

W10395 & W10396 Co-Op-A-Walks

Instructions

Getting Started: Co-Op-A-Walks are designed to be used in pairs as a set or connected together as a train of pairs.

W10395 is designed for two people.

W10396 is primarily designed for 4 people, but can be used with as few as 2 people.

Our experience is that the 2 person Co-Op-A-Walks can be used by kids as young as 5. The 4 person version, when used by 3 or players, is more difficult and is recommended for ages 9 and above.

1. Place Co-Op-A-Walks on the floor side by side with the rounded end facing forward.
2. With the Co-Op-A-Walks facing forward, the person in front takes hold of the set of handles and ropes closest to the front (rounded end).
 - a) Right rope in right hand
 - b) Left rope in left hand
3. Each subsequent person moves behind the previous person and takes hold of the next available set of ropes closest to the front until all players have ropes in each hand.
 - a) Right rope in right hand
 - b) Left rope in left hand
4. Each person then places the right foot on the right Co-Op-A-Walk board centering their foot over where the rope handles go into the foam and the left foot on the left Co-Op-A-Walk similarly.



Walking on Your Co-Op-A-Walks

Coordination: All persons must raise the same foot and pull up on the rope on the same time as the foot they raise to keep the Co-Op-A-Walks against their foot as they raise it.

Cooperation: All persons must then move together requiring complete cooperation with one another.

Communication: All persons must talk, listen, read and send body language so that they will be able to walk together. It is recommended that the person in front call out “right” and “left” as they raise and move the corresponding foot forward.

Connecting Co-Op-A-Walks to Create a Train:

To create a train, a minimum of two sets (pairs) of Co-Op-A-Walks are required. One extra piece of rope comes with each set of Co-Op-A-Walks and two ropes are required to connecting two sets.

Each Co-Op-A-Walk board has an extra hole in the front and back of the boards. To connect the boards insert the rope through the hole in the front of one board and then through the back of another board, then tie a knot in the rope. Repeat the same procedure with the other boards. The more Co-Op-A-Walks connected together, the more difficult the challenges.