

Frisbee Golf



Self-Led Session Instructions




Use these instructions with the Scout Adventures Frisbee Golf Games kit to run a 90-minute session for a group.

What is Frisbee Golf?

Disc Golf, also known as Frisbee golf or frof (a combination of Frisbee and golf), is a game that is very similar to traditional ball golf. However, instead of using golf balls and golf clubs, players throw a disc into a basket or at a target.

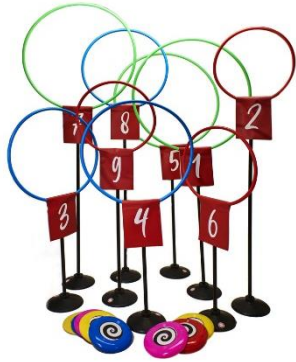
Basic Session Structure

We suggest you split the session up into the sections below – this will take you about 90 minutes – of course you can change the plan to suit whatever you need!

Session section	Timing
 Part 1 – Introduction and Warm Up An introduction to the session and how it works.	20 minutes
 Part 2 – Frisbee Golf Explain and play your chosen Games.	60 minutes
 Part 3 – Wrapping up Use these last 10 minutes to do a cool down activity.	10 minutes



What's in the box?



10 x Targets with numbered flags



10 x Target stands



Selection of Frisbees



10 x Cones for the start of each hole.

Paper and pencil to keep track of scores



Please pack the kit away neatly into the boxes when you're finished to help the next group using the equipment.

The Frisby Golf Course

The actual course you use will depend on which centre you are at, but just like a golf course it is made up of holes (baskets) and tees. Each hole you play has a par, normally 3 shots.

Different holes (Baskets)



Temporary Course

The holes can be moved around to match where you want to play



Standard Course

Regulation courses have fixed baskets with chains to catch the Frisby



Natural Course

The simplest course simple has trees with a paint marker to identify them

Suggested Session Plan

Part 1–Introduction and Warm up

Time: 20 minutes



Before you start

- Collect the Frisbee Golf box ready for you session.
- Check the contents of the kit against the list at the start of this document
- Read through the games and select two that you'd like to run with your group.
- Choose where to run the activity. You'll need a large, flat area clear of any obstructions or hazards.

Warm Up

Play one of the games from the “Warm Up activities” section to get everybody moving active.

Part 2 – Frisbee Golf

Time: 60 minutes (with breaks if needed)

Overview: Play a round or two of Frisbee golf – You can switch between frisbee games and some more of the warm up games if you think you need a quick burst of activity.



Part 3 – Wrapping up

Time: 10 minutes

Overview: Individuals choose their favourite game, and think about why they liked it and what skills they used.

You might want to run a short cool down or stretching activity, or provide a transition into the next part of your programme.



Introduction and Warm Up

What is Frisby golf?

It's golf but with a Frisby! In small teams you play a Frisby golf course –the course is made up of a number of holes, each starts at a tee and is played to a hole (or basket). The idea is to get from the tee to the basket in the fewest number of throws. Just like a golf course there will be obstacles, and there may be out of bounds areas you have to avoid. Professional disc golf players can throw their disk over 100m.

The Frisbees – professionals use a lot of different frisbys (or discs) in the same way that a golfer uses different clubs. Some disks are designed to fly long and far, some will curve and some are for short range putting. On each new throw the player can select which disc they will use.



Scoring – If you are playing with a standard basket then the Frisby must land in the basket itself and stay there. If you are using a temporary course the Frisbee must go through the hoop, and if you are playing a natural course then just hit the right tree!



The throw – it's all about the throw! You can throw either back handed (traditional) or forehand. A good back hand throw uses the whole body and the frisbee stays in a straight line throughout the throw.



Rach Back – feet wide apart and perpendicular to your line of throw.

Twist your hips, throw your weight around and accelerate your arm

Release the disk in a straight line at the point of maximum speed!

Glide Path – most discs will naturally curve around the left when you release them. How much they curve depends on the disc you chose and the speed you threw it at.



Warm Up activities

Try a selection of these games to warm up the group and get them used to throwing the Frisbees. You can also play any warm up game you like!



Paired throw and catch

Simply split the group into pairs, each pair is given a Frisby and they are instructed to throw the Frisby back and forth to each other. Ask them to try and throw so the Frisby goes to their partner without hitting the floor. You can start pairs 5 m apart and for every successful throw get each partner to take one step backwards.

