

# W10438 Hoop and Noodle Base Instructions

**WARNING: DO NOT INSTALL THE PLUGS IN THE BASES UNTIL AFTER THEY ARE FILLED!**

**Contents:** 6 Plastic Noodle Bases  
7 Plastic Plugs (1 extra plug is included)

**Weighting Your Bases:** The plugs for the holes in the bases are difficult to remove after they have been installed. Do not install the plugs until you fill the bases. The bases come unfilled and without the plugs installed. The bases can be used as is for some applications, but we recommend filling them with sand to increase their effectiveness. Each base weighs about 6 ounces empty. Play sand is readily available at home centers and hardware stores for about \$4 for a 50 pound bag. The finer and dryer the sand, the easier it will be to fill the bases. If the sand is dry enough, try using a funnel to speed up the fill process. If not, you can fill them by hand in about 5 minutes per base. The finished weight of each base filled with sand is about 3 to 4 pounds. If you think you will use your bases to create high hurdles, you may want to leave at least 2 of your bases empty. You can also fill them with water, but the plugs are not designed to be water tight so a little water may leak out if the base is kicked or tipped over during use. If filled with water, we recommend filling them about ½ way. Once filled, align a cap over the hole in the top of the base and push down until the cap is flush with the top of the base.

**Bases and Hoops:** These bases are designed to work with our Spectrum Super Hoops, Spectrum No-Knott Hoops and with any other hoop that has a cross sectional diameter of about 0.85". They will not work with our Spectrum Economy Hoops or similar hoops with a 0.75" cross sectional diameter.

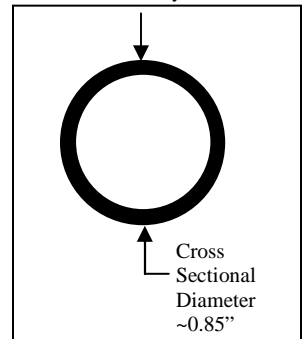


Vertical  
Target

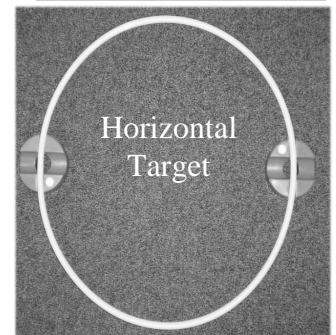
**Vertical Target:** The base can be used to hold a 24" diameter or larger hoop vertically and create a step through obstacle, throw through target, or even in place of a net in racket and paddle games where player now have to make sure the ball passes through the hoop. Simply align the hoop with the narrow slot in the base and push down on the hoop until it bottoms out.

**Horizontal Target:** Two bases can also be use with a 36" diameter hoop or larger to create a somewhat oval, horizontal target for jumping in and out of, to bounce a ball in an out of, or as a large base. To create this type of target, select a 36" diameter or larger hoop and push down on it and bend the hoop to create an oval shape. For a 36", an oval with a min diameter of about 32" and a max of about 42" will work well. The hoop needs to be distorted to create almost straight sections that will fit into the straight slots on the

base. Position two bases 180 degrees apart on the hoop and push down on the hoop until they stick in the narrow slot.



Cross  
Sectional  
Diameter  
~0.85"



Horizontal  
Target

**Bases and Noodles:** The bases are designed to work with our Spectrum Aqua Noodles that have a 2-1/2" cross sectional diameter. The hole in the base for noodles is actually only about 2-1/4" in diameter, so these bases should work with any noodle that is 2-1/4" to 2-1/2" in diameter. To use the base with a noodle, simply push the noodle into the base until the noodle hits the ground or floor.



Vertical  
Poles

**Vertical Poles:** Use the noodles at their full length or cut them shorter and have the noodles come out of the base vertically. Used this way, these noodle and bases can be used to create slalom type obstacles in obstacle courses, for soccer or basketball dribbling drills and more.

**Arches:** Connect a base to each end of a single noodle to create a small arch to crawl through or go through on a scooter (with the person on lying down on their scooter). Tape the ends of two noodles together using 2" vinyl floor tape (W4540 or similar), then push the other two ends of the noodles into bases to create a larger walk, run, scooter or wheelchair through.



One  
Noodle  
Arch



Two  
Noodle  
Arch

**Step Over Hurdle:** Use the large half slot and a noodle to create a mini step over hurdle.

**High Hurdle:** Use 3 noodles and 4 bases to create a high hurdle. You may want to cut down the length of the two vertical post of your hurdle to close to the desired height of the hurdle. This will make it easier to push the bases down onto the vertical post. It may also be helpful to put a little liquid soap on the inside of the large noodle hole to act as a lubricant. For maximum stability of the high hurdles, use two weighted bases at the bottom and two non-weighted bases at the top. The center or horizontal noodle can also be cut down to reduce sag in the middle of the hurdle.



Mini Step Over Hurdle



High Hurdle

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Revision - Original

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