

Sports equipment form

School, Sports club							
Name							
Monitor (on site)							
Mobile no.							
E-mail							
Period of course		from		to		Week of course	
Athletics							
Total	Item	Details			R	C	M
* Quoit		1 kg	2 kg				
* Pole vault pole (beginners)							
	Elastic "bar" for high jump						
	Throwing body	500 g					
	Discus	0.75 kg	1 kg	1.5 kg			
		1.75 kg	2 kg				
	Javelin	400 g	500 g	600 g			
		700 g	800 g				
	Start indicator						
	Handle for raising pole vault bar						
* Hurdle		20 cm	30 cm				
* Throwing ball with seam							
	Softball	80 g	200 g				
	Shot	2.5 kg	3 kg	4 kg			
		5 kg	6 kg		7.25 kg		
* Indoor shot		3 kg	4 kg	5 kg			
		6 kg	7.25 kg				
* Throwing stone (different sizes)							
* Series of numbered markers							
	Throwing baton	300 g					
	Baton						
Swimming							
	Diving ring						
* Diving ring (5kg)							
	Weighted ring						
* Aqua-jogging belt							
	Life-saving cube						
	Mask and snorkel						
	Water polo ball	Junior	Woman	Man			
	Bottom plate (for diving)						
	Flippers						
	Pool noodles						
	Pull buoy						
	Float board						

Football

* Portable installation for tennis football		Grass		Artificial surface				
Football		no. 4		no. 5				
* Football for use in gym		no. 4		no. 5				
* Futsal ball								
* Beach soccer ball								

Other balls

Sponge rubber ball								
American football								
* Medicine ball		1 kg	2 kg	3 kg	5 kg			
Handball								
Basketball ball			no. 5	no. 6	no. 7			
Rugby ball								
Net for holding balls								
* Swiss ball								

Games

* Intercrosse stick		Number of balls						
Uni-hockey stick		Number of balls						
* Metal boules for petanque								
* Box of juggling equipment								
* "Giant" sponge rubber die								
* Golf disc								
* Frisbee								
Flag-Football*								
* Rope for tug-of-war								
* Indica (featherball)								
* Kubb set								
* Uni-hockey goalkeeper's mask								
* Pedalo								
Badminton racket		Number of balls						
Table-tennis bat		Number of balls						
* Table-tennis net								
* Sack for sack race								
* Grass skis								
* Smolball equipment								
* Speedminton equipment								
* Stilts								
* Vortex howler								

* Equipment available in **limited** quantities

Volleyball and beach volleyball

* Volleyball antennas					
Handle for raising net					
Volleyball ball					
* Beach volleyball ball					

Tennis and squash

* Basket for holding balls					
* Portable mini-tennis installation					
* Squash racket	Number of balls				
Tennis racket	Number of balls				
Mini-tennis racket	Number of balls				
* Beach tennis set					

Miscellaneous equipment

One-metre wooden baton					
* Tape measure	20 m	50 m	100 m		
Baseball hats					
Tabard					
Hula hoop	Ø 60 cm		Ø 82 cm		
Cone					
Manual scoreboard					
String					
* Stopwatch					
* Elastic fitness band					
* Whistle					
Coloured team sash					
Agility pole					
* Breeches for Swiss wrestling					
* Numbered bib					
* Coordination ladder					

Keys

Trolley					
Standard swimming pool trolley					
Pole stand					
Warehouse South					
Maxi trampoline					
Football goalposts					
Tatami (floor mat)					

Equipment available for courses comprising accommodation (Sasso Rosso / Mezzodi / Residence / Casa ospiti)

Course leader's bicycle (max. 1 per course)					
Military trailer for bicycles (max. 1 per course)					

Last update: 26.01.2022
Subject to change