

# Scouts love slacklines!

Slacklines are easy to set up, easy to understand, but challenging to walk. They develop balance, core strength, focus, coordination, and teamwork. A slackline is fun for all ages at meetings, campouts, and any event large or small.

A slackline is simply a two-inch webbing strap stretched tightly between two trees. You start at one end and try to walk to the other. Beginners can rely on spotters, overhead training lines, or both for stability and encouragement.



The NCAC Climbing Committee rents slacklines to Bouldering Facilitators for \$15/weekend. Bouldering Facilitator training takes a couple of hours. Contact [NCAC.Climbing@gmail.com](mailto:NCAC.Climbing@gmail.com) for details.

