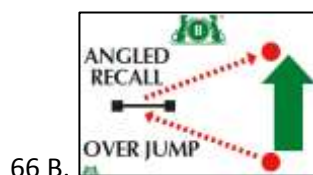
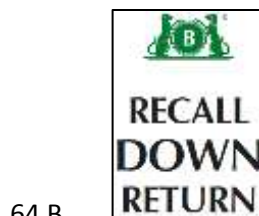
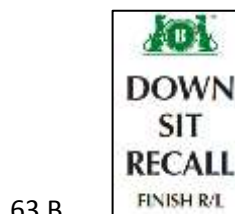


Level 6 Mini signs 2019



Bonus Ex 13.



Bonus Ex 14



Bonus Ex 15



Level 6

- (1) There should be a minimum of sixteen and a maximum of eighteen exercises, with no more than sixteen static positions.
- (2) There should be a minimum of one and maximum of four exercises from Level 5, and a minimum of one and a maximum of four exercises from Level 6.
- (3) No more than 2 jump exercises in a course.
- (4) Can join 2 cone exercises using junction(ie across centre or at end at right angles)- advise use 1 different coloured cone if joining spiral to serpentine or fig 8
- (5) Bonus can come from bonus exercises 1-15
- (6) Signs min 2m apart, cones or distraction bowls 1.5M apart. 2 part exercises 2-3 M apart. Jumps need 8M – 4M for each side of jump and 1 M to either left or right for angled recall over jump. Pole 1.5 metres from sign. Mat 2M to right of Directed send to mat sign. Retrieve article 4.5M from sign. (except disability requirements)

Exercises must not traverse other exercises