

# Activity-in-a-box

## Indoor games

### What's included?

- 1 Human Hungry Hippos set, including:
  - Box of ball pit balls
  - Washing baskets x 4
  - Wheely boards with ropes x 4
  - Collapsible boxes x 4
- 1 Box of soft snowballs
- 2 Twister games
- 1 Ten pin bowling set, including:
  - Bowling pins x 10
  - Balls x 1

### Indoor or outdoor?

These items may only be used indoors.

### Instructions for set-up and play

- Hungry Hippos (this works best in the Main Hall) – put all of the balls in the centre of the room. Specify an area in each corner which the team must remain within and place one wheely board, one washing basket and one box in each corner. Each team must remain within the designated area unless they are on the wheely board. The player on the board should hold the washing basket upside down: when they are pushed into the centre of the room they should try to catch as many balls as possible. Their team will then pull them back and they should place the collected balls in the box – most balls at the end of the time wins.
- Snowballs – use them however you like but a snowball fight works well if you divide the room in half (or quarters) and put an equal(ish) number of balls in each section then give teams a set amount of time to try and clear their area by throwing balls into the other area(s).
- Ten pin bowling – set up with one pin at the front, then 2, then 3, then 4; create a line behind which players need to stand to bowl.

### Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Use the equipment only for the intended purpose: for example, do not sit inside the washing baskets, do not use the wheely boards as skateboards, do not use the bowling pins as clubs.
3. Hungry Hippos and the Snowball fight should be supervised at all times by a responsible adult.



*This is a generic assessment provided only to assist with planning and preparation. Please ensure you complete your own assessment, tailored to your own group.*

|                                    |  |                              |  |
|------------------------------------|--|------------------------------|--|
| <b>Risk Assessment prepared by</b> |  | <b>Date of assessment</b>    |  |
| <b>Leader in charge</b>            |  | <b>Nominated first aider</b> |  |
| <b>Location</b>                    | 24 <sup>th</sup> Abingdon (Dry Sandford) Scout Group, Lashford Lane, Dry Sandford, Abingdon OX13 6DY |                              |  |

| <b>Risk and hazards</b>  | <b>People at risk</b> | <b>How is risk controlled?</b>   | <b>People responsible for controls</b> |
|--|-----------------------|--|--|
| Participants may hurt themselves during activities (twisted ankles, cuts and bruises)                  | All participants      | <ul style="list-style-type: none"> <li>• Provide adult supervision at all times</li> <li>• First aid kit and qualified first aider available throughout the event</li> </ul>     |  |
| Getting fingers trapped under boards – injury  | All participants      | <ul style="list-style-type: none"> <li>• Ensure that boards aren't pushed forward too fast</li> <li>• Make sure that those on the boards keep their hands and feet up</li> </ul> |  |
| Getting hit in the face with balls – eye injuries  | All participants      | <ul style="list-style-type: none"> <li>• Use soft balls only for the snowball fight</li> </ul>   |  |
| Getting hit by balls/bowling pins – injuries and abrasions   | All participants      | <ul style="list-style-type: none"> <li>• Ensure these are used correctly and not thrown around</li> </ul>  |  |
| Young People may mess around/run around – risk of injury from collision                                | All participants      | <ul style="list-style-type: none"> <li>• Adults to supervise Young People at all times while outdoors</li> </ul>   |  |
| Participants may suffer muscle injury though excessive stress/strain                                   | All participants      | <ul style="list-style-type: none"> <li>• Ensure that Participants all warm up and cool down properly</li> </ul>  |  |
| Participants may show a negative physical response to exercise – overly heavy breathing, dizziness etc | All participants      | <ul style="list-style-type: none"> <li>• Adults to ensure that Young People drink plenty of water and eat sensibly</li> </ul>  |  |