

Activity-in-a-box

Target Skills



What's included?

- 6 Rubber band pistols, including rubber bands and plastic cups
- 6 Slingshots, including tin cans (paintballs available at £10/100)
- 3 Petron Sureshot rifles, including sucker darts and targets

Indoor or outdoor?

Can be used indoors in the main hall as the only activity in that room, or outside on the field (or a combination).

Instructions for set-up

Rubber band pistols (works better indoors, particularly if it's windy)

- Choose a suitable location to set up – three tables in a row with three benches positioned around 4m away works well, with the targets (plastic cups) on the tables and the players kneeling behind the benches. Ensure that you pick a space where people won't be passing behind the targets during shooting, and where elastic bands can be easily retrieved.
- Set up targets on the tables – a pyramid of plastic cups with 3, 2, 1 works well. Set up the rubber band pistols on the benches, opposite the targets: provide elastic bands with each (e.g. three bands per pistol).
- When you finish ensure that you have picked up all elastic bands.

Slingshots (if using indoors please do not use paintballs/anything which could damage the walls)

- Choose a suitable location to set up: if you set up indoors you should not use paintballs or any kind of hard ammo which can damage walls/windows. If you are using paintballs please ensure that you set up outdoors and so that the paintballs will be caught (e.g. in a tarpaulin) and that you don't splatter the building etc with paint. A large tarpaulin hung from the railings at the front of the building works well. Ensure that you pick a location where people won't be passing behind the targets during shooting.
- Set up the tin cans as a target – a pyramid with 4, 3, 2, 1 works well.
- When you finish ensure you pick up all paintball bits/other ammo used.

Sureshot rifles

- Choose a suitable location to set up – three benches positioned around 5m away works well, with the targets on the tables and the players kneeling behind the benches. Ensure that you pick a space where people won't be passing behind the targets during shooting, and where darts can be easily retrieved.
- Set up the rifles on the tables, opposite the targets: provide darts with each (e.g. three per rifle).
- When you finish ensure that you have picked up all darts.

Suggested rules (adapt as needed for your group)

1. Always follow the instructions of the adult in charge.
2. Stay behind the tables/benches/barrier and do not touch any equipment until told to do so.
3. Make sure long hair is tied back and anything that could get caught (jewellery, scarves etc) is removed.
4. Always point the pistol/slingshot/rifle in a safe direction, towards the target. Never point it at a person, even when it is not loaded.
5. Only load your ammo when you are ready to shoot and having been told by an adult that it is safe to do so.
6. Don't fire unless the shooting range is empty. Only fire when told to do so.
7. Don't go to collect your ammo until everyone has finished shooting and an adult tells you it is safe.



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
Getting hit by overshot bands/paintballs/darts/other ammunition (“ammo”), causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> • Use barriers to prevent access • Set up range with a wall or fence behind 	
Getting hit during ammo collection, causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> • Ensure all participants have finished shooting before collecting ammo • No running permitted in the range 	
Slingshot/rubber band pistol/rifle getting caught in hair or clothing, causing abrasions	All participants	<ul style="list-style-type: none"> • Ensure long hair is tied back • Tuck away any loose clothing or jewellery • Demonstrate proper technique 	
Faulty equipment causing bruises, cuts or abrasions	All participants	<ul style="list-style-type: none"> • Check all equipment before use 	
Incorrect technique causing sprains, strains and grazes to fingers	All participants	<ul style="list-style-type: none"> • Demonstrate correct technique with clear instructions • Monitor technique and give advice as required throughout the activity 	
Getting hit by stray ammo, causing bruising or eye injuries	All participants	<ul style="list-style-type: none"> • Only load the ammo when you are ready to shoot; keep slingshot/rubber band pistol/rifle aimed down/at the target while preparing • Slingshot/rubber band pistol/rifle must be pointed towards the target only when raised • Don’t load the ammo until ready to shoot 	
Unsupervised access to the range, resulting in bruising, eye injuries, cuts or abrasions	Young people	<ul style="list-style-type: none"> • Ensure that a responsible person is supervising at all times • Clear away equipment when not in use • Remove ammo during any breaks 	