

# 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?

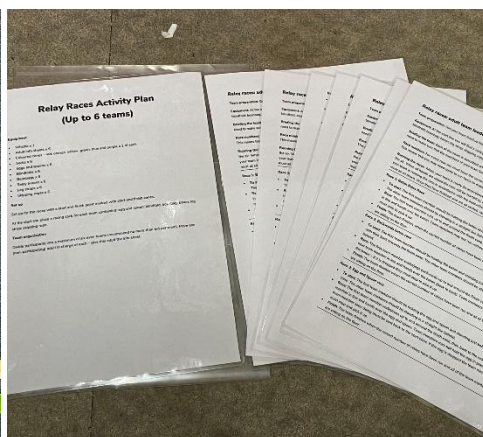
The relay races work a lot better outdoors but they can be adapted and run indoors if preferred.

### 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.*

<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>	
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>	
Terrain – uneven ground, branches, nettles etc	All participants	<ul style="list-style-type: none"> <li>• Check the playing/activity area outside for trip hazards and clear/mark any as necessary</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>	
Security – Young People may wander off and become lost	All participants	<ul style="list-style-type: none"> <li>• Ensure that Young People know the limits within which they can play</li> </ul>	
Sack race and 3-legged race – increased chance of falls	All participants	<ul style="list-style-type: none"> <li>• Remind the participants of the need to be extra careful during the races when they may fall</li> </ul>	
Young People may throw beanbags/eggs and spoons – bruising, abrasions, eye injuries	All participants	<ul style="list-style-type: none"> <li>• Only let Young People have the equipment when they are about to use it and take it away afterwards</li> </ul>	