

Disc Golf

TEACHERS RESOURCE



PURPOSE OF ACTIVITY:

Disc golf is a sport involving discs, thrown around a course, like golf, with the aim being to complete the course in as few throws as possible. Mill Valley Ranch's disc golf course is designed to create competition, personal victory, and skill development. As an activity with a steep learning curve, participants of all skill levels will grow in their abilities and have an opportunity to show improvement over the course of the activity. No participant is ever be forced into involvement but should be encouraged to expand their comfort zone by challenging themselves.

PRACTICE INSTRUCTIONS:

Before working their way around the course, participants should have a chance to practice basic disc golf throws (forehand/backhand/tomahawk) in an available space nearby (the basketball court works best for this), throwing and catching with a partner. Once the leader/teacher of the group is confident, instructions can be given for how to complete the course.

COURSE INSTRUCTIONS:

(Read this to the Group)

The course begins from the 'start point' (**'S' on the attached map**) near the and moves around the Station towards the flagpoles. Participants will work in pairs or solo to work their way around the disc golf course, while counting their total throws compared to the expected 'par' or 'average' for the course and record that value on their scoresheet. It is recommended that participants are spread out across the course to reduce crowding, and to improve course flow.

If a participant wants to, they can record and compare their throw total to each hole's par. Once all participants have played through the course at least three times (or the activity time has almost run out), allow five minutes to gather the group and compare scores to the par. If there is time, the course can also be played backwards, but all participants need to be aware of this change so there everyone stays safe and has fun.

SAFETY INSTRUCTIONS/OTHER NOTES:

While throwing on the course, it is important that participants know and follow the standard 'courtesy' rules for disc golf:

1. Play Smart: Never throw into somewhere you can't see, or when players, spectators, pedestrians, or others are within range. Use your partner or someone nearby as a spotter to check the area before you throw.
2. Respect The Course: look after the area you're playing in. Please avoid damaging plants or bushes, walking through gardens, or hitting vehicles.
3. Respect The Sport: be positive and responsible. Teach others. You might be an expert, but others may be trying for their first time, so help one another!

At the end of the session, please ensure all discs are returned to where they belong, and that any lost discs are reported to your host so we can organise to replace them.