

## No Snow Biathlon

Teams run a relay around a course and then have to shoot at a target before passing over to the next team member.

You will need:

- One set of snow shoes per team – these could be made from old tennis rackets, large pieces of wood, use your imagination!
- A toy that “shoots” per team – such as a Nerf gun or similar.
- Targets of your choice – plastic cups work well.



Set up a course around your HQ or outside. Each team chooses a starting biathlete. They put on the snowshoes and the gun. They then have to "ski" the course and return to lay down to shoot at the target. If they miss they must then do a penalty loop (short lap set up beforehand) before handing over to the next member of the team. First team to finish are the winners!

## Ski Jumping

Teams try to get their ice cube to jump the farthest.

You will need:

- Length of guttering for each team.
- Large ice cubes.



Heat the guttering so that it can be bent into a ski jump shape. Set the jumps up at one end of your meeting place. Each team must send their "skier" ice cube down the ramp and see how far it travels. The team with the longest jump wins.

This could be extended in the older Sections by giving them equipment to improve the distance their ice cube travels.



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## Luge

Teams act as the momentum to get their athlete, on their luge, around the course.

You will need:

- A luge per team – plastic sledges work well or a skateboard with handles and rope attached.
- A helmet per team.
- Cones to mark the course.
- Stopwatch.



Set up a course either in your HQ or outside. Each team of three chooses a rider and the other 2 are the pullers. The rider must lay flat on the board head forward (wearing the helmet) holding onto their luge. The 2 pullers must pull the luge around the course without losing their rider. If the rider falls off they are disqualified (or you could add a penalty time on). Team with the fastest time wins.

## Indoor Ski Slalom

Small teams work together to negotiate a slalom course on “skis”.

You will need:

- Set of 3 man skis per team – long planks of wood or cardboard with some way of strapping the teams feet to them. The addition of handles is also best for younger sections.
- Cones or similar.
- Stopwatch.



Each team of 3 put on the skis and have to negotiate a slalom course set up in a hall or outside. Each team is timed with the winner taking the gold medal. You could also set up 2 identical slalom courses and have them race against each other, depending on how much room you have.



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## Ice Hockey

A fun twist on a normal game of hockey.

You will need:

- Hockey sticks
- Large ice cubes – freezing balloons full of water works well.
- Goals
- Referee
- A tarpaulin



Set up your pitch on the tarpaulin, marking out the area of play and goals. This is played just like a normal game of hockey, except instead of a puck, the large ice cube is used. The tarpaulin allows it to slide along the floor easily and the game gets trickier as it melts and gets smaller.



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