

Activity-in-a-box

Relay Race Kit

What's included?

- 12 Coloured cones (2 each of red, orange, yellow, green, blue and purple)
- 6 Racing sacks
- 6 Eggs and spoons
- 6 Blindfolds
- 6 Beanbags
- 6 Relay batons
- 6 Leg straps
- 6 Skipping ropes
- 1 Whistle
- 1 Laminated information sheet/race instructions
- 6 Laminated race instructions

Indoor or outdoor?

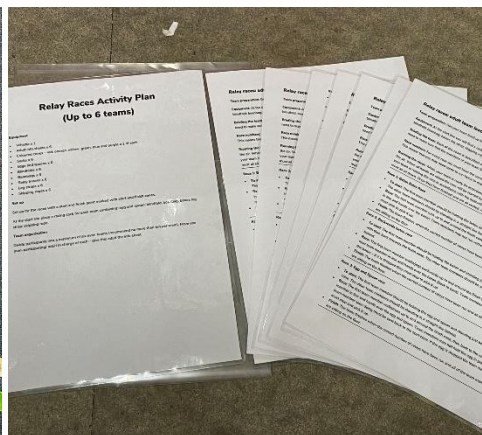
The relay races work a lot better outdoors but they can be adapted and run indoors if preferred.

Instructions for set-up

- The equipment can be used to play games however you wish but suggested set-up is also provided on the information sheet.

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.
3. A set of race rules are provided on the laminated race instruction sheets.



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.

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

Risk and hazards	People at risk	How is risk controlled?	People responsible for controls
Participants may hurt themselves during activities (twisted ankles, cuts and bruises)	All participants	<ul style="list-style-type: none"> • Provide adult supervision at all times • First aid kit and qualified first aider available throughout the event 	
Young People may mess around/run around – risk of injury from collision	All participants	<ul style="list-style-type: none"> • Adults to supervise Young People at all times while outdoors 	
Terrain – uneven ground, branches, nettles etc	All participants	<ul style="list-style-type: none"> • Check the playing/activity area outside for trip hazards and clear/mark any as necessary 	
Participants may suffer muscle injury though excessive stress/strain	All participants	<ul style="list-style-type: none"> • Ensure that Participants all warm up and cool down properly 	
Participants may show a negative physical response to exercise – overly heavy breathing, dizziness etc	All participants	<ul style="list-style-type: none"> • Adults to ensure that Young People drink plenty of water and eat sensibly 	
Security – Young People may wander off and become lost	All participants	<ul style="list-style-type: none"> • Ensure that Young People know the limits within which they can play 	
Sack race and 3-legged race – increased chance of falls	All participants	<ul style="list-style-type: none"> • Remind the participants of the need to be extra careful during the races when they may fall 	
Young People may throw beanbags/eggs and spoons – bruising, abrasions, eye injuries	All participants	<ul style="list-style-type: none"> • Only let Young People have the equipment when they are about to use it and take it away afterwards 	