



FLEX LADDER INSTRUCTIONS

PURPOSE

The Balancing Trail was designed to stimulate the vestibular system while moving in a variety of directions and positions. Visual cues promote motor planning and postural awareness. The goal is to improve balance or wheelchair mobility skills while the visual cues promote motor planning. Begin by attempting the most comfortable choice and follow the visual cues. Note the change of direction of the footprints and adjust foot / body angle to the appropriate position.



**SCAN HERE to access
directions on your phone**



TO START

- 1** The Mover takes a position near the edge of the mat, and is then asked a trivia question, and if they answer it correctly, they are awarded 10 points and can travel down to the end of the mat and back.
- 2** If they incorrectly guess the answer to the question, then they do not move forward, are not awarded any points, and they become the Quizzer.

BONUS CHALLENGES

- Attempt alternate methods such as: hopping, side stepping, backwards travel, etc.
- Attempt to answer 2 to 3 trivia questions before being allowed to “step / travel” forward.
- Attempt a different pathway for each of the Mover’s 4 rounds.

For more information on what’s included, set-up and safety, rules, scorecards, trivia bonus challenge, and movement bonus challenge, please contact us at (800) 681-0684 or email us at info@fitandfunllc.com.

SAFETY SUPPORT

If requested the Mover can ask that another team member hold their hand, push their wheelchair, or assist in any manner needed. If available, use a wall to lean on as needed and gradually move away from it as the Mover becomes stronger.

! *Prior to the start of any movement or play, all participants should take a few moments to make sure that he/she is wearing loose fitting clothing, and if applicable is wearing athletic footwear. All participants should check to ensure that he/she is physically cleared to participate. Any person who is not “cleared” to participate for whatever reason should refrain from the “movement” elements of the game play, but can participate as a Quizzer or overall judge. Safety supports should and can include any physical, visual, or verbal support a participant may request or require from another person or item. Safe play makes great play!*