course in an open area using a variety of equipment and challenges.

Safety

- Make sure obstacles are at the level challenge suitable for your participants and do not pose a risk.
- Space participants out so they don't run into each other.

- Have participants move through the obstacles to complete a lap
 - Climb over snow piles.
 - Jump over skipping ropes.
 - Crawl under a stick balanced on two pails/objects.
 - Move through a tire path.
 - Skip around trees, light posts, and street signs.
 - Dodge the instructor.

Modifications

- Encourage participants to move in different ways that are comfortable for them.