

Obstacle Run Overasselt

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.

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. Then crawl through one of the large sewer pipes.



2. Step stones

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



3. Swing

Swing with the rope from one side to the other!



4. The roof

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



5. The net

Go under the net as you crawl!



6. Balance beam

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



7. Hurdles

Alternately go over and under the hurdles!



- 1 - The wall
- 2 - Step stones
- 3 - Swing
- 4 - The Roof
- 5 - The net
- 6 - Balance beam
- 7 - Hurdles



Overasselt



- Groepsaccommodatie Vennen
- Groepsaccommodatie Heide
- Groepsverblijf Blokhutten
- Boskapel
- Afvalcontainers
- Kampvuurplaats
- Buiten(sport)terrein 1 2
- Speelbos
- Activiteitenterrein
- Bushalte
- Parkeerplaats 1 2
- Slagboom