

Camp@Home - Activities

This activity idea was originally part of a Durham Scouts Camp@Home event. It has been adapted for broader use as part of the Scouting from Home programme

Activities at home should always be risk assessed and supervised by parents/carers, taking note of the specific safety advice provided



Obstacle Course

There are no badges for this one, but building your very own (age appropriate) obstacle course at home is always fun.

If there's more than one of you at home you can see who gets the fastest time, or if you're by yourself you can always see how much you can improve your time over three or five runs.

How much fun can you make your obstacle course – and can you persuade the adults at home to have a go?



Some young people from Scouts Canada have produced a [fun video](#) to give you some ideas and you can find the Obstacle Course Trail Card they refer to [here](#).

A detailed trail card for an obstacle course activity. The title is "Obstacle Course" and the activity is "THE SWINGING BRIDGE" under the category "Active & Healthy Living". It includes sections for "The Adventure" (with summer and winter options), "Online Resources" (with questions for discussion), "Safety note" (listing required equipment like helmets and goggles), "Plan" (with questions about jobs, skills, materials, and timing), "Do" (with instructions to build, race, and cheer), and "Review" (with questions about learning and challenges). It features a photo of a person in winter gear, a small illustration of a swinging bridge, and the Scouts Canada logo at the bottom right. The website "Canadianpath.ca" is mentioned at the bottom left.