

Singapore Royal Rangers National Office



Merit Requirements: Silver -Bordered Merit

FLYING TRAPEZE

Objectives	This merit is designed to introduce participants to the skills on the basic safety rules, the instructions on how to do a knee hang and a flipping dismount
Standards	To achieve the Flying Trapeze Merit, via demonstration of the following skills: <ul style="list-style-type: none">• Correct Harness Usage;• Successful Knee Hang• Successful Flipping dismount
Requirements	<ol style="list-style-type: none">1. Introduction to Flying Trapeze<ul style="list-style-type: none">- Understand the concept of doing wearing the harness correctly and demonstrate a knee hand on a static trapeze apparatus2. Basic Safety<ul style="list-style-type: none">- Demonstrate the ability to climb up the Trapeze apparatus in the proper safe technique and how to dismount from the trampoline/net correctly.3. Knee Hang<ul style="list-style-type: none">- Demonstrated the ability to perform a Knee hang4. Flipping Dismount<ul style="list-style-type: none">- Demonstrated the ability to perform a Flipping Dismount