



**WALTHAM WALK**  
**22ND & 23RD MAY 2021**



## INCIDENTS

Apart from walking and map reading, a key part of the Waltham Walk is the incidents. There is normally one incident at each check point. For the **Waltham Walk Local** teams are welcome to carry out the incidents at a single location. This could be in your hall or an outdoor area after the team has completed the Walk.

- Each team needs to complete 3 of the 5 incidents. You must select beforehand which incidents each team is doing.
- Of the 3 selected incidents each team may carry out 1 trial run of the incident prior to completing the incident against the clock.
- For incidents 1, 2, 3 and 5 a stop watch is required.
- For incidents 1, 2, 3 and 4 a tape measure is required for the setting up.

### OPTION 1 - WATER TRANSFER (MUST BE DONE OUTDOORS ONLY)

#### Equipment

- Small paddling pool or several large containers for water
- A standard builders bucket
- A large measuring jug
- Cone (or other marker)
- One car washing type sponge (approx. 5cm x 22cm x 12cm) per team member

#### Instructions

- 1) Set up a small paddling pool or several large buckets of water at one end of the activity zone (start line).
- 2) Place a standard builders bucket (or similar) 5 metres from the start line.
- 3) See diagram on following page for set up information.
- 4) Each team member must have their own sponge. The player should retain this for the duration of the incident.
- 5) The team member must fill their sponge with water from the pool or bucket and carry the water to the builders bucket on the drop zone).
- 6) Once at the drop zone the team member should squeeze the water out of the sponge and into the builders bucket, and then move to the cone.
- 7) Once the first player has squeezed the water out then the second player can fill their sponge at the start line.
- 8) Continue to repeat with all players taking turns in rotation. Each player can only fill their sponge after the previous player has squeezed out their sponge.
- 9) Continue for 4 minutes - at the end of the 4 minutes measure the water in millilitres.
- 10) The total number of millilitres of water collected should be submitted (e.g. 530ml).

#### Risks

- This activity is only suitable for an outdoor area.
- Carry out the activity on suitable ground that will not become slippery when wet.
- Ensure the ground is free from any trip hazards and that non-participants cannot enter the area.
- Participants should wear suitable footwear such as trainers.  
Do not carry out in bare feet/socks/flip flops or similar.

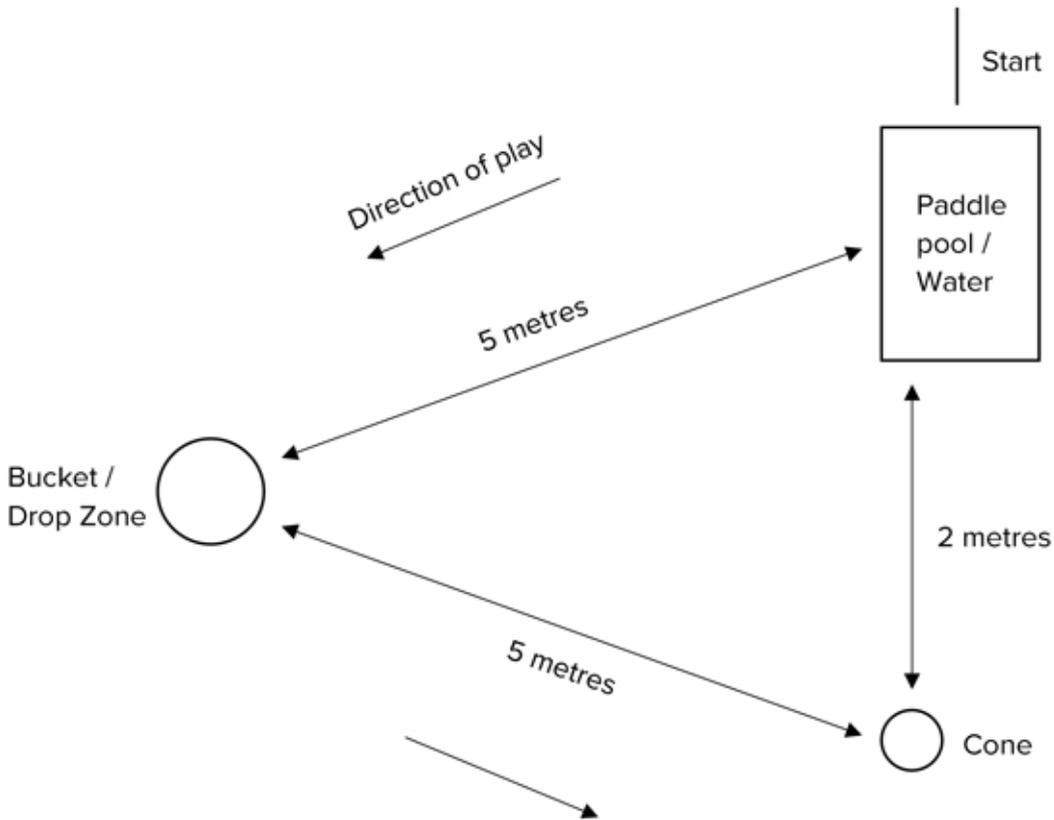


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## OPTION 1 - WATER TRANSFER (CONTINUED)

Diagram





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## OPTION 2 - PENCIL DROP

### Equipment

- Approx. 10 metres of 2mm white cotton string
- 2 hoops approx. 50cm or tape/chalk to mark circles on floor or 50cm x 50cm carpet tile.
- 1 x standard mug (approx. 8cm diameter)
- 1 x pencil
- Sticky tape

### Instructions

- 1) Set up 2 hoops or carpet tiles 4 metres apart (to the closest edges). In the middle between the hoops/carpet tiles place a mug on the floor the correct way up.
- 2) One player should stand in each hoop/carpet tile facing outwards (players A & B).
- 3) During this stage of the set up the players must stand on the far edge of the hoop/carpet tile, so that they are as far apart as possible. Tie a length of string between the players. To secure the string either tie the string around a belt, or otherwise get each player to form a belt from a separate piece of string and then tie the connecting string to the string belt. Players must remain facing outwards at all times. The connecting string should be fairly taut so it has little sag in it.
- 4) From the mid point of the string tie another shorter length of string with a pencil attached to it (the pencil is to hang vertically). The point of the pencil should be around 40cm from the top of the mug. The pencil can be attached with sticky tape.
- 5) Up to 3 further team members can then give verbal instruction to player A & B standing a safe distance away.
- 6) On the start command players A & B should try and get the pencil into the mug. The players can NOT step outside of the hoop/carpet tile, but can stand anywhere within the hoop/carpet tile. The player's lower body must remain facing outwards at all times.
- 7) The member of staff supervising the activity should start a timer on the go command. The timer should stop when the pencil hits the bottom of the inside of the mug.
- 8) The time taken to complete the challenge should be submitted in minutes and full seconds (e.g 2 minutes 45 seconds).
- 9) The maximum time permitted is 5 minutes. If the challenge has not been completed within this time please enter the score as 5 minutes.

### Risks

- To avoid damage to clothing do not attach the string to a belt loop or similar on an item of clothing.
- To avoid risk of injury do not try and pass the connecting string around the players waists.
- Ensure the area is free from any obstructions and that the hoop/carpet tile can be placed on flat and level ground without any trip hazards.

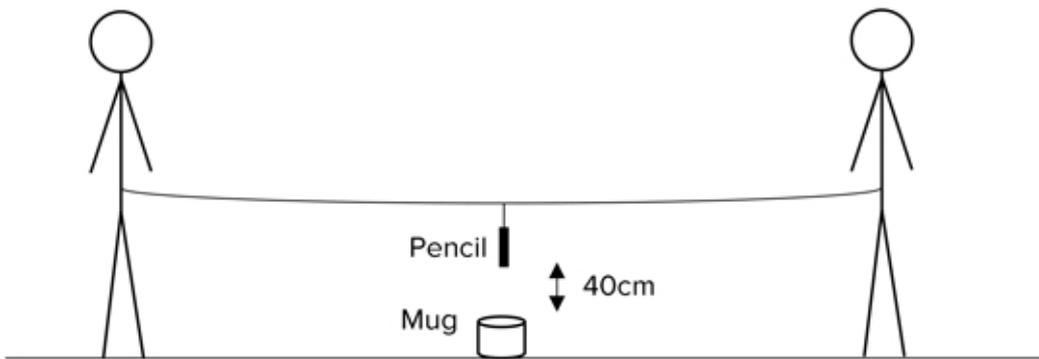
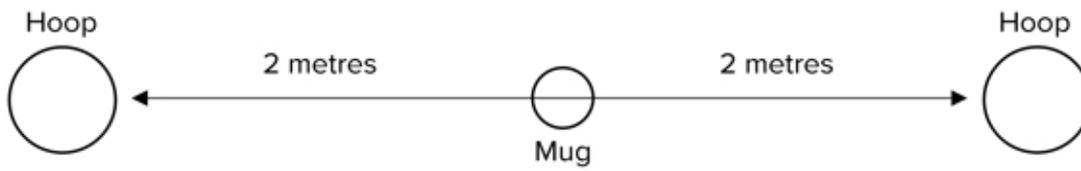


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## OPTION 2 - PENCIL DROP (CONTINUED)

Diagram





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## OPTION 3 - HOLE TARP

### Equipment

- A lightweight 3 metre by 2 metre plastic tarpaulin and duct tape. Prior to the event a leader should cut a 10cm diameter hole in the centre of the tarpaulin. To minimise the risk of the tarpaulin ripping the area around the hole should be reinforced with duct tape on the underside only.
- 3 standard tennis balls (6.54 - 6.86cm and 56 - 60 grams)
- 4 small cones/football training discs
- A standard builders bucket (around 28cm diameter)
- A cushion, crunched up newspaper of similar to place in the bucket to absorb ball energy

### Instructions

- 1) Place the tarpaulin on the floor, fully opened and stretched out.
- 2) Adjacent to each corner place a cone or football training disc.
- 3) Carefully fold the tarpaulin back on itself and place a bucket directly under the hole in the tarpaulin. Then unfold the tarpaulin, so it is fully opened with a bucket under it. In the bucket place a cushion or crunched up newspaper.
- 4) One player is to stand at each corner of the tarpaulin. Players should not move from these positions and remain standing directly adjacent to the outside of cone/football disc. The players should pick up their corner of the tarpaulin and lift it to neck height.
- 5) On the start command place a tennis ball on one corner of the tarpaulin and the leader should start the timer.
- 6) Players can move their arms out forward and backwards, but players need to hold the tarpaulin at neck height for the duration of the incident.
- 7) Players should move the tarpaulin to guide the ball towards the hole in the middle. The objective is to land the tennis ball into the bucket.
- 8) Once the first ball has passed though the hole in the tarpaulin the second ball should be placed in the corner of the tarpaulin and in the same manner players attempt to get the second ball though the hole. This can then be repeated for the 3rd ball.
- 9) Once all three balls have passed though the hole the timer should stop.
- 10) The score should be recorded as follows:
  - a) Time in minutes and seconds to complete the challenge (e.g 4 minutes 21 seconds).
  - b) The number of balls which landed in the bucket (e.g 1).
  - c) The number of balls which passed though the hole but did not land in the bucket (e.g. 2).
  - d) The maximum time permitted is 4 minutes. Once this time has been reached please record time as 4 minutes and then the number of balls which passed though the hole into the bucket (e.g. 1) and the number of balls which passed though the hole but did not land in the bucket (e.g. 1). Any ball still on the tarpaulin or not entered into play should be discounted.

### Risks

- Ensure the activity takes place on suitable ground and without trip hazards.
- Brief team members not to cause the ball to jump from the tarpaulin.

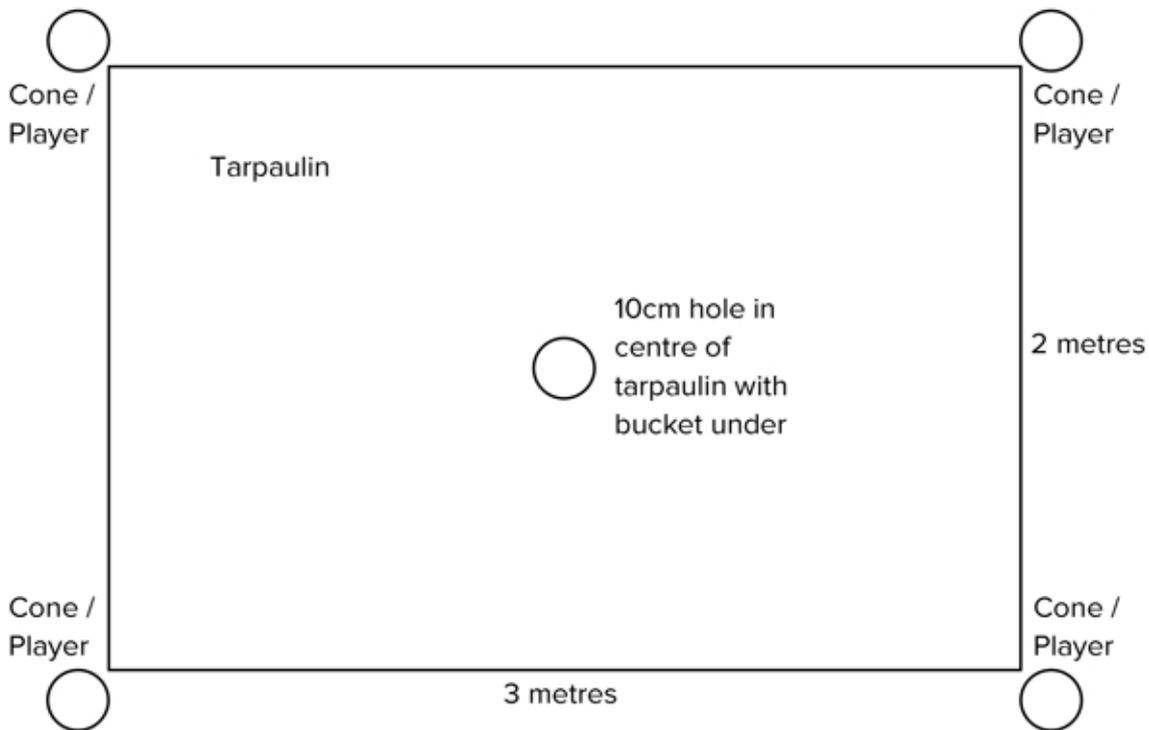


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### OPTION 3 - HOLE TARP (CONTINUED)

Diagram





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## OPTION 4 - THROW IT

### Equipment

- 4 sheets of A4 paper (or tape/chalk to mark rectangles on floor to A4 paper size)
- Tape or chalk to mark start line
- Tape to hold A4 paper to floor
- 4 bean bags per player

### Instructions

It is recommended this incident is set up on a non-slip surface to reduce the slip of the bean bags on landing. Suitable surfaces could be carpet, grass, a concrete/tarmac hardstanding or similar.

- 1) Mark a start line on the floor.
- 2) 1.5 metres from the start line place the first sheet of A4 paper (or mark a rectangle the size of A4 paper). The paper should be laid in a landscape orientation to the start line, and the 1.5 metres measured from the start line to the closest edge of the paper.
- 3) From the furthest edge of the paper place the second sheet 50cm away, repeat until 4 sheets of paper are laid out.
- 4) Each player should have 4 bean bags.
- 5) The first player should stand with their feet behind the start line.
- 6) The player should then throw the bean bags one at a time, trying to land the bean bag within one of the rectangles.
- 7) The bean bag needs to be at least 50% in the rectangle to be counted as a successful land.
- 8) Once the first player has thrown all 4 bean bags count up that player's score awarding the score as shown on the diagram.
- 9) The second player should then take their turn, and the process repeats until all team members have had a turn.
- 10) Please enter the team's total score on the results spreadsheet.

