Buddy Walker

Getting Started

Buddy walkers are designed to be used in pairs as a set or connected together as a train of pairs.

One set (pair) is designed for two (2) people

- 1. Place buddy walkers on floor side by side with the rounded ends facing forward.
- 2. Each person should be facing forward (rounded ends in front) on the buddy walkers.
- 3. The person in front holds the front ropes A) Right rope in right hand
 - B) left rope in left hand
- 4. The person in back holds the back ropes As above
- 5. Each person places their right foot on the right buddy walker just behind the right rope they are holding and their left foot on the left buddy walker just behind the left rope they are holding.

Walking on your buddy walkers

Coordination

Each person must raise the same foot and pull up on the rope on the same side as the foot they are raising to maintain the buddy walker against their foot as they raise it. (like an extension of your foot)

Cooperation

Both persons must move together requiring complete Co operation with each other.

Communication

Both persons must talk, listen, read and send body language so that they will be able to walk together.

Loss or damage to Buddy walkers From -\$75.00 each to \$210 each