Pass it on

Stand the group in a circle. Each player throws the Frisbee to the player on their left. You can add in multiple Frisbees, a Frisbee for everyone or try and complete the circle as fast as possible. Change it up by throwing across the circle and shouting the name of the person you are throwing too, lose a life if you misplay!

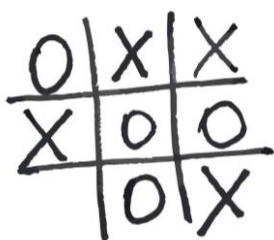


Target Practice

Set up a practice range with lots of targets. Have everyone practice their throwing technique by trying to hit each target with their disc. Think of this like a game of pitch/n/put before you play the real course.

The driving range

Stand everyone on a throwing line, then get them all to throw the Frisbee as far as they can! You can either eliminate the person with the shortest throw, or better, eliminate the winner 0 this way everyone else gets more practice!



Noughts and Crosses

Place 9 hoops in a 3 by 3 grid formation and decide on a line the players must stay behind. In pairs or 2 teams take it in turns to throw the frisbee through a hoop of their choosing. First team/individual to get 3 in a row wins.

Frisbee Golf

Play a round!

For this you will need the Frisbees and the course – at some centres you might have to set up the temporary baskets – you can choose a route of your own or where instructed by the centre staff. (please don't block vehicle routes or paths)

- Split the young people into pairs or threes. Each young person should have a Frisbee to play with.
- Each hole should have a Tee (starting location) and a Basket – approximately 100m between each, you can have obstacles or turns in between!
- Each pair/three is given a hole to start at. Each player makes their first throw in sequence, they then walk to where it landed and make their second throw in sequence etc.
- As they go they should count the number of throws it takes to get the Frisbee in the basket and keep count using a tally card.
- Keep going until all holes have been played! (Teams that started at hole 10 should go on to hole 1 etc until they have played all holes.)

Alternative games - Ultimate Frisbee (football type Frisbee)

- Split the group into 2 teams and mark out their backline with the cones. To score each team must pass a Frisbee over the opponent's backline where it must be caught by another player.
- The game begins with each team on their own line, referee throws a Frisbee in the middle of the field and first to it gains possession.
- The Frisbee is then thrown between players (no running with it like in netball!). the Frisbee is surrendered to the other team if a player moves with the Frisbee, an opposing team intercepts a throw or if the Frisbee touches the ground.
- No contact is allowed and all players should stay at least an arm's length away so the Frisbee can be thrown.

Frisbee tag

The same as above but one team is 'IT' and the other team passes the Frisbee to each other to keep it away from the 'IT' team members. The teams switch if the Frisbee is intercepted, dropped or touches the ground.

Frisbee Golf – Risk Assessment

This risk assessment covers the significant hazards associated with instructing and supervising a Frisbee Golf Games session. As the supervising adult you may need to supplement this with specific knowledge of individuals in your group – for instance any health condition.

You will also need to dynamically risk assess as you supervise the activity. CLAP is a useful tool to help you supervise and provide dynamic risk assessments:

- C** Communicate – give your group clear simple instructions and check they have understood the key points of the information,
- L** Line of sight – set boundaries and rules to ensure that you can see your group when they take part in activities with medium rated hazards.
- A** Avoid – Look for existing hazards and anticipate developing hazards, then take action early to avoid these becoming a risk to your group.
- P** Positioning – Try to move to the place where you can be the most effective in managing risk. This will change throughout the activity.

Severity Factor & Remaining Risk Assessment

Please pay particular attention to the "Medium" residual risk rating - these are items you must take action over during your activity.

Level	Severity Description	Residual Risk Description
Low.	Minor Injury requiring no treatment, or simple first aid.	Control have reduced the severity and/or likelihood of occurrence to minimal levels.
Medium.	Injury would require the participant/worker to stop continuing the activity/task; medical treatment is beyond the skills of a basic first aider.	Control measures have reduced severity and/or likelihood to an adequate level but hazard still requires dynamic risk assessment & conscious consideration.
High.	Injury would require expert medical attention and/or result in fatality.	Control measures are not sufficient to reduce the severity or likelihood to an acceptable level.

