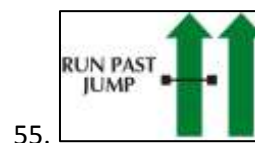


Level 4 Mini signs 2019



Bonus Ex 9



Bonus Ex 10 A



Bonus Ex 10 B



Level 4

- (1) There should be a minimum of fifteen and a maximum of seventeen exercises, with no more than twelve static positions.
- (2) There should be a minimum of one and a maximum of four exercises from Level 3, and a minimum of one and a maximum of four exercises from Level 4.
- (3) More than 2 exercises can be linked and more than 1 distraction exercise is allowed
- (4) Can join 2 cone exercises using junction (ie across centre or at end at right angles)- advise use 1 different coloured cone if joining spiral to serpentine or fig 8
- (5) Bonus can come from Bonus exercises 1-10
- (6) Signs min 2m apart, cones or distraction bowls 1.5M apart (except disability requirements) 2 part exercises 2-3 M apart. Jumps need 8M – 4M for each side of jump. Exercises must not traverse other exercises