

# Community Obstacle Course Tracking and Observation

## Obstacle Course using GREEN Cue Cards

Start Time	End Time	Total Time

  

Judgment	Inhibitions Reactions Coordination

## Obstacle Course using ORANGE Cue Cards

Start Time	End Time	Total Time

  

Judgment	Inhibitions Reactions Coordination

**Self Reflection:** What were the main differences between using the green and orange cards? How did you feel when using the orange cards? Do you think you were safely and successfully navigating the course when you used the orange cards? Why or why not?

# Cue Cards for Obstacle Course - Green

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**Start**

**Take three large steps and turn to the right.**

**Stop.**

**Look both ways.**

**Turn right.**

# Cue Cards for Obstacle Course - Green

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**Take 10 steps.**

**Bend down to pick up an invisible piece of trash.**

**Take another three steps.**

**Stop.**

**Say “Hello, how are you? See you later.**

**Have a great day”**

**Take five little steps.**

**Jump to the left to avoid an imaginary person pushing a baby buggy.**

**Take another four steps.**

**Go back 10 steps and turn left.**

# Cue Cards for Obstacle Course - Green

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**Take 10 steps.**

**Bend down to pick up an invisible piece of trash.**

**Take another three steps.**

**Stop.**

**Say “Hello, how are you? See you later.**

**Have a great day”**

**Take five little steps.**

**Jump to the left to avoid an imaginary person pushing a baby buggy.**

**Take another four steps.**

**Go back 10 steps and turn left.**

# Cue Cards for Obstacle Course - Green

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**Take six steps.**

**Stand on one leg for 20 seconds while you wait for an imaginary red light.**

**Take three steps.**

**Stop.**

**Pretend you see a friend and jump up and down with excitement five times.**

# Cue Cards for Obstacle Course - Green

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**Turn right.**

**Take seven big steps.**

**Jump left.**

**Duck and cover your head to avoid an imaginary frisbee flying through the air.**

**Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.**

# Cue Cards for Obstacle Course - Green

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**Take three steps back.**

**Pretend you see a younger student and you are trying to help them find a missing loonie that they dropped on the ground.**

**Take three last steps.**

**Finish**

# Cue Cards for Obstacle Course - Orange

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**Start**

**Spin five times quickly in a circle.  
Take three large steps and turn to the right.  
Stop and cover one eye with your hand.  
Look both ways.  
Turn right.**



# Cue Cards for Obstacle Course - Orange

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**Take 10 steps and breathe in and out very deeply as you walk.**

**Bend down.**

**Jump up from a squat position.**

**Take another three steps, but drag your feet slowly.**

**Stop.**

**Say in a very loud voice “Hello, how are you?  
See you later. Have a great day”**

**Take five little steps on your tiptoes.**

**Spin five times.**

**Jump to the left to avoid an imaginary person pushing a baby buggy.**

**Take another four steps while criss-crossing your legs each time.**

**Go back 10 steps with your left hand over your right ear.**

**Turn left.**

# Cue Cards for Obstacle Course - Orange

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**Take six steps with your eyes closed,  
then reopen your eyes.**

**Squat down and pause for three seconds.**

**Stand on one leg for 20 seconds  
while you wait for an imaginary red light.**

**Cross your eyes twice.**

**Take three steps.**

**Stop.**

**Pretend you see a friend and jump up  
and down with excitement five times.**

**Spin five times.**

# Cue Cards for Obstacle Course - Orange

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**Turn right.**

**Take seven steps.**

**Jump left.**

**Duck and cover your head to avoid an imaginary frisbee flying through the air.**

**Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.**

**Blink five times with your right eye.**

# Cue Cards for Obstacle Course - Orange

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**Turn right.**

**Take seven steps.**

**Jump left.**

**Duck and cover your head to avoid an imaginary frisbee flying through the air.**

**Quickly take nine steps and cover your ears as there is an imaginary police car speeding by.**

**Blink five times with your right eye.**

# Cue Cards for Obstacle Course - Orange

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**Take three steps back.**

**Pretend you see a younger student  
and you are trying to help them  
find a missing loonie that  
they dropped on the ground.**

**Crawl three steps**

**Finish**

# Impairment Awareness - Consequences for Self and Others

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## The Definition of Impairment:

Being in a weakened state or condition: such as being diminished in function or ability and or being unable to function normally or safely (as when operating a motor vehicle, i.e., cars, trucks, boats, snowmobiles and off-road vehicles) because of intoxication by alcohol or drugs.

Consequences of Impairment on Self	Consequences of Impairment on Others

Strategies That Keep You and Others and Your Community Safe

# Layout of Gym for Activity