Example Risk Assessment – Self-led Wide Games

Hazards	Who may be harmed?	Foreseeable Severity	Control Measures in Place	Residual Risk
Injury or accidents associated with remotely supervising a group over a large area (lost, entering prohibited areas)	All	Medium	<ul style="list-style-type: none"> ○ An activity safety briefing should be delivered to help orientate participants and identify any specific hazards. ○ Choice of playing area should be suitable to the group, game and weather. ○ Before playing the venue checked as being clear of avoidable hazards. ○ Clear responsibilities should be given to all supervising adults. 	Low
Unsupervised use of equipment	Any	Medium	<ul style="list-style-type: none"> ○ All activity equipment and venues will be left safe and secure when unattended. ○ Players should be briefed not to enter activity areas. 	Low
Injury from boisterous play – e.g. Running into other players	Players	Medium	<ul style="list-style-type: none"> ○ Games played over a short distance so low speed, adults to remind and encourage players to be vigilant. ○ Players must be briefed on how to suitably tag each other and reminded that a simple hand tag is sufficient. ○ Players breaking this rule should be reprimanded or asked to sit out. 	Medium
Injury resulting from environmental/weather conditions	All	Low	<ul style="list-style-type: none"> ○ If thunder is heard or lightening seen then apply the 30:30 rule. If the gap between thunder and lightning (flash to bang) is less than 30 seconds then move to safety for 30 minutes. Repeat with each new thunder/lightening. ○ Leader of the session to make participants aware of the ground they will be working on and brief them on any hazards. This should take into consideration their surroundings e.g. trees and fences, slippery or wet ground, and the how easy it is for participants to see and move across the area. This activity can be played indoors if weather is bad. ○ Supervising adults should be prepared to dynamically change or adapt the activity. ○ Participants should have suitable clothing, including suitable footwear for the conditions and task (consider grip, closed toes, ankle support as necessary) ○ Supervising adults should be vigilant for conditions related to the weather conditions and take appropriate action - e.g. hypothermia, dehydration. 	Low

Health issues including personal injury or illness	All	Medium	<ul style="list-style-type: none"> o Supervising adults must make themselves aware of any significant medical requirements and will ensure that any essential medication is accessible. o An adequate warm up will be carried out and repeated if necessary. Activities will be varied to avoid excessive strain. 	Low
Choice of games incompatible with conditions/location	Participants	Medium	<ul style="list-style-type: none"> o Supervising adults to consider the environmental conditions (weather, areas, hazards, light levels), equipment available and objectives of the group when planning sessions and select games which are appropriate to conditions. o Supervising adults should continually monitor conditions and be prepared to end or adapt the session if conditions are likely to increase risk. 	Medium
Injuries resulting from poor visibility at dusk or night. (if played at these times)	Participants	Medium	<ul style="list-style-type: none"> o Supervising adults to brief participants on the hazard of low light and the need to be vigilant for hazards. o Supervising adults to monitor conditions and make dynamic decisions about adapting ongoing play. o Any significant hazards or obstructions in the playing areas to be pointed out to participants. 	Low
Objects thrown hitting people.	Participant	Low	<ul style="list-style-type: none"> o Only lightweight objects to be used (Frisbees, balls, bean bags or similar items) 	Low
Injury from other site users	Participant	High	<ul style="list-style-type: none"> o Games to be played in suitable space away from vehicle tracks or roads. o Leaders to provide supervision and warn participants if there are approaching hazards, suspending play if necessary. 	Medium
Injury retrieving disc from vegetation or similar.	Participant	Low	<ul style="list-style-type: none"> o Participants instructed to leave discs which cannot be retrieved and report these to the site staff 	Low

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Self-led Frisbee Golf Games

Minimum requirements

If you choose not to follow the structure in this guide then you must as a minimum follow the requirements set out below.

Supervision and Leadership



Please note it's a self-led session – as the adult in charge you are responsible for the supervision of your group, including ensuring the safety of all participants. You should complete a risk assessment for your activity.

Supervision, Equipment

Please read the following guidelines for use during your session.

- Scout Adventures may curtail the session at any time if it is deemed unsafe.
- Ensure equipment is suitable for your needs, and you understand how to operate it correctly.
- Participants should be supervised in line with your risk assessments.
- Suggested group size for this activity is 12 or per your risk assessments.
- Please report any damage to the equipment at reception.

Safety Requirements

- Ensure that you carry out the activity on suitable ground, away from, activity bases etc, and that you check the area thoroughly for hazards.
- The supervising adults must ensure general safety precautions and supervision are in place – e.g. Clear instructions, checking understanding.
- After your session please return equipment to a member of staff.

Help and Assistance

If you have any questions about these guidelines please ask a member of staff before commencing the activity. Please contact the Duty Manager if you need assistance.

Visual reminder of key controls



Check the location prior to use for hazards.



Brief your group on safety rules and hazards



Consider weather conditions and light levels



Supervise your group at all times.