

Obstacle Run Oldebroek

Instruction card



Purpose

An obstacle run where participants will run (or jog/walk) and pass various obstacles along the way. The route goes through the woods and along the paths of our own terrain. Follow the wooden signs with the grey arrows.

Required material

- Fixed elements (obstacles) on the terrain.
- Loose items, such as rope and nets, will be prepared by our outdoor sports staff.

Gameplay

- First discuss the route and the different obstacles with the participants (see map and explanation on the back).
- Start at the starting point and have the participants start one after the other to complete the course.
- Depending on the time left (activity lasts 1 hour), several laps can be done.
- Recreational: completing the course together where they can support and help each other.
- More challenging: complete the course individually and record the time (running).

Rules of the game

- Participants are allowed to help each other over the obstacles.
- If you wish to skip an obstacle, continue the route.
- Do not deviate from the route.

Role of game leader

- Motivate participants and support participants when needed.
- Supervision of the game rules.

For any questions and/or uncertainties, please ask our outdoor staff!



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1. The wall

Try climbing over the wall (low or high side) by pushing off properly and pulling yourself up.



2. Monkeybars

Use your strong arms to go from beam to beam. Move yourself to the other side of the ladder.



3. Step stones

Go over this obstacle without touching the ground by placing your feet alternately on the left and right on the step stones!



4. Hurdles

Get over all the hurdles.



5. The net

Climb through the net from left to right. Or do you go over it?



6. Car tires

Crawl through 2 car tires one after the other.



7. Hurdles

With these hurdles you go under them.



8. Monkey hang

Climb under the rope like a monkey. Can you reach the end?



9. Swing/foot clamp+ small ladder.

Swing across with the rope from one side to the other! Or do you know how to make a foot clamp in the rope?

And can you easily touch the beam when you climb up the ladder?



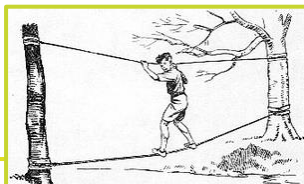
10. Balance beam

Walk across the beam without falling to the ground by keeping your balance!



11. Indians bridge

Walk across the bottom rope and use the top rope to hold on.



13. The roof

Use the rope and plant your feet firmly to pull yourself up and go over the obstacle.



12. The tunnels

Do you dare to go through the dark tunnel?!

