

Obstacle course

Extension for Iron challenge



Lifesaving
education programs

Lifesavers need to react to situations quickly. This activity tests participants reaction time, speed, agility and ability to respond to changing environments.

Equipment

- ☐ Cones
- ☐ Body Boards
- ☐ Rescue Tubes
- ☐ Lifejackets
- ☐ Nipper boards
- ☐ Flags

Encourage teachers and students to cheer loudly!

Instructions

- 1) Set up an obstacle course using whatever equipment you have on hand. Suggestions are: Stack 3 nipper boards to create a 'tunnel' to crawl through; Lifejacket wear; flags to weave through or jump over; body board 'body roll'; Rescue tube carry. Be creative with your obstacles.
- 2) Explain the obstacle course in detail, ensuring you demonstrate each obstacle, and how you want the course to be completed.
- 3) Break your participants into equal groups.
- 4) Have participants sit down once they have completed the course to be sure everyone has a turn.

