

SHUTTLE RELAY

When running a shuttle relay: -

- Use a normal running action. Hold the baton at the bottom end
- When passing the baton, hold the baton up vertically and stretch your arm out when you are getting close to the next runner
- When taking the baton, stretch your arms out in front of your chest and hold your hands together in a "butterfly" position

NOTE: The person passing the baton should run to the side of the person taking the baton to avoid interference/collisions

