

Slacklining

Instruction sheet

Guidelines for Taking a Slacklining session:

Aim: To challenge participants to use their balancing skills to walk along the length of the line. When comfortable, participants should attempt to bounce and jump or use the suggestions below.

- All participants must wear appropriate clothing, this is a physical activity.
- One person on the line at a time.
- All other participants are to be at least 2 metres back from the line.
- Someone can assist the participant if required.
- Encourage participants to keep trying. Its not easy - ultimately the goal is to walk the full length.

Options:

- **Backwards:** Try and walk the line backwards!
- **Blindfolded:** Throw on a blindfold and grab someone to assist as you wobble your way along without being able to see.
- **Plastic cups:** Fill up a cup with water and see if you can walk along the line spilling as little as possible.

