

# Team Sports

## Self-Led Session Instructions



Use these instructions with the Scout Adventures Team Sports to run a 90 minute Team Sports session for a group of 12 people.

### Before you start

- Collect the Team Sports box ready for you session
- Check the contents of the kit against the list at the start of this document
- Choose where to run the activity. You'll need an areas at least 10m across

### Basic Session Structure

Have a read through the games and competitions and take your pick or why not combine some activities and run a mini Olympics!



1 x Rounders bat



1 x small ball



1 x football



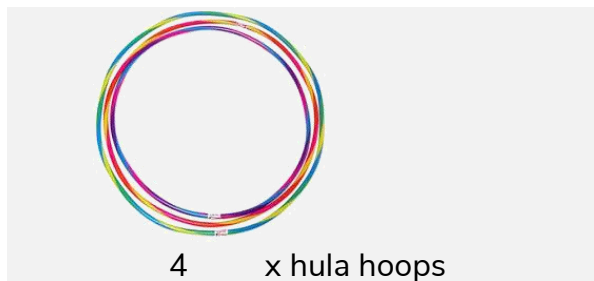
2 x Frisbees



4 x tennis rackets



6 x soft balls



4 x hula hoops



1 x Set of cones

## Team Games



**Rounders** - The bowler bowls the ball to the batter, who hits the ball forward on the rounders pitch. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for. If the batter reaches the 2nd or 3rd post in one hit, the batting team scores  $\frac{1}{2}$  a rounder.



**Ultimate Frisbee** - The aim of the game-Two teams of six players compete on a playing field about the same length as a football field, but narrower. At each end of the playing field there is an end zone. Each team defends one end zone. They score a goal if one of their players catches the disc in the opposite end zone.



**Handball** - Handball is a game played between two teams of six players who try to throw or hit an inflated ball into a goal at either end of a rectangular playing area while preventing their opponents from doing so.



**Dodgeball** - All the dodgeballs are lined up in the centre of the court, with both teams rushing from their base line to the balls. Players have to simultaneously grab and throw a dodgeball or roll it back to a team-mate. To play dodgeball, the minimum amount of equipment required is 5 balls and a court to play on.



**Danish Long ball** - Danish longball is like a combination of baseball and cricket. Each team alternately takes turns in batting and fielding. The equipment used are: a tennis ball or a football, bat or tennis racket. The players are split into two teams, a fielding team and a batting team.

The bowler throws the ball to the batter, who hits it with his bat. The ball must be hit within the field of play. The batter runs to the other side of the square to a "safe zone", where he can rest in safety, but has to make it back to the original side of the square to earn a "run". A player is out if the hit is caught by one of the fielding team, the ball does not touch the ground in the marked area, If the fielders hits a runner with the ball, or if the player runs outside the side lines of the square.

# Races

## Egg and Spoon

Use your tennis racket and soft ball instead of an egg and spoon to see who will make it first past the finish line!



## Three-legged race

Pair participants up in teams of two or let them pick a partner. With each pair standing side by side, use a jumper or piece of string to tie the inside legs of each member of the duo together to create the shared third leg. Mark your starting and stopping points, then let the race begin! Each three-legged pair will need to tap into their cooperation and communication skills to work together to make it to the finish line.



## Screaming Race

Each participant takes a deep breath and starts screaming as they run. Once they can't scream any longer, they stop where they are. The person who runs the furthest without stopping screaming is the winner!



## Dizzy Lizzie

Each participant spins around five times and races to be the first to cross the finish line!



## Slowest Race

The winner is the person who is last over the finish line!



## Trust Ball

This is another silent game for children that promotes communication and teamwork skills. Participants stand in a circle and try to pass the ball around to every student without using any words or sounds. The objective of the game is to get the ball to everyone without dropping the ball. If the ball drops, you have to start again. Each student should hold up a finger to represent how many times they've had the ball. Healthy competition can be held between teams to determine how many times they can pass the ball to everyone in the circle without dropping it. The team that passes the ball the most wins.



## Crab Walk

Before starting the game, you'll need to teach your participants how to do the crab crawl. First, have them sit on the ground. Then, have them put their hands behind them, palms down, with fingers facing their feet. Have them bring their knees about hip-width apart. Their feet should be planted on the ground. Next, have them lift their bottoms from the hips and push up so their body weight is evenly distributed between their hands and feet. It helps if they can tighten their tummies. From there, they can scuttle along, moving one hand and one foot forward, then the other, trying to keep their bottom off the ground as they do. Once the players are divided into teams and have mastered the crab walk, set the start and finish lines and have the participant's race.



## Piggy back race

Hop on your partners back and go! Rules: Have players pick a partner or divide players into even teams of two. Just before the race starts, have one of the players hop on the back of their team mate. They can hold on any way they feel most comfortable.



## Wheelbarrow race

A wheelbarrow race is a competitive game in which teams of two player's race with one teammate playing the role of the driver, and the other playing the role of the wheelbarrow. The driver holds on to the other player's ankles, while the other player walks with his hands.



## Hula Hoop Race

Divide the group into two teams (or more, if you have a lot of players). Loop a hula hoop over one player's arm and have each team join hands to form a circle. Without letting go of the other player's hands, the player with the hoop must step into and through the hoop, so it rests on their other arm. From there, the player must slide it onto the next player's arm, who repeats the same manoeuvre. Whichever team can pass the hoop all the way around the circle first wins. Alternatively, have two children spinning Hula Hoops and then try to simultaneously move, whether they run, shimmy, or herky-jerky their way to the finish line, and is then declared winner!



# Team Sports – Risk Assessment

This risk assessment covers the significant hazards associated with instructing and supervising a team sports 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.

## Standard Risk Assessment – Self-led Team Sports

Hazards	Who may be harmed?	Foreseeable Severity	Control Measures in Place	Residual Risk
Injury by someone being hit by a projectile object	Participants	Medium	<ul style="list-style-type: none"> <li>○ Power of projectiles is very low and unlikely to cause injury.</li> <li>○ Participants not to throw objects towards each other's faces or genitalia</li> <li>○ Supervision of adult at all times</li> </ul>	Medium
Injury from item used to tie legs together coming lose when running (3 legged race)	Participants	Low	<ul style="list-style-type: none"> <li>○ Item to be securely tied and checked prior to racing.</li> <li>○ Participants briefed that the tie might fall down/come undone and if it does they need to stop and retie it – adult to supervise and enforce the rules.</li> </ul>	Low
Injury from poor handling of tennis rackets and rounders bat	Participants	Medium	<ul style="list-style-type: none"> <li>○ Adult to monitor group and ensure that rackets and bats are not waved around or used inappropriately.</li> <li>○ If deemed necessary for the group then this should be given as an instruction at the point of the session when the equipment is introduced.</li> </ul>	Medium
Impact with Frisbee disc	Participants	Medium	<ul style="list-style-type: none"> <li>○ Participants briefed on throwing technique.</li> <li>○ Group leader to take due diligence in controlling the group.</li> </ul>	Low
Health issues including personal injury or illness	Participants	Medium	<ul style="list-style-type: none"> <li>○ Supervising adult must be aware of significant medical requirements and ensure any essential medication is accessible.</li> </ul>	Low
Unsupervised use of the activity	Anyone in vicinity	Medium	<ul style="list-style-type: none"> <li>○ All groups are made aware not to use activity equipment without supervision.</li> <li>○ Equipment to be returned to the centre staff team after use (or agreed location)</li> </ul>	Low
Choice of games incompatible with conditions	Participants	Medium	<ul style="list-style-type: none"> <li>○ Instructors 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.</li> <li>○ Instructors should continually monitor conditions and be prepared to end or adapt the session if conditions are likely to increase risk.</li> </ul>	Low

Trips or accidents from uneven playing areas, or obstructions	Participants	Medium	<ul style="list-style-type: none"> <li>○ Where possible select large, flat open playing areas, where not possible any significant hazards or obstructions in the playing areas to be pointed out to participants and supervised by leaders.</li> <li>○ Leader should selecting an appropriate game for the conditions and location.</li> </ul>	Medium
Injuries resulting from poor visibility at dusk or night.	Participants	Medium	<ul style="list-style-type: none"> <li>○ Leader of session to brief participants on the hazard of low light and the need to be vigilant for hazards.</li> <li>○ Group leaders to monitor conditions and make dynamic decisions about adapting ongoing play.</li> <li>○ Leader should selecting an appropriate game for the conditions and the abilities of the group.</li> <li>○ When games are played in low light conditions then torches should be used where the game area includes significant hazards or obstructions. Torches should also be used when the function of the game does not require darkness (e.g. games involving stealth do not require the use of torches, but those involving exploration do)</li> </ul>	Medium

# Self-led Team Sports

## 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 use it.
- 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

- All equipment should be checked for safety before using.
- Don't launch projectiles towards other people with the aim to hurt, avoid faces!
- The supervising adult must ensure safety precautions and supervision are in place – e.g. set boundaries such as start and finish lines, for obstructions or trip hazards.
- 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



Use the STOP command to cease games if there is a hazard.



Check the area for hazards before starting each game



Don't throw items towards people's faces