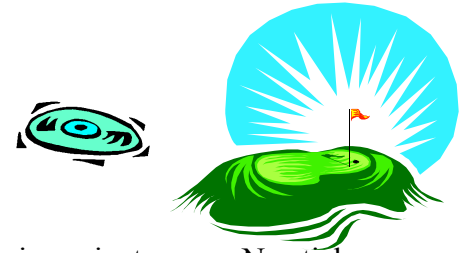


# Log Cabin Camp

## ACTIVITIES INSTRUCTIONS

# Frisbee Golf



### DESCRIPTION

Likened to golf, Frisbee Golf is Log Cabin Camp's version of the classic ancient game. No sticks or balls needed, just your Frisbee. Play by the rules and the challenge will feel the same as if you were playing on St. Andrews.

### INSTRUCTIONS

Like golf, the object of the game is to throw your Frisbee at the target in the least number of throws as possible. Score is kept on the basis of the amount of throws of each participant.

### SAFETY GUIDELINES

- Participants should stand away from others when throwing and be careful not to place themselves in the path of thrown Frisbees.
- Do a practice throw and guide group as needed

**TIME TO ALLOW FOR THIS ACTIVITY:** 40 minutes.

### EQUIPMENT

Clipboard & Scoresheets  
Pencil  
Frisbees

1. Activity Leader should collect equipment and proceed with group to starting point.
2. Activity Leader should instruct group on rules and safety procedures.
3. Activity Leader should name Scoresheets with participants' names and Frisbee numbers.
4. Nominate the order in which the participants will throw in, with one participant throwing at a time.
5. Once all participants have thrown the Frisbees, the participant with the shortest throw, will throw next and so on, until the target has been hit by each participant.
6. Each participant should keep accurate count of all throws and report the number of throws to the Activity Leader for registering.
7. The Marker which is hit, becomes the next throwing point and participants will repeat the process around the course until completed.
8. Pars are registered on the Scoresheet as a guideline for the ideal amount of throws.
9. Activity Leader should add scores and announce winners and place-getters. You win if you have the lowest score.
10. Activity Leader should then collect all equipment and return neatly to the Program Room.

## **LOCATION**

Starting point is at the basketball court (first throw is to tree with NO. 1 on it and then proceeds around the campsite.

## **AGE SUITABILITY**

The activity is most suitable for participants aged eight years and over.

## **RATIO**

1:10 It is required that there is at least one Instructor/Leader supervising Frisbee golf.

## **INSTRUCTOR EXPERIENCE**

Previous experience supervising small groups in recreation activities would be an advantage, but is not essential.

## **PARTICIPANT EXPERIENCE**

No previous experience in the activity is required.

## **INSTRUCTOR/ SUPERVISORS RESPONSIBILITY**

The teacher or supervising adult is responsible for camper supervision and behaviour at all times. This includes:- the supervision and behaviour of campers at the activity and to and from the activity, the teacher or supervising is also responsible for assessing first aid requirements and identifying campers with asthma or other ailments, the Instructor/Leader must inform the group in the technical and safety components of Frisbee Golf.

## **PARTICIPANTS RESPONSIBILITY**

Participants are responsible for adhering to the instructions of the instructor.

## **PARTICIPANTS CLOTHING AND ACCESSORIES**

Solid footwear, sunscreen and sun hat, if the weather is warm or sunny.

## **FIRST AID REQUIREMENTS**

The location of the activity is on the campsite, so if any injury should occur, the designated camp first aider should be consulted.