### Risks

- Ensure the throwing and landing areas are set up in a location not at risk of damage from impact (e.g. avoid fragile tiled floors, highly polished wooden floors etc).
- Ensure there is sufficient safe space around throwing area which is clear from items which may be at risk from damage (e.g. furniture, glass).
- Ensure other persons are clear of the incident area.

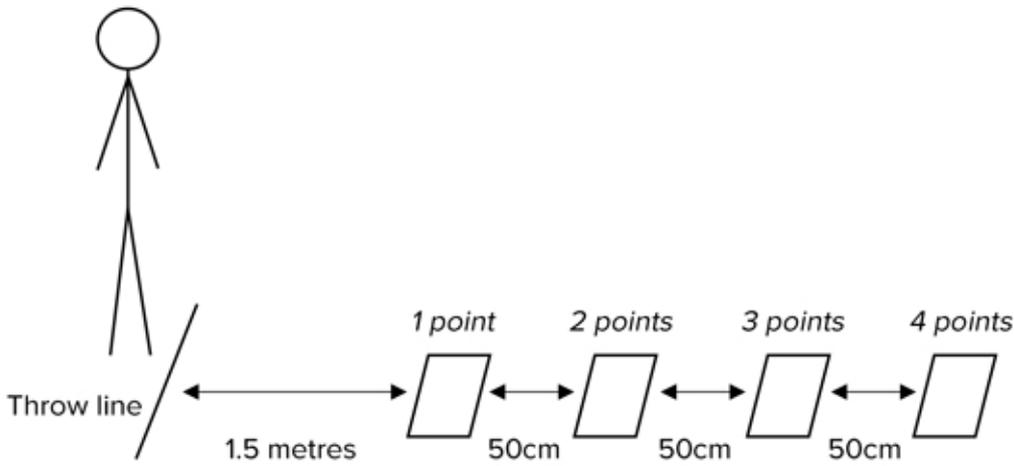


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## OPTION 4 - THROW IT (CONTINUED)

Diagram





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## OPTION 5 - YANK ME

See <https://www.youtube.com/watch?v=gEQxQPdbZik>

This incident is unlikely to be successfully completed in a windy location. We recommend this is set up inside a building or within a sheltered external location.

### Equipment

- 4 robust plastic beakers of around 7cm to 10cm tall and around 5cm to 7cm in diameter. Lightweight disposal plastic/paper cups will NOT work. The beakers must all be of the same size and be of a type that can be fully stacked.
- 3 index cards of around 10cm x 15cm (or cut up card to similar size) per player.
- A sturdy table/worksurface on which to carry out the task. It is recommended this is at around 70cm to 80cm high to enable the participant to stand.

### Instructions

- 1) Make a tower from 4 robust plastic beakers (light weight plastic/card disposable cups will NOT work). Between each cup place a stiff card (e.g. index card or cut up card). The beakers must be placed upside down as per the diagram.
- 2) Each participant has 1 minute to remove the cards, but the cups must remain in position. No person (or any item) is allowed to touch the cups during the game - the cards must be pulled out from between the cups - see <https://www.youtube.com/watch?v=gEQxQPdbZik> for further instructions.
- 3) To be successfully completed as the cards are removed each cup should stack over the cup below.
- 4) If the cups fall over the player may rebuild the cup tower within the 1 minute allowed for the incident.
- 5) 1 point for each card removed (max 3 points per participant) with the cup remaining in position. The maximum time allowed is 1 minute per participant.

### Risks

- Ensure new cards are used for each participant - do not reuse cards.
- Ensure suitable plastic beakers are used. Do not use glass/porcelain or similar items which are at risk of breakage.
- Ensure the challenge is carried out on a work surface which can not be damaged by falling beakers.

### Diagram

