



# BHARAT SCOUTS AND GUIDES, UTTAR PRADESH

State Headquarters : Gole Market Mahanagar, Lucknow - 226006

Registration Number 1-9407/1959-1960

E-mail : upscoutsguides@yahoo.com, Website : www.bsgup.org

Tel. : 0522-4323838, Mob. : 9839392275



Circular No. : SK/SAP-01 / 1040 /2026-27

Date : 28<sup>th</sup> July, 2026

To,

All the District Secretaries,

Bharat Scouts and Guides.

District Associations (Revenue & University) of the Uttar Pradesh,

All the Head of the Institutions / Departments & All the Adventure Clubs in India



**SUB: State Adventure Program at State Training and Adventure Centre, Sheetlakheth, Almora, Uttarakhand The State Adventure Programme is scheduled from October, 2026 to March, 2027.**

Dear Sir/Madam,

Greetings from the Bharat Scout and Guide, Uttar Pradesh State Headquarters!

It is a matter of great pleasure to announce the State Adventure Cum Trekking Program of the Bharat Scout and Guide, Uttar Pradesh scheduled at State Training and Adventure Centre, Sheetlakheth Almora. The State Adventure Programme is scheduled from October, 2026 to March, 2027.

Following are the details of the event: -

| SL | NAME OF THE EVENT       | MONTH    | DATES      |            | LAST DATE OF ONLINE REGISTRATION |
|----|-------------------------|----------|------------|------------|----------------------------------|
| 1  | State Adventure Program | Oct-2026 | 05.10.2026 | 09.10.2026 | 01.10.2026                       |
| 2  | State Adventure Program | Oct-2026 | 10.10.2026 | 14.10.2026 | 06.10.2026                       |
| 3  | State Adventure Program | Oct-2026 | 24.10.2026 | 28.10.2026 | 19.10.2026                       |
| 4  | State Adventure Program | Nov-2026 | 01.11.2026 | 05.11.2026 | 25.10.2026                       |
| 5  | State Adventure Program | Dec-2026 | 06.12.2026 | 10.12.2026 | 02.12.2026                       |
| 6  | State Adventure Program | Dec-2026 | 12.12.2026 | 16.12.2026 | 06.12.2026                       |
| 7  | State Adventure Program | Dec-2026 | 19.12.2026 | 23.12.2026 | 15.12.2026                       |
| 8  | State Adventure Program | Jan-2027 | 04.01.2027 | 08.01.2027 | 31.12.2026                       |
| 9  | State Adventure Program | Jan-2027 | 09.01.2027 | 13.01.2027 | 06.01.2027                       |
| 10 | State Adventure Program | Feb-2027 | 04.02.2027 | 08.02.2027 | 01.02.2027                       |
| 11 | State Adventure Program | Mar-2027 | 13.03.2027 | 17.03.2027 | 10.03.2027                       |
| 12 | State Adventure Program | Mar-2027 | 26.03.2027 | 30.03.2027 | 23.03.2027                       |

Others Details :

|     |           |                                |
|-----|-----------|--------------------------------|
| 01. | Arrival   | The forenoon of the first day. |
| 02. | Departure | The afternoon of the last day. |



|     |                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----|----------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 03. | Contribution for Welfare of Scouts and Guides                                    | <p>i) <b>FOR : SCOUT/GUIDE, ROVER/RANGER AND UNIT LEADERS :</b> Total Contribution Rs.3500/- per head.</p> <p>ii) <b>FOR : NON – SCOUT/GUIDE STUDENTS :</b> Total Contribution Rs 3500/- per head.</p> <p>iii) <b>FOR : NON – STUDENTS :</b> Total Contribution Rs.7500/- per head.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| 04. | <b>Special Offer's:</b><br><b>For Scout/Guide, Rover/Ranger and Unit Leaders</b> | <p>1- <b>For Individual:</b> Participants who register online within the specified time frame will be eligible for a 10% rebate.</p> <p>2- <b>For Group's :</b> One <b>Unit Leader/Coordinator</b> from the same school/unit will be allowed to participate free of charge with every 10 registered participants. To avail this benefit, the attached <b>Unit Leader/Coordinator Nomination Form</b> must be duly filled and emailed to <a href="mailto:upscoutsguides@yahoo.com">upscoutsguides@yahoo.com</a> at least 03 days prior to the commencement of the camp. Please note that this benefit is available only after obtaining prior approval from the State Headquarters. No free participation will be permitted without prior approval.</p> |
| 05. | <b>Accommodation/ Food/Activities</b>                                            | Accommodation, food, souvenir and kit will be provided free of cost by the BSGUP. All activities including trekking, hiking and visit to nature/tourist/religious places will be conducted free of cost by the BSGUP.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 06. | <b>Mode of Payment</b>                                                           | <p>1-ONLINE TRANSFER (NO CASH)<br/> <b>Account Holder - Bharat Scout Guide Up</b><br/> <b>Account No - 11764947473</b><br/> <b>IFSC Code - SBIN0007313</b><br/> <b>Bank - State Bank of India</b><br/> <b>Branch- Shitlakh</b></p>  <p>(Original Bank Pay- In – Slip should be submitted along with the applications at the time of Registration)</p>                                                                                                                                                                                                                                                                                                             |
| 07. | <b>Registration Proses</b>                                                       | <p>Registration for the camp can be done through Our official website <a href="http://www.bsgup.org">www.bsgup.org</a> or via link and QR code provided below.</p> <p><b>Click on the link to apply.</b><br/> <a href="https://forms.gle/sZF8CciJSfbQWdkY8">https://forms.gle/sZF8CciJSfbQWdkY8</a></p>                                                                                                                                                                                                                                                                                                                                                           |
| 08. | <b>Who can Participate</b>                                                       | <p>1- Open to all Male / Female age group 12-50 years.</p> <p>2- Members of Adventure Club, School Group, Youth Organization and members of Bharat Scouts and Guides.</p> <p>3- Medically and physically fit and can bear the strain of Trekking for 12 K.M per day.</p> <p>4- One Escort must be deputed with a group of 8-15 Boys/ Girls.</p> <p>5- Lady Escort must be deputed with the female participants.</p> <p>6- Student without Escorting Teacher will not be allowed.</p> <p>7- Escorts should also Register and Pay the Full Camp Fee along with Application, Risk and Medical Certificate.</p> <p>8- The maximum age limit for Escorting Teacher is 50 years (Male / Female)</p>                                                          |



|     |                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----|----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 09. | Programmes                                                           | <ol style="list-style-type: none"> <li>1. RUSSIAN WALL</li> <li>2. NET BRIDGE</li> <li>3. SINGLE LADDERS CROSSING BRIDGE</li> <li>4. LOG HANGING</li> <li>5. FIYING TYRE CROSSING</li> <li>6. VALLEY CROSSING</li> <li>7. HORIZONTAL TYRE BRIDGE</li> <li>8. LOOP HANG CROSSING</li> <li>9. CROSS WALK BRIDGE</li> <li>10. BURMA BRIDGE</li> <li>11. SKY CYCLING</li> <li>12. ZIP LINE</li> <li>13. ARTIFICAL WALL CLIMBING/ RAPPEALING</li> </ol> <p><b>Ground Level Obstacle :</b></p> <ol style="list-style-type: none"> <li>1. LOG BALANCING</li> <li>2. ZIG ZAG PLANK WALKING</li> <li>3. MONKEY CRAWAL</li> <li>4. COMMANDO BRIDGE</li> <li>5. BALANCING ON TIGHT ROPE</li> <li>6. HORIZONTAL LADDER</li> <li>7. HANGING HORIZONTAL LADDER</li> <li>8. VERTICAL ROPE LADDER</li> <li>9. TARZAN SWING</li> <li>10. TYRE WALL</li> <li>11. TIGHT ROPE WALK</li> <li>12. TYRE CHIMNEY</li> <li>13. BAMBOO WALL</li> <li>14. NET CRAWLING</li> <li>15. SLOTH WALK</li> <li>16. GROUND TYRE JUMP</li> <li>17. TYRE TUNNEL</li> <li>18. BALANCING BEAM</li> <li>19. ARCHERY</li> <li>20. SHOOTING (AIR PISTOL/RIFFLE)</li> </ol> <p>Trekking, introduction of Scouting/Guiding, Nature Study, Camp Fire, Cultural Program etc. (Program may be changed with any notice as per the situation)</p> |
| 10. | Kits to Brings                                                       | <ol style="list-style-type: none"> <li>1- T-shirt, Jeans and Tracksuits, Extra wearing clothes and costumes for cultural items.</li> <li>2- One set correct and complete uniform as per APRO Part- II &amp; III.(For Uniform members only)</li> <li>3- Warm Clothes, Jackets, Sweeter, Hand Gloves.</li> <li>4- Hunter/ Sport Shoes, Extra Pairs of Socks and Slippers, Plate(Thali) Glass or Mug, Spoon, Water Bottle.</li> <li>5- Personal Toiletries, Cold Cream, Odomas, Torch, Note book, PenFirst Aid Kit Sleeping Bag/ Blankets.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| 11. | Accommodation                                                        | Tent and Rooms for Participants and Escorting teachers at the campus of the Adventure Centre.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 12. | Weather                                                              | During winter, lowest temperature is around 0°C – 03°C and in summer maximum temperature is around 30°C. Hence, it is advised to carry sufficient warm clothing during winter.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| 13. | How to reach                                                         | The nearest Railway Station is <b>Haldwani</b> , The distance from Haldwani to Sheetlakheth is 90 KM. Buses are available in Haldwani Bus Stand.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 14. | Original Document to be submitted after arrival<br><b>*Mandatory</b> | <ol style="list-style-type: none"> <li>1- Two recent stamp size color photograph.</li> <li>2- Application form signed by Participants.</li> <li>2- Medical Fitness Certificate and Risk Certificate.</li> <li>3- Parent consent in case of minors.</li> </ol>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |



|     |                            |                                                                                                                                                                                                                                                                                                                                                                                                |
|-----|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|     |                            | 4- Copy of Aadhaar card / Identify proof of Institution.                                                                                                                                                                                                                                                                                                                                       |
| 15. | <b>Risk Management</b>     | Bharat Scout and Guide, Uttar Pradesh take every care of the participants sincerely, but Bharat Scout and Guide, Uttar Pradesh, State Training and Adventure Institute, Sheetlakheth will not be held responsible for any accident, illness or injury during the program. The Escorting teachers should take extra care of their students before the camp, during the camp and after the camp. |
| 16. | <b>Health</b>              | 1- Medical Checkup should be done strictly.<br>2- General Medicines and First Aid will be available at the Camp Site. Extra medicines for individuals if any will be purchased by the person concerned.                                                                                                                                                                                        |
| 17. | <b>Other Information's</b> | 1- Without selection letter/Mail participants will not be admitted in the camps.<br>2- Sheetlakheth is a polythene free area. Hence no one should bring polythene bags with them.                                                                                                                                                                                                              |
| 18. | <b>Contact</b>             | Website: <a href="http://www.bsgup.org">www.bsgup.org</a><br>Email: <a href="mailto:stcsheetlakhethbsgup@gmail.com">stcsheetlakhethbsgup@gmail.com</a><br>Office: 9838726066                                                                                                                                                                                                                   |
| 19. | <b>Available Seats</b>     | <b>Limited seats available at our Adventure Centre—only 150 spots! Register now; spots will be filled on a first-come, first-served basis.</b>                                                                                                                                                                                                                                                 |

Looking forward your patronage for promotion of Adventure among the youth. Your kind co-operation is highly solicited by deputing interested candidates.

With regards,

Yours Sincerely,

  
**(ANAND SINGH RAWAT)**  
**State Secretary**  
 Bharat Scout and Guide, Uttar Pradesh

**Encl.: Application Form, Medical & Risk Certificate.**

**Copy to:-**

1. State Chief Commissioner, Bharat Scout and Guide, Uttar Pradesh
2. All the SHQ Office Bearers of the Bharat Scout and Guide, Uttar Pradesh State Headquarters.
3. All District Magistrate Uttar Pradesh.
4. All JD's, DIOS, and BSA, Uttar Pradesh.
5. All DCC's, ASOC (S/G), District Secretary, DOC's, DTC's and DSM's of Bharat Scout and Guide, Uttar Pradesh.
6. Adventure Coordinator/Centre Manager, STAC, Sheetlakheth, Almora.
7. IT Department, Bharat Scout and Guide, Uttar Pradesh.





# BHARAT SCOUTS AND GUIDES, UTTAR PRADESH

State Headquarters : Mahanagar, Lucknow

## State Adventure Cum Trekking Program Application form

Date :

Place : State Training and Adventure Centre, Sheetlakheth Almora.

Application For :

- SCOUT/GUIDE, ROVER/RANGER AND UNIT LEADERS
- NON - SCOUT/GUIDE STUDENTS
- NON - STUDENTS

PHOTO

1. Name : (हिंदी में) : .....

Name (Capital Letters) : .....

2. Father's : .....

3. Date of Birth : ..... \*BSG UID .....

4. Address : .....

..... Pin Code .....

5. District : .....

6. Mobile No. : ..... Whatsapp No : .....

7. Email ID : .....

8. Adhaar No. : .....

9. Blood Group : ..... Gender .....

10. Education Qualification : ..... Scouting/Guiding Qualification:.....

11. Hobbies: .....

Date : ..... (Participants Signature)

=====For Office Use =====

• Contribution for Welfare of Scouts and Guides Rs. : ..... UTR No .....

• Total Amount : ..... Receipt ..... Date .....

Centre Manager

Leader of the Camp





# BHARAT SCOUTS AND GUIDES, UTTAR PRADESH

State Headquarters : Mahanagar, Lucknow

## Unit Leader/Coordinator Nomination Form

(For Complimentary Participation with Every 10 Registered Participants)

Camp Name: \_\_\_\_\_

Camp Dates: \_\_\_\_\_

Reporting Date: \_\_\_\_\_

### A. SCHOOL / UNIT DETAILS

Name of School / Unit: \_\_\_\_\_

District: \_\_\_\_\_

Mobile No.: \_\_\_\_\_ Email: \_\_\_\_\_

### B. REGISTERED PARTICIPANTS

| Sl. No. | Name of Student | School / Unit | Fee Deposited (₹) | Date of Deposit |
|---------|-----------------|---------------|-------------------|-----------------|
| 1       |                 |               |                   |                 |
| 2       |                 |               |                   |                 |
| 3       |                 |               |                   |                 |
| 4       |                 |               |                   |                 |
| 5       |                 |               |                   |                 |
| 6       |                 |               |                   |                 |
| 7       |                 |               |                   |                 |
| 8       |                 |               |                   |                 |
| 9       |                 |               |                   |                 |
| 10      |                 |               |                   |                 |

Total Registered Participants: \_\_\_\_\_

### C. NOMINATED UNIT LEADER / COORDINATOR

Name: \_\_\_\_\_

Designation: \_\_\_\_\_

Mobile No.: \_\_\_\_\_ Email: \_\_\_\_\_

#### DECLARATION

I hereby certify that the above information is true and correct. I understand that the complimentary participation benefit is applicable only for one Unit Leader/Coordinator from the same School/Unit for every 10 registered participants and is subject to prior approval from the Bharat Scouts and Guides, Uttar Pradesh State Headquarters.

I further understand that this form must be submitted by email to [upscoutsguides@yahoo.com](mailto:upscoutsguides@yahoo.com) at least three (03) days before the commencement of the camp, and no complimentary participation shall be allowed without written approval from the State Headquarters.

Signature of Principal / Head of Institution

Date: \_\_\_\_\_

### FOR OFFICE USE ONLY

Eligible Participants Verified: ☐ Yes ☐ No

Complimentary Benefit Approved: ☐ Yes ☐ No

Approved By: \_\_\_\_\_



# BHARAT SCOUT AND GUIDE, UTTAR PRADESH

## State Training Centre and Adventure Institute

### MEDICAL CERTIFICATE

CAMP NAME : \_\_\_\_\_  
CAMP DATE : \_\_\_\_\_ to \_\_\_\_\_  
CAMP PLACE : \_\_\_\_\_

1. Name : \_\_\_\_\_
2. Address : \_\_\_\_\_
3. Height : \_\_\_\_\_ Weight: \_\_\_\_\_ Blood Group : \_\_\_\_\_ Age : \_\_\_\_\_
4. Present/Past illness of Significance : \_\_\_\_\_
5. Injuries / Operations undergone and present condition : \_\_\_\_\_
6. Any known allergy to drugs or food stuff \_\_\_\_\_
7. Is the Applicant Suffering from
  - (i) Any Infectious disease Yes / No
  - (ii) Any Skin disease Yes / No
  - (iii) Mental disease Yes / No
  - (iv) Heart Trouble Yes / No
  - (v) Asthma/Respiratory Diseases Yes / No
  - (vi) Any other disease/defect Yes / No
  - (vii) Any Major Fracture in the Past Yes / No .....
8. I, on this date \_\_\_\_\_ have examined Mr./Miss \_\_\_\_\_ and found Him / Her medically fit/unfit to undergo an Adventure Programme in mountains.

Signature of the Candidate

Medical Officer  
Registration Number &  
Designation Office Seal

Date : \_\_\_\_\_

### RISKCERTIFICATE/PARENT-CONSENT

It is certified that my son/daughter / ward Mr./ Miss \_\_\_\_\_ is joining the Sheetalakhet Centre Adventure Programme with my consent and the organizers shall not be responsible for any illness, injury or accident during the event or journey periods for the purpose. It is further certified that he/she is physically fit to undergo the said Adventure Programme.

Signature of Parent / Guardian

Relationship with participant : \_\_\_\_\_  
Name : \_\_\_\_\_  
Address : \_\_\_\_\_  
Aadhar No: \_\_\_\_\_  
Mobile No \_\_\_\_\_ Date \_\_\_\_\_

STATE OF NEW YORK  
IN SENATE

JANUARY 11, 1911

REPORT OF THE COMMISSIONERS OF THE LAND OFFICE  
IN RESPONSE TO A RESOLUTION PASSED BY THE SENATE  
JANUARY 11, 1911

The following is a statement of the land owned by the State of New York, and of the land which has been acquired by the State since the last report of the Commissioners of the Land Office, made to the Senate in 1909.

|                                                            |           |
|------------------------------------------------------------|-----------|
| Land owned by the State of New York, January 1, 1911       | 1,000,000 |
| Land acquired by the State since January 1, 1909           | 100,000   |
| Total land owned by the State of New York, January 1, 1911 | 1,100,000 |

The following is a statement of the land owned by the State of New York, and of the land which has been acquired by the State since the last report of the Commissioners of the Land Office, made to the Senate in 1909.

Land owned by the State of New York, January 1, 1911

STATE OF NEW YORK  
IN SENATE

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Land owned by the State of New York, January 1, 1911





## Nature Study Cum Trekking

Explore the beauty of nature while trekking through scenic trails! Discover local flora, fauna, and breathtaking landscapes as you learn about the environment. Perfect for nature lovers, this activity combines fun, fitness, and environmental awareness. An unforgettable journey awaits!

## Energizing Morning Activities

### > Zumba Sessions :-



### > BP Six Exercises :-



### > Sunrise Yoga & Meditation:-



## SIGHTSEEING

Panoramic Himalayan Views



Sunset Views



Haidakhan Babaji



STC SHEETLAKHET CENTRE



Syahi Devi Temple



Historical Dak Bangla



DEV VAN



## How to Book

1. Go to our official website: [www.bsgup.org](http://www.bsgup.org). Navigate to the Adventure Section
2. Click on the Adventure tab. You will be redirected to the Adventure Website.
3. Locate the Activity Calendar Table Scroll down the page until you find the Activity Calendar Table.
4. Select Your State Adventure Program Review the available programs and select the one that suits your preferences.
5. Click on Book Now next to your chosen program. Complete the Registration Form
6. Click on submit, your registration will be successfully submitted.

## Our Services



FOOD HOSTEL SAFETY GIFT'S

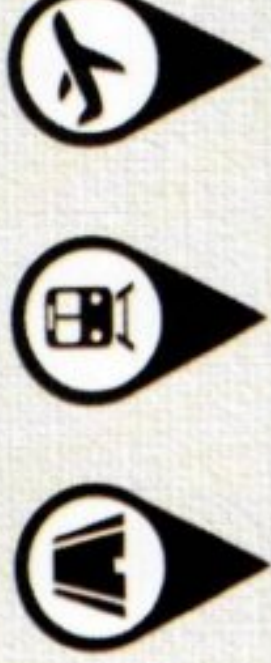
## Contact Us

E-mail - [upscoutguides@yahoo.com](mailto:upscoutguides@yahoo.com)

Mobile No. -

Whatsapp No. - 8707324182

## How to Reach



By Road By Train By Air

By Road Then You Will have to go to Kathgodam. Via Haridwar And Then Come To Sheetlakheta By this Way This Your Convenient and Easy Route.

By Train You Have To Reach Kathgodam Railway Station By Train. After That Sheetlakheta is 7km Away. You Can Take Any Taxi Or Bus From There.

By Air You Will Have To Reach The Nearby Airport Port Portnagar Airport And then From There Take A Taxi To Reach Sheetlakheta Which is 108km And it Takes 4hr

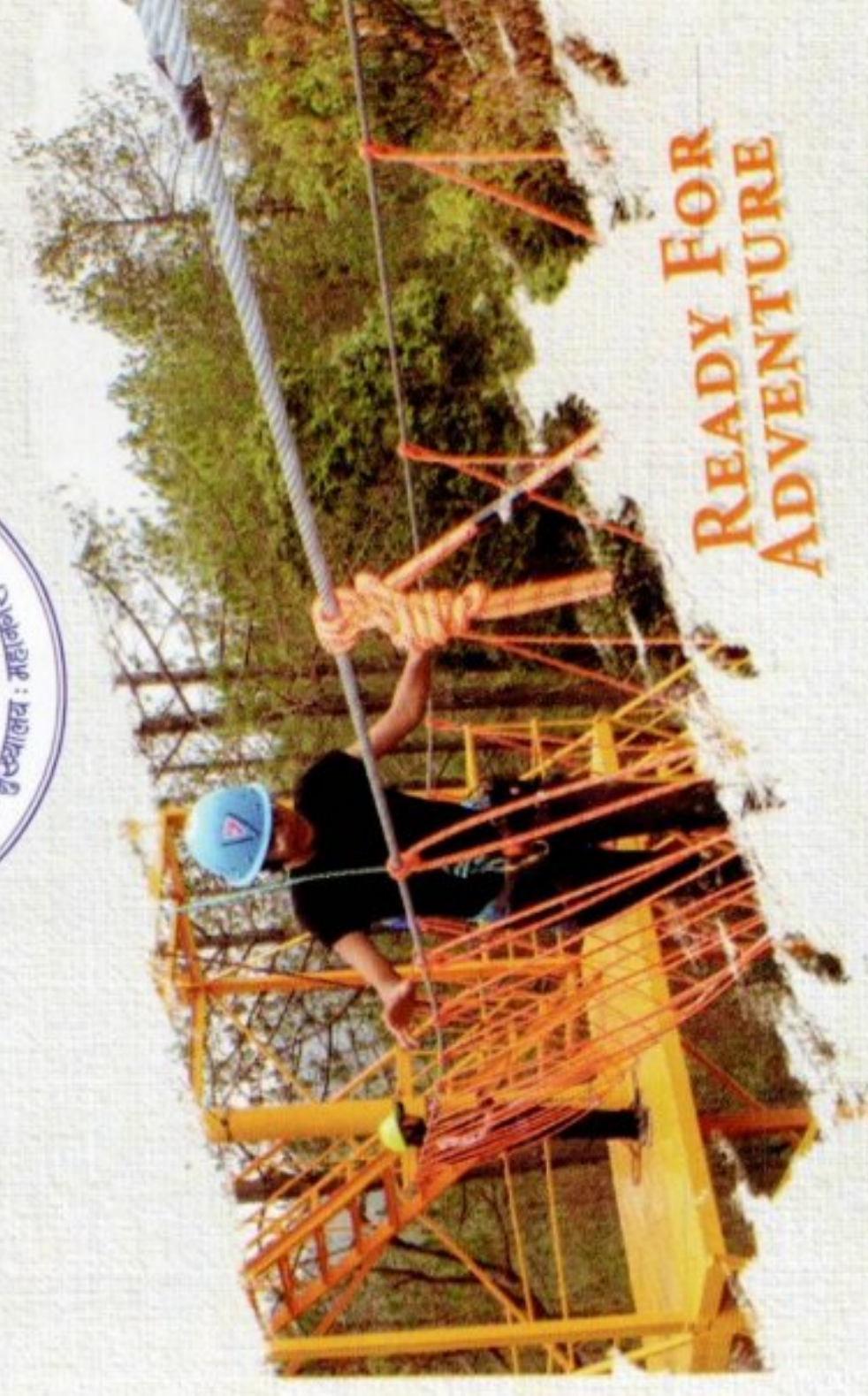
## BHARAT SCOUT AND GUIDE UTTAR PRADESH



STC  
STATE TRAINING &  
ADVENTURE CENTRE, BSG UP

## Bharat Scout and Guide Uttar Pradesh State Training/

# Adventure CENTRE



READY FOR  
ADVENTURE

Visit Here - [www.bsgup.org](http://www.bsgup.org)



## Introduction of STAC

Nestled in the serene hills of Sheetlakheth, Almora, the State Training and Adventure Centre of Bharat Scouts and Guides, Uttar Pradesh, stands as a hub of skill-building and outdoor adventure. Under the visionary leadership of Dr. Mahendra Kumar Singh, President, and Dr. Prabhat Kumar, State Chief Commissioner, the centre blends the values of scouting with the thrill of exploration and learning.

The centre offers a range of adventure programs, providing participants with unforgettable experiences amidst the stunning Himalayan landscape. Designed to foster teamwork, resilience, and leadership, these activities are complemented by interactive training sessions that empower young minds with life skills and environmental awareness.

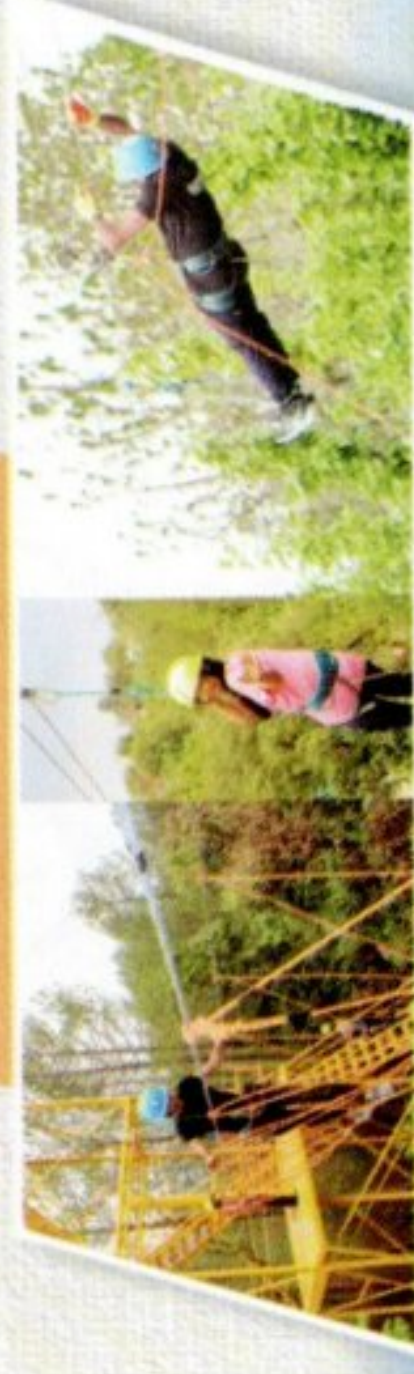


## ADVENTURE ACTIVITIES

### HIGH ROPE ACTIVITY

Feel the thrill as you navigate suspended bridges, rope ladders, and swinging logs at daring heights! Perfect for all skill levels, this adrenaline-pumping activity boosts confidence, teamwork, and fun. Safe, guided, and unforgettable—dare to rise above!

ZIP LINE SKY CYCLING VERMA BRIDGE LOOP HANGING  
CROSS HANGING HORIZONTAL LADDER HANGING BRIDGE  
LOG HANGING TIRE HANGING ROPE HANGING RAPLING  
TIRE BRIDGE NET BRIDGE VALLEY CROSSING CLIMBING



## GROUND LEVEL ACTIVITY

Test your agility and strength with exciting ground-level obstacles like balance beams, crawling tunnels, rope webs, and tire hurdles. Designed for all ages, these activities build teamwork, coordination, and determination. Fun, safe, and energizing—get ready to power through!

LOG BALANCING PLANK WALK TIRES CHIMNEY ZIG ZAG TIRES WALK  
MONKEY CRAWL TIRE TUNNEL COMMANDO BRIDGE MONKEY BAR  
COMMANDO WALL CLIMBING HORIZONTAL LADDER WALK ARCHERY  
STILT BALANCING RUSSIAN WALL TIRE JUMPING RIFLE SHOOTING  
NET CRAWLING SLOT WALK VERTICAL ROPE LADDER TARZAN SWING

