

Give it a Go Brownies Triathlon badge



To gain your 'Give it a Go' triathlon badge, you should try each of the following activities with the help from your unit leader or attend a local taster session with a qualified coach.

Run, swim, cycle!

1 Activity 1 – Sharks and fishes run

- In a large space there will be 2 – 3 sharks.
- The rest will be fishes and will stand in a safe zone.
- When your leader says go the fishes must run from their safe zone to the opposite side of the area to the other safe zone.
- The sharks will try and tag the fishes.
- If the fishes get tagged, then they turn into a shark.
- Game continues until there is 1 or 2 fishes left.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling).

2 Activity 2 – Swimming scavenger race

- Split girls into teams.
- Using a range of sinkable swim aids, scatter them on the floor of the pool. (non-swimmers go first if the pool gets deeper the further you go)
- On the whistle the girls take it in turns to retrieve the items.
- Each girl must place the swim aid on the pool side before the next girl takes her turn.
- The first team to retrieve all the items wins.

3 Activity 3 – Obstacle course Cycling

- Make your way through an obstacle course as safely as you can without falling.
- How fast did you complete the course?
- Complete the course on 3 separate occasions, marking your fastest time.

