

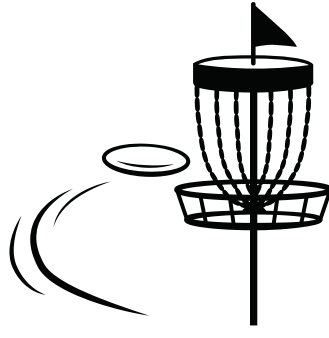
# Disc Golf

**8 players, plus an accompanying adult**

## Basic Instructions

Decide which Disc Golf games you want to play with your group. We recommend two or three different games per session being played over three/ four/ five holes.

- 1) Hand out one disc to each player.
- 2) Find the first disc golf tee marked by a wooden post with a red marking (small hill next to High Ropes Course) using the course map provided.
- 3) Use the open space to introduce some basic disc golf throwing techniques and to allow some disc throwing practice before starting on the course.
- 4) Throw the disc towards the corresponding basket (see course map) marked by the red flag and number.
- 5) Take turns. To avoid injury, discs furthest away from the basket are played first with everyone standing behind the person throwing their disc.
- 6) Play the disc as it lies. You cannot accommodate it.
- 7) Only one disc can be in motion at any one time.
- 8) Keep score (according to the rules of your chosen game).
- 9) Have fun completing all nine disc golf baskets.
- 10) Return equipment to its base and used score sheets to a recycling bin.



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## Disc Golf Course

If you lose a disc, please do your best to find it.  
If you cannot locate it, please inform a member of staff of its rough location.