

Level 5 Mini Signs 2019



Bonus Ex 11



Bonus Ex 12 A



Bonus Ex 12 B



Level 5

- (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 4, and a minimum of one and a maximum of four exercises from Level 5.)
- (3) No more than 2 jump exercises in a course
- (4) Can join 2 cone exercises using junction (ie across centre or at end at right angles)
- (5) Bonus can come from bonus exercises 1-12
- (6) Signs min 2m apart, cones or distraction bowls 1.5M apart. 2 part exercises 2-3 M apart. Jumps need 8M – 4M for each side of jump. Retrieve article 4.5M from sign (except disability requirements) Exercises must not traverse other exercises