

## Throw Bag “Skee Ball”

Christopher Huston

The first few moments on the scene of someone in distress while in the water or on ice, is of the essence. Time lost is time that cannot be made up later in the event. Demonstrating proficiency with the rope throw bag builds self confidence amongst the crew for when the time comes to use this skill. The following drill is an easy and fun way to practice using the throw bag.

What you will need:

- ❖ Rope throw bag (2 for faster game play)
- ❖ Cones
- ❖ Scoreboard
- ❖ Measuring tape

The drill uses several target areas that the member will throw the rope bag. These areas can be of various shapes and sizes. Using the measuring tape create the targets and set the distance for the throwing position. The photo attached is one example of how to lay the ‘game board’ out. Think of the classic carnival game skee ball, where the player rolls a ball to a particular target and scores those points.

Each member will be awarded points based upon the target they attempt and where the rope bag falls. The key is the get the bag inside the target. However during a real event when deploying a rope you want to throw the bag “through them.” Identify one of the targets as the victim to add that factor to the drill. The crew members will each take a turn consisting of three tosses. The member decides which targets to attempt and achieve the highest total score. The more complex the target, the higher the point value it awards. For any cone that is hit or knocked over deduct 10 points from that members total score.

**Whoever has the highest score wins bragging rights!**

