

# Give it a Go Rangers Triathlon badge



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

## Run, swim, cycle!

### 1 Activity 1 - Capture the flag

- You will be split into 2 teams.
- The aim of the game is to capture the flag from your oppositions team and get it back on your side without getting caught.
- If you get caught you go to jail (your team can free you by tagging you out)
- You can only be tagged in your oppositions half and if you have the flag it must be returned to its base.

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 obstacle course

- Swim your way through the obstacle course as quickly and as safely as you can. In your obstacle course please include: Swimming through hoops, picking up sinkable objects, swimming underwater, pushing a ball through the water.

**\*\*Please note: If there are any individuals who are unable/unconfident to swim or scared of water then organise an activity that is challenging to them (e.g. getting in the pool and walking around, swim a width, play a game in the baby pool so the water is shallow).**

### 3 Activity 3 - Slow ride

- Set out a straight course and race your peers to the end  
Compete in a relay race – which team will win? Complete a 30minute cycle in a safe environment.

### 4 Activity 4 - Mini triathlon

- 100m swim (4 lengths of a 25m pool)
- 2km cycle
- 1km brisk walk/jog/run

