

Level 2 Mini signs 2019



Bonus Ex 4 A

Bonus Ex 4 B



Bonus Ex 5 A

Bonus Ex 5 B



Level 2

(1) The same markers may be used in the execution of two exercises, for example cones used for Spiral Left, Spiral Right, Figure 8 or Serpentine. Junctions may not be used at this level.

(2) There should be a minimum of twelve and a maximum of fifteen exercises, with no more than eight static positions.

(3) There should be a ratio of one-third Level 2 exercises to two-thirds Level 1 exercises.)

(4) Can join 2 cone exercises but only in straight line, advise use 1 different coloured cone if joining spiral/serpentine or fig 8

(5) Bonus can come from bonus exercises 1 – 5

(6) Signs min 2m apart cones or distraction bowls 1.5M apart (except disability requirements) 2 part exercises 2-3 M apart. Exercises must not traverse other exercises