

Group Juggling

Equipment Required

	No. required	Comment
Tennis Balls	1 per participant	Bag of 20

Set Up / Assembly

1. Flat grass or hard standing – grass is ideal
2. Group stands in a circle, shoulder width apart – including instructor

Operator Instructions

The instructor starts with the ball and asks the name of a person standing across the circle from them. Calling the name clearly, the instructor throws that person the ball. They then pick someone else across the circle (not the instructor!) and do the same - asks/calls the name and throws them the ball. This continues until everyone has had the ball once and the ball is back with the instructor – team members need to remember who they threw to! If the ball was dropped, repeat the exercise, trying to achieve a ‘perfect’ round – the ball isn’t dropped. If it’s perfect first time, try going faster. Then add a couple more balls...

Underhand Throwing only

I have read and fully understand the risk assessment, assembly, operating & briefing instructions and any other safety procedures in relation to:

Group Juggling team building exercise

Signed:

Date:

Event Manager / Trainer Signature:

Print:

Print:

Risk Assessment for:
 AR Entertainments
 Mount Pleasant Way
 Stokesley Business Park
 Stokesley North Yorkshire
 TS9 5NZ

ASSESSMENT UNDERTAKEN
 Date:
 Assessor:
 Activity / Equipment: Group Juggling

ASSESSMENT REVIEW
 1st: 03 – 09 – 2014

Significant Hazard	People at Risk	Control Measure
Moving vehicles	Participants Operator	Selection of playing area away from roads Supervision