COX WOOD

Activity Instructions

Sumo Suits

Equipment:

2 sumo suits
2 neck guards
2 helmets
1 mat in two halves

People:

2 people of similar size

Leader requirements:

One competent person must take overall charge of the activity and ensure the equipment is in good order and used in a safe manner.

Guide to use of equipment:

When 2 people are kitted out in fat suit, neck guard and helmet they try to push each other out of the ring. No punching, scratching, or pulling the opponents head is permitted. A fallen combatant must never be lifted by their head.

Guide to risks for your risk assessment:

Ensure all 3 parts of the protective suit are fitted before starting
Have open space around the mat
Control combatants
Control spectators

scouts be prepared

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Cox Wood Scout Camp c/o Ian McLean 2 Malvern Drive, Gwersyllt Wrexham LL11 4XG Tel 01978 750619
Cyngor Sgowtiaid Ardal Wrecsam Registered Charity No: 524875