

2. Place 2 empty pails or pots 20 feet away from the sink and fill the vessel by passing water in an empty can or glass hand to hand.

- a. We could do this outside too and maybe use sand buckets and Dixie cups. We could take two larger buckets for them to dip from.

**Volunteers:** Fill up the water buckets. One volunteer per team to watch the buckets. **Points awarded: 2 points for the team that fills their bucket to overflowing.**

3. As a tribe list all the Olympic sports you can think of, summer and winter. Then they have to list which ones are appropriate for a person with a bleeding disorder. (Time limit 30-60 sec)

- a. You do teaching about appropriate sports,
- b. We could show them the Passport stuff and leave the folders for them to take as well as the little sport book. I think it's called Go For It!
- c. We can talk about the Sports Bursary program and I can leave out the pamphlets for that.

**Volunteers:** Unpack the sport reference material so that they can pick it up if they like.

Tribes will need paper and pens. One volunteer per team to count their lists and to count up how many sports they had right that are ok for people with bleeding disorders.

**Points awarded: 2 points for the team with the longest list of sports.**

**2 points for the team with the most correct sports ok for bleeding disorders.**

9:00 pm to 9:30 pm  
Snack  
9:30 pm to 11:00 pm  
cabin time  
11:00 pm  
Lights out

## Saturday September 9<sup>th</sup>

7:15 am  
Rise and Shine  
Breakfast  
Treatment for those on prophylaxis  
Second Challenge

Prepare snack: Fruit/Veggies/Muffins

- Teaching about how to do wrap elbows  
Knee and ankle and how to make a sling  
- everyone get to try - Challenge - eat time  
did all wraps wrapped all persons

7:15 am  
Rise and Shine  
Breakfast  
Treatment for those on prophylaxis  
Second Challenge