



STAY AT HOME MULTICLASS SKI RACE 2020

RACE DAY: Wednesday 26th August

Home-based Dryland Alpine GS Ski Race



REMEMBER...

Be careful & know your physical limits

Stretch & warm-up before exercise

Stay hydrated

Stay safe and follow social distancing rules and regulations for your area



RACE INSTRUCTIONS

1. **Prepare your 'ski slope'** on a safe and spacious surface (see driveway example to the left). If you can, include finish and end flags or signs.
2. **Gather the equipment** you will need (adapt equipment where you need to)
3. **Set it up on your 'ski slope'**. If you don't have a large area, no worries! Just set up one phase at a time.
4. **Complete the 6-Phase 'ski' race**. If you want to challenge yourself, complete the full race multiple times.
5. **Take photos of or film** your race (especially crossing the finish line).
6. **Fill in the tally sheet** for each phase you complete and also record how many times you do the full race.
7. **Send through tally sheet and photos/video** to info@multiclasssports.asn.au for us to share on socials.
8. **RECEIVE YOUR CERTIFICATE!**


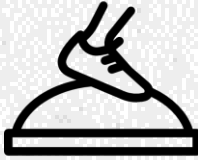

PHASE 1: START - FLAT BACK TUCK

Hold a flat back tuck and time yourself.

Pick one of the three activities (or a similar activity)

Record how long you held it for on the tally sheet



Activity 1	Activity 2	Activity 3
<p data-bbox="1192 546 1554 675">Hold a flat back tuck with your feet on the ground</p> 	<p data-bbox="1635 546 1982 675">Hold a flat back tuck with your feet on a Bosu Ball (or similar)</p> 	<p data-bbox="2053 546 2430 675">Hold a flat back tuck with your feet on a tall box (or similar)</p> 

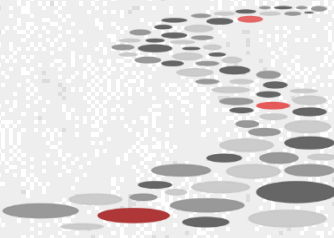


PHASE 2: HOLD BALANCE ON STEPPING STONES

Jump with two feet and hold a balance on stepping stones that are set in a zig zag

Pick one of the three activities (or a similar activity)

Record how many times you went over the stones



Activity 1	Activity 2	Activity 3
<p>Have flat stepping stones on the ground (e.g. paper stepping stones fixed to the surface)</p> <p>Jump from stepping stone to stepping stone trying to land your feet on each stone.</p> 	<p>Have flat stepping stones on the ground (e.g. paper stepping stones fixed to the surface)</p> <p>Jump from stepping stone to stepping stone trying to land on one foot & balance on your stepping stone.</p> 	<p>Have raised stepping stones off the ground (e.g. paint tins on a surface that won't slide)</p> <p>Jump from stepping stone to stepping stone trying to land your feet on each stone.</p> 




PHASE 3: SIDEWAYS JUMPS OVER A HURDLE

Sideways jumps over a hurdle or set of hurdles

Pick one of the three activities (or a similar activity)

Record how many sideways jumps you did over the hurdle, on the tally sheet



Activity 1	Activity 2	Activity 3
<p>Have a hurdle (e.g. a broomstick lying on the ground). Jump with two feet together from side to side over the hurdle.</p> 	<p>Have a hurdle (e.g. a broomstick raised off the ground between two cans). Jump with two feet together from side to side over the hurdle.</p> 	<p>Have a hurdle (e.g. a broomstick raised off the ground between two chairs). Jump with two feet together from side to side over the hurdle.</p> 


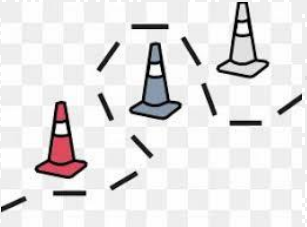

PHASE 4: WEAVE RIGHT & LEFT THROUGH OBSTACLES

Weaving right and left through the obstacles

Pick one of the three activities (or a similar activity)

Record how many obstacles you weaved around on the tally sheet (this could be completed multiple times)



Activity 1	Activity 2	Activity 3
<p>Have a number of obstacles (eg witches hats or cans) placed on the ground (with enough space between them) that you can weave right and left through them easily.</p> 	<p>Have a number of obstacles (eg witches hats or cans) placed on the ground (make less space between the obstacles) and weave right and left through them.</p> 	<p>Have a number of obstacles (eg witches hats or cans) placed on the ground (make the space between the obstacles much tighter and in a tricky formation) and weave right and left through them.</p> 


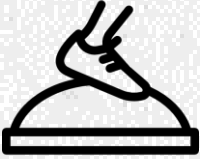

PHASE 5: BALANCE ON AN OBJECT

Balance on an object

Pick one of the three activities (or a similar activity)

Record how long you held your balance on the tally sheet



Activity 1	Activity 2	Activity 3
<p>Hold a stationary balance on a piece of paper fixed to the ground (on one foot if you can).</p>	<p>Hold a stationary balance on a Bosu Ball or a balance board on the ground (on one foot if you can).</p>	<p>Hold a balance on a moving object (eg a skateboard).</p>
		

PHASE 6: FINISH - FLAT BACK TUCK


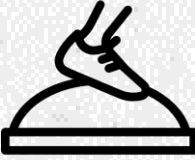

Hold a flat back tuck and time yourself.

Pick one of the three activities (or a similar activity)

Record how long you held your flat back tuck on the tally sheet

Record how many times you complete the full race



Activity 1	Activity 2	Activity 3
<p data-bbox="1192 546 1554 675">Hold a flat back tuck with your feet on the ground</p> 	<p data-bbox="1635 546 1982 675">Hold a flat back tuck with your feet on a Bosu Ball (or similar)</p> 	<p data-bbox="2053 546 2430 675">Hold a flat back tuck with your feet on a tall box (or similar)</p> 



STAY SAFE & HAVE FUN!

www.multiclasssports.asn.au

 CALLY BAUMAN

 0439 552 220

 info@multiclasssports.asn.au