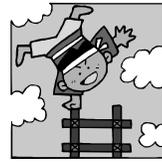


FITNESS TRAIL



The Trail starts on the grass area to the left of the track below the carpark (BASE 1).
Look out for the signs with RED numbers.

Do some warm-up exercises:

- stretch your hamstrings by bending over to touch your ankles and then gently pull your hands up to your knees - do this 5 times
- run on the spot for 1 minute
- swing your arms as though skipping backwards - 50 times
- bend sideways to touch as far down your outside leg as possible - 10 times each side
- gently roll your head from side to side to loosen your neck muscles

Make your way to BASE 2. It is near the entrance to the Quiet Area so follow the track down through the site and when you reach the fence, turn right .

BASE 2 BALANCE BARS



Balance around the bars at least twice.
Take extra care if the bars are wet and slippery

Return to the track, passing the Campfire Circle, to BASE 3 on the left.

BASE 3 BENDING POLES



Run in and out around the poles and the two trees beside them as fast as you can. Do this two or three times.

Continue along the track towards Hawthorn site. Make your way into the woods on your left and find BASE 4 in a clearing.

BASE 4 BUNNY HOP



Put your hands on the bench and, with feet together, jump from side to side whilst progressing along all the benches.
Turn round and leap over each bench in turn.

Retrace your steps back down the track to the fence.(You should see a red mark on a post.) Follow the footpath alongside the fence to BASE 5.

BASE 5 LEAPFROG



Leapfrog over the posts. Turn round and leap back again.

Continue along the path to BASE 6 on the left hand side.

BASE 6 CLIMBING FRAME



Climb up the ladders and swing on the rope.
Climb the rope to touch the top of the bar.
Take extra care if the equipment is wet/slippery.

Go through the clearing immediately beyond Base 6.

BASE 7 SWING CLIMBING FRAME



Climb the ladders to reach the top bar.
Climb through the tyre and have a swing.

Make your way up the slope behind Base 7 until you reach the boundary hedge at the top. With the hedge on your right, make your way along until you reach a ditch. Jump across the ditch to the grass area above Oak site and run to BASE 8.

BASE 8 TUNNEL



Crawl through the tunnel to the end. Return by crawling backwards. Repeat.

Find the opening in the bank close to the Longhouse which leads to the carpark. Make your way back to BASE 1 to 'cool down'. Watch out for moving vehicles.

'Cool down' by shaking yourself gently for one minute, then breathe in and out slowly 10 times.

WELL DONE – YOU HAVE SUCCESSFULLY COMPLETED THE FITNESS TRAIL.