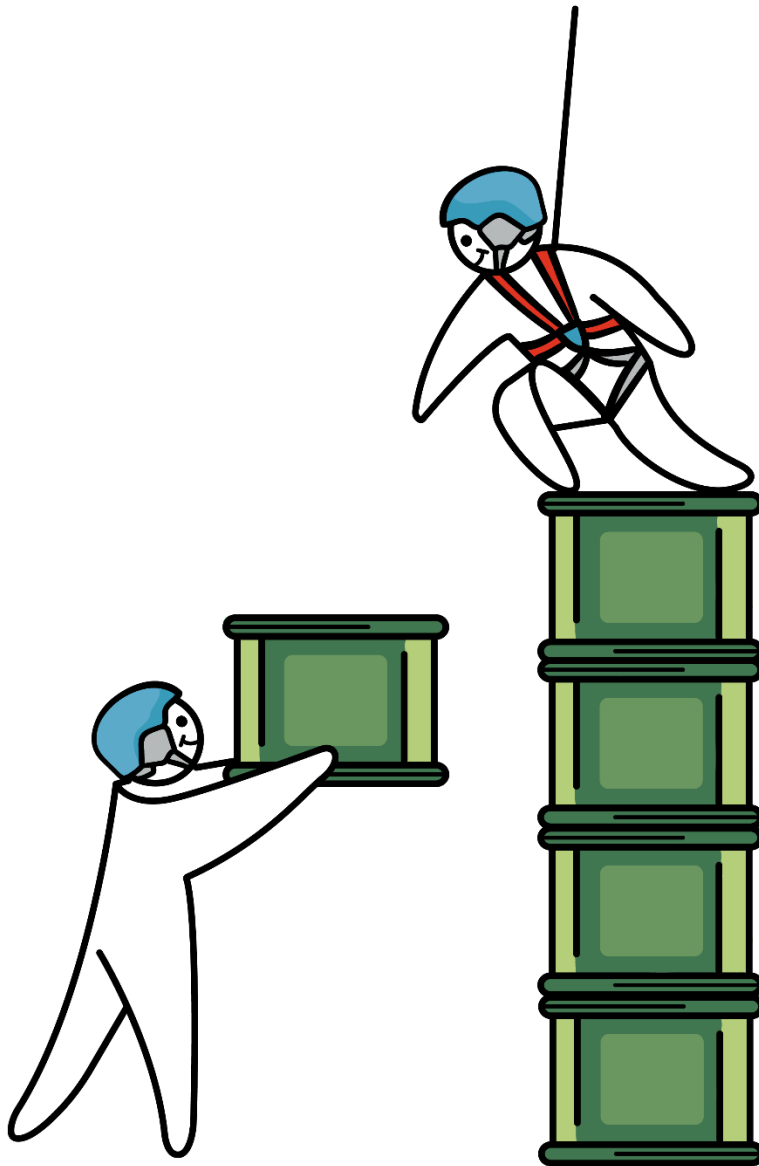


Crate Stack



I am going to do crate stack.

We will go to the sports hall in the Kinross building.



This is the sports hall.

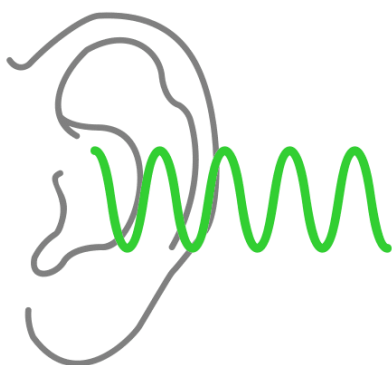


These are the ropes for the crate stack.
There will be mats on the floor.

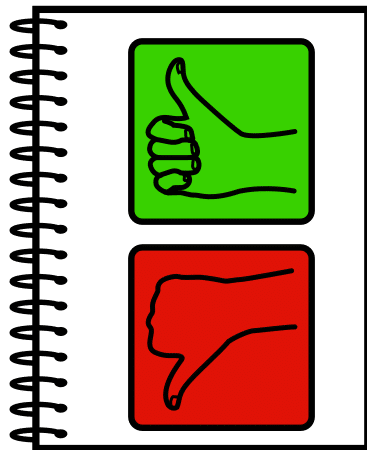
When I go inside it may smell different.



The hall can be loud and have new sounds.



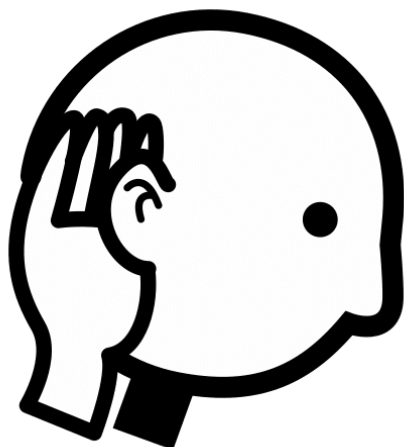
I will meet the Bendrigg tutor and other people. They will talk to me about the rules.



This is to keep me safe.



I need to listen carefully.



I will need to sit and wait until it is my turn.

I will need to wear a safety harness and helmet. The Bendrigg tutor will show me how to put it on. I will put on my harness.



The Bendrigg tutor will check it is on correctly, so I am safe.



The tutor will connect the safety rope to my harness.



I will stand on the first crates with my partner.



I will be handed crates to add to the stack. The stack will get taller, and I will climb higher.



The tutor will use the ropes to keep me safe in my harness. I cannot fall to the floor. I am safe.



As the crate stack gets bigger it will wobble and become very unstable.

I may drop or knock off a crate. This is ok. It will make a crash sound when it hits the floor. It is okay.



Eventually the stack will wobble over or I can push it and it will crash to the floor. It makes a loud noise but it is okay.

At the end of my turn the tutor will lower me down to the floor.



I can take my harness and helmet off.



When I have finished my turn, I will sit and wait.

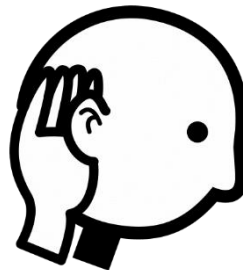
I may feel excited.



I may feel worried, this is okay.



I need to remember I am safe if we all listen carefully and follow the rules.



I can ask to stop.



When I have finished everyone will say
well done.



The Crate Stack is fun.



Written by Kate McCallum with support